Engaging in competitive sports during childhood has a positive impact on children's development. In my opinion, it is reasonable for children to start participating in competitive sports at an appropriate age, which is typically around six years old. Firstly, competitive sports contribute to fostering a healthy lifestyle among children. As an old saying said, “Life is movement, human life is exercise.”By engaging in sports activities, not only can they develop the habit of regular exercise, but also they can maintain good physical fitness, which is crucial for their overall well-being. Additionally, competitive sports can cultivate children's teamwork and leadership skills. Through team sports, they learn how to collaborate, coordinate, and communicate with their teammates, which proves beneficial for their future personal and professional growth. Furthermore, competitive sports can instill a sense of competitiveness and self-confidence in children. By competing with other children, they learn the value of hard work, goal pursuit, and overcoming challenges, all of which contribute to maintaining a positive attitude when facing various obstacles. Last but not least, competitive sports can also impart important values to children, such as discipline, perseverance, and team spirit. In a nutshell, I believe that starting competitive sports at six has a positive influence on children's physical health, teamwork, self-esteem, and the cultivation of important values.