

## Unit 5: Why We Need Sports

### Reading 1: Why Young People Play Sports

Complete the chart as you read *Why Young People Play Sports*.

Why is playing sports important to young people?			
Reason 1	Reason 2	Reason 3	Reason 4
Sports are _____.	Young people look up to _____.	Young people enjoy _____ their skills.	Exercise helps young people feel and look _____.
Young people enjoy playing _____.	Professional athletes make sports look _____.	They _____ their skills to get better at their sport.	They stay _____.
Young people play sports in their _____.	They hope to have a _____ as a professional athlete.	Young people can practice on a team or on _____.	Exercise gives them _____.