

## **My Favourite Sport – Basketball**

My favourite sport is basketball. I like it because playing basketball is good for my health. I often play it in the school playground with my classmates. It is an enjoyable and healthy sport which can bring us joy, foster better friendships and help us grow taller.

Basketball is a team sport. It is popular in Hong Kong. Many people are fans of NBA. My favourite player is Kobe Bryant because he has good skills. To play the game, you need a basketball and wear basketball jerseys and sports shoes. There are some rules to follow. For example, you cannot push and hit other players and the judges. You must shoot the ball within 24 seconds. Passing, shooting, blocking and dribbling are some examples of basketball skills.

I began to play basketball when I was 14 years old. It was a friend who introduced it to me. In the beginning, I found it difficult. After a few months, I learnt how to dribble, pass and shoot the ball. Now, I still insist on playing basketball every day.

I think playing basketball can help me keep fit and make me happy. I have met many new friends. Also, I know the importance of team spirit as I need to cooperate with others in order to win the game.

If you want to be happy, healthy, tall and fit, play basketball!