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GET SET, GU

ARE YOU PLAYING ENOUGH?

Five unique sports activities that would make the curriculum more fun

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Twice a week in our school, my class has our much-awaited session, Physical Education. At least that's what happens in my class, what about yours? Sometimes, we get to try out a few exciting sports, and sometimes we play regular sports. But if I were to draw out a wish list of unique sports activities that I'd like to include in the curriculum, it would look like this:

I have noticed that everyone is getting lethargic and self-defence classes can change that. Also, it is a skill that everyone should acquire for their own safety and that of their loved ones.

We can't enjoy playing most sports during the summer and soon enough will have to be indoors

and limit ourselves to playing games like chess! How about creating an indoor sports arena? Companies like Microsoft (with Xbox that have Kinect sensors), Sony (with playstations that have new PlayStation Cameras), and Nintendo (with Wii), have new technologies that can make this possible.

Although a few schools have dodgeball in their curriculum, I think trampoline dodgeball should be added to make the classes more fun.

Cycling is an interesting sport as it doesn't tire you too much, but you do end up staying fit.

Water polo is an interesting sport as it combines the fun of two sports — swimming and football.



