

Escola Secundária João Gonçalves Zarco



SPORTS

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INTRODUCTION:

Sport are all forms of physical activity which, through organised participation or not, have some goals like expression or improvement of physical and mental condition, development of social relations or the achievement of results in competition at all levels.

SPORTS IN COUNTRY:

In our country the most popular sport is football.

Concerning other sports, there is still a lot of work to do so that they become as popular as football. However there are many recognised athletes in the other modalities.



EXTRA CURRICULAR SPORTS AT SCHOOL:

Extra curricular sport at school is not a compulsory activity and it is still considered an unattractive sector because few schools bet on school sports. In our school the only modality that exists linked to school sports is badminton. This year the school sport will have some finals in Matosinhos as is the case of volleyball and surfing.



INTER-SCHOOLS TOURNAMENTS

- ✘ Every year all schools of Matosinhos hold a tournament among schools.
- ✘ This tournament has 6 modalities:
 - ✘ Indoor soccer;
 - ✘ Basketball;
 - ✘ Volleyball;
 - ✘ Badminton;
 - ✘ Athletics;
 - ✘ Handball.
- ✘ Our school is responsible for the athletics competitions and our class is involved in the organisation.



SPORTS IN MATOSINHOS:



In Matosinhos the most practised sports are volleyball and football. However, there are other sports that have begun to have some visibility, like surfing.

In Matosinhos the responsible entity for sports is Matosinhos Sport.