Sport Name	Introduction	Features	Origin	Suitable For
Badminton	A sport where players use rackets to hit a shuttlecock over a net.	Fast-paced and agile	India	All age groups
Basketball	Two teams compete to shoot the ball into the opposing hoop.	Teamwork and strategy	USA	Teens and adults
Football (Soccer)	Players try to score goals by kicking the ball into the opponent's net.	World's most popular	England	All age groups
Table Tennis	Players hit a lightweight ball back and forth on a table using small paddles.	Quick reflexes	UK	Children and adults
Swimming	Moving through water using limbs.	Full-body workout	Prehistoric times	Everyone
Tennis	Players use rackets to hit a ball across a net.	Stamina and skill	France	Teens and above
Baseball	Two teams alternate between batting and fielding.	Classic American sport	USA	Teens and adults
Golf	Players hit balls into holes using various clubs.	Precision and patience	Scotland	Adults and seniors
Skateboarding	A street sport using a skateboard for tricks or movement.	Urban culture	USA	Teens
Volleyball	Teams try to ground the ball on the opponent's court.	Team cooperation	USA	Everyone
Boxing	Two opponents fight using their fists under set rules.	High competition	Ancient Rome	Adults

Sport Name	Introduction	Features	Origin	Suitable For

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Wrestling	Two people try to gain control and pin each other down.	Strength and technique	Ancient Greece	Male adults
Yoga	Combines physical postures and breathing for mental and physical wellness.	Relaxing and mindful	India	Women and seniors
Power Walking	A brisk walking activity for health.	Simple and effective	Worldwide	Seniors and general public
Running	A basic movement for speed or endurance.	Cardio health	Prehistoric hunting	Everyone
Marathon	Long-distance running competition.	Endurance challenge	Greece	Adult runners
Archery	Shooting arrows with a bow at a target.	Focus and calmness	Prehistoric hunting	Teens and adults
Kickboxing	A combat sport combining punches and kicks.	Full-body combat	Europe	Adults
Rowing	Using oars to move a boat through water.	Team rhythm	Ancient transport	Young adults
Rock Climbing	Climbing up natural or artificial rock walls.	Self-challenging	Outdoor origin	Young adults
Skiing	Sliding over snow using skis.	Fast-paced thrill	Nordic regions	Young and adults
Ice Skating	Gliding over ice using skates.	Balance and elegance	Netherlands	Children and adults
Fencing	Dueling sport using swords.	Speed and strategy	France	Teens and adults
Rugby	A contact team sport involving carrying and passing the ball.	Physical and strategic	UK	Male adults
Softball	A variation of baseball with a bigger ball.	Popular among women	USA	Students and women

Sport Name	Introduction	Features	Origin	Suitable For
Jump Rope	Jumping over a spinning rope repeatedly.	Coordination and fitness	Global	Children and general public
Cycling	Riding a bicycle for sport or transportation.	Eco-friendly exercise	France	Everyone
Shooting	A precision sport involving firearms or air guns.	Focus and accuracy	Military origin	Adults
Surfing	Riding waves using a board.	Flow with nature	Polynesia	Young people
Parkour	Moving quickly through obstacles using body movement.	Urban agility	France	Teens and young adults