

MY FAVOURITE SPORT

Diyorbek Tojiyev

REALIZING THE QUALITY AND ACHIEVEMENT OF SPORTS

Sport is an activity of body motility. motility in question such as walking, running, standing, squatting, jumping, jumping, throwing, grasping, and so on. thus the daily activities we do are sports. Sport can also be interpreted as an activity that involves the physical skills of an individual or a team, carried out for entertainment.



Sport is a body movement to strengthen and nourish the body.



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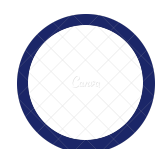
Canva

OPPORTUNITY



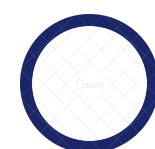
BUILD AND MAINTAIN MUSCLE AND BONE STRENGTH

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WALL-SIT MOVEMENT

Sport is a body movement to strengthen and nourish the body.



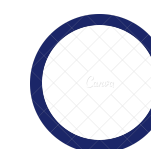
UP AND DOWNSTAIRS

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Another sport that I enjoy is swimming. I'm just an amateur, and I often go to the nearest swimming-pool. Luckily in summer I get a chance to swim in the open sea. I'm not the only sport lover in our family. My younger brother is also keen on sport. His favourite sport is basketball and he is really good at it.



THANK YOU

Sports Activities Have the Main Goal of Making the Body Healthy
