

My Favourite Sport

I like sports. My favourite sport is badminton. I usually play it in the playground and sports centre.

I usually go there on foot because I live near Chai Wan Sports Centre. I play badminton with my family and friends. I wear a T-shirt, shorts and trainers. I need to bring a bottle of water, some food and a towel.

I like playing badminton because it is fun and it makes me feel happy. Playing sports is beneficial for health. Furthermore, it promotes teamwork.