

Basketball

Good morning, Principal, Vice-Principals, teachers and fellow schoolmates.

Today I would like to share with you my favourite sports - BASKETBALL. First, we should understand that physical exercise is necessary for our health. It will improve our general health. Playing basketball, for example, exercises all parts of the body. Physical exercise can strengthen our muscles and keep us fit.

Basketball is one of the most popular games in Hong Kong. The NBA, which is broadcast live through man-made satellites, often receives tremendous enthusiasm from fans throughout the world. Of course, I am one of its fans. The match between two strong teams is often a tough struggle. Whenever my favourite player successfully scramble for the ball and has a accurate shot, I will cheer with delights.

From playing basketball I understand that it is important to follow the rules and develop a sense of team spirit among my team members. Without such requirement, it is always difficult to get the smart shots and win the games. It is true that playing basketball is another way for me to appreciate human relationship. Thank you.