

SWOT OF PLAYING SPORT

By
EYES

STRENGTHS

- ◉ An excellent physical exercise - strengthens your bones and muscles and tones your body
- ◉ Teaches you to accept both successes and failures with a positive spirit
- ◉ Improve maths skills
- ◉ Develops social and communicate skills,
- ◉ Winning a game gives you a sense of accomplishment, which boosts your confidence
- ◉ Develops clever thinking - strategies for winning
- ◉ Generates a positive energy in you and people around you.
- ◉ Offers health benefits eg like lowering blood pressure, relieves stress and depression
- ◉ Fun, entertaining , exciting and heart pounding situations

WEAKNESSES

- ⦿ Can exclude some people
- ⦿ Can cause injuries

OPPORTUNITIES

- meet new people
- gain a new hobby

THREATS

- Can be difficult to find the time