

## SPORT AND I

Hi, there! My name is Cláudio and sport is for me one of my biggest “loves”. I love all kinds of sports, from football and handball to athletics and gymnastics. I play football literally every day and I’ve been improving from day to day. Before I wasn’t that good of a player/footballer, but I’ve corrected my mistakes. I’ve learnt with them and it has made me the player and the “sportsboy” I am today. I also really love athletics: sprinting, long jump and high jump are my favourite and the ones I am best at, but I can do anything related to sports.



My nickname is actually related to sport. It’s “Speedy”, because I love to run and I’m really fast. By the way, in my school there are people who say that I am the next Usain Bolt.

In sports there is always competition. Otherwise, it wouldn’t be the same and competition is something positive, because it motivates you to be not better than the others but better than yourself. Yet, (the coin has always two sides...), competition can also be something really negative, because there are people who don’t know how to win! I actually don’t bother if I lose a game or something like that! Of course I prefer to win, but if I lose, it means that I need and have to try harder.

Sport isn’t just something you can do for fun. Sport helps you to know yourself. It helps you to know your limits. And believe me... you know your limits when you have gone beyond them!

In short words, you should respect sport and you should respect the place where you do it whether it is the football pitch or the athletics track. It doesn’t matter! You must have respect to be a great sportsman! Now it’s up to you!

Cláudio Daniel Silva, nº 5, 8ºE