

**My favourite sport.**

Do you enjoy being outside in the open air, and do you love being part of a team? Would you like to increase your fitness levels? If so, I’d like to tell you something about my favourite sport, and encourage you to try it out.

I play rugby for a local rugby club. Rugby is a sport that is played all over the world, in fact one of the most famous teams, the All Blacks, comes from New Zealand. My team is the best in the area. We train two evenings a week, and usually playa match against teams from all over the country on Sunday. I love the team spirit in my rugby club, and I enjoy all aspects of the sport.

In my opinion, rugby is a sport that you can play at any age, and there are teams for both boys and girls. You don’t have to be big or strong to play rugby, but you have to be a fast runner and a competitive player. As far as I’m concerned, rugby is a game which is both exciting to play and thrilling to watch. Many people think rugby is a dangerous sport, because it involves a lot of physical contact, unlike football or basketball, for example. Personally, I have never been hurt playing rugby and you can avoid injury if you are careful and learn the rules of the game.

In conclusion, I would encourage you to watch a rugby match live or on TV and see if you think you would enjoy being part of your local rugby team. If there isn’t a team near you, why not start your own rugby team? You can get together with some friends and practise playing rugby in a park or at a school. If you can’t find a coach, you can download the rules of the game from the Internet. Don’t forget the oval ball!!