Sport

From Wikipedia, the free encyclopedia

*For other uses, see*[*Sport (disambiguation)*](https://en.wikipedia.org/wiki/Sport_(disambiguation))*.*

[](https://en.wikipedia.org/wiki/File:Youth-soccer-indiana.jpg)

Sport in [childhood](https://en.wikipedia.org/wiki/Childhood). [Association football](https://en.wikipedia.org/wiki/Association_football), shown above, is a [team sport](https://en.wikipedia.org/wiki/Team_sport) which also provides opportunities to nurture [physical fitness](https://en.wikipedia.org/wiki/Physical_fitness) and [social interaction](https://en.wikipedia.org/wiki/Social_actions) skills.

**Sport** ([British English](https://en.wikipedia.org/wiki/British_English)) or **sports** ([American English](https://en.wikipedia.org/wiki/American_English)) includes all forms of [competitive](https://en.wikipedia.org/wiki/Competition) [physical activity](https://en.wikipedia.org/wiki/Physical_activity) or [games](https://en.wikipedia.org/wiki/Game) which,[[1]](https://en.wikipedia.org/wiki/Sport#cite_note-sportaccord-1) through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, [entertainment](https://en.wikipedia.org/wiki/Entertainment) for spectators.[[2]](https://en.wikipedia.org/wiki/Sport#cite_note-council-2) Usually the contest or game is between two sides, each attempting to exceed the other. Some sports allow a tie game; others provide [tie-breaking methods](https://en.wikipedia.org/wiki/Tie-breaking_methods), to ensure one winner and one loser. A number of such two-sided contests may be arranged in a [tournament](https://en.wikipedia.org/wiki/Tournament) producing a [champion](https://en.wikipedia.org/wiki/Champion). Many [sports leagues](https://en.wikipedia.org/wiki/Sports_league) make an annual champion by arranging games in a regular [sports season](https://en.wikipedia.org/wiki/Season_(sports)), followed in some cases by [playoffs](https://en.wikipedia.org/wiki/Playoffs). Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in [teams](https://en.wikipedia.org/wiki/Team) or competing as individuals. In certain sports such as [racing](https://en.wikipedia.org/wiki/Racing), many contestants may compete, each against each other, with one winner.

Why should anyone at least play

**Sports** improve your concentration. Regular physical activity helps keep your key mental skills sharp as you age. This includes critical thinking, learning, and using**good** judgment. ... Participating in this kind of activity three to five times a week for at least 30 minutes can provide these mental health benefits.