

A**Answers**

- ① Sports are good for developing important skills that are required by everyone, both for the body (physical) and mind (mental).
- ② forced
- ③ so that it becomes a life habit
- ④ any two from: drawing / learning a musical instrument / doing experiments

B

- ① a are planned very carefully. ② agility
- ③ any two from: so that you are good at working with other people / can solve problems with others / form bonds with colleagues

C

- ① b emotional links.
- ② any five from: develops physical and mental skills that everyone needs / develops a lifelong habit of exercise / develops gross motor skills (balance, agility and strength) / develops social skills – you can become a good team player / gives you a good work-life balance – extra-curricular activities on a college application is an advantage / develops sense of leadership / is fun