**SPORT LESSONS IN SCHOOLS**

Our group –Edijs, Alans and Emīls made a survey about sport lessons at schools. The purpose of the survey was to know better what kind of sports equipment students have, what kind of activities they do and would like to do.

Sport doesn't just have physical benefits. It's also a great way to socialise, have fun and improve your wellbeing. Providing mental health, it's important to take care of body physical health. Sport helps to overcome stress and anxiety, as well as having positive emotions. Exercise can not only to strengthen the health, but also get to look good and feel good.

The survey was carried out some time ago, the aim was to get more information about sport lessons in different schools in different countries. After the first question which was “How many sport lessons do you have per week?”, eight people said that they have more than three sport lessons per week, slightly less or seven people said that they have two to three sport lessons, six people said that they have one to two sport lessons and, what shocked us, is that someone said that he or she have not any sport lessons at school.

With the second question which was “What kind of activities do you have in sports lessons?”, I founded out that most of the respondents in sport lessons are playing basketball or doing some other activities. Four respondents said that they are playing volleyball. In our school we also are playing volleyball very often. And three students said that they are playing football, which means, they certainly have a large stadium. What suprised me, was that no one said that they have athletics, because we think it is important to develop athletics in sport lessons at school.

By the third question “If you had a recommendation how to improve sport lessons, what it would be?” each respondent was able to express their views. Someone said that he or she is not interested about it, someone said that sport lessons should be more funny. Interesting thought that one respondent said that it would be nice to have more bodybuilding, because it is professional sport and we did not know that in some schools bodybuilding is developing. Some said that it would be nice to have more sport lessons, some said that there is need for bigger equipment.

By the fourth question “What other sports activities do you have at school apart from lessons?”,we found out that someone is playing basketball, someone is playing football, so i can think that these sports are also popular in other countries. Sad, but some said that he or she is doing nothing. Some said that is doing gymnastics and some said that there is sport acitivites in school, for example, volleyball and basketball.

And by the last question “What kind of sport equipement do you have in your school?”, most of the respondents said that they have balls and gym at school. Some respondents have skiing equipment and table tennis.

For the end, by the survey resultsweI found out that equipment is not so different from our school equipment. Very interesting for us was respondents opinion about what to develop for school sport lessons. In general, we can conclude that the school sports lessons are not so different from our school sport lessons as we thought before.

In conclusion we can say that in the future this problem will not be solved, because there are not so many people who are interested in improving sport lessons. Also there are serious disputes about sport lessons at all, some students say that they don't need sport lessons in school at all and if they want to do sports - they will go on training or to the gym. Nevertheless we think that students need sport lessons in schools to get some basic skills in different kind of activities.

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