

## WHY CHILDREN PARTICIPATE IN SPORTS

1. TO HAVE FUN
2. TO IMPROVE THEIR SKILLS
3. TO STAY IN SHAPE
4. TO BE GOOD AT SOMETHING
5. FOR THE EXCITEMENT
6. TO GET EXERCISE
7. TO PLAY AS PART OF A TEAM
8. FOR THE CHALLENGE
9. TO LEARN NEW SKILLS
10. TO WIN

Participating in sport primarily for winning, gaining recognition, and attaining awards can be detrimental to children. Children do not play sports to entertain adults or put their parents in an achievement arms race with other parents. Sports should teach valuable life lessons, be sheer fun and not be predicated on a few kids winning and everybody else losing. Sports should minimize competition, de-emphasize winning and emphasize FUN, FITNESS, FAIR PLAY and FUNDAMENTAL MOTOR SKILL DEVELOPMENT if they are to be of real value to the children that play.