

Sports



Football

- Football is a very popular sport all over the world.
- There are many competitions for football.
- In England, we have the Premier League every year.
- Every four years, there is the World Cup for every country in the world.
- You play football on a pitch.
- You have to kick the ball and score goals to win.



Rules of Football

- Each team has 11 players.
- You can't touch the ball with your hands.
- You mustn't kick the ball off the pitch.
- You mustn't hurt other players.
- At every game, there must be one referee.
- If you break the rules, you can get a yellow or red card.



Tennis

- You play tennis with a racket and a tennis ball.
- You play it on a court.
- You have to hit the ball over the net.
- It can be played in singles (one person on each side) or doubles (two people on each side).
- You get a point each time the other person can't hit the ball back to you.
- The first person to get 4 points is the winner.
- The biggest competition for tennis in England is called Wimbledon.



Tennis Rules

- You must hit the ball over the net.
- You can't touch the net.
- You must hit the ball inside the court area.
- The players must take turns hitting the ball first.
- You mustn't throw the racket.



Netball

- Netball is similar to basketball.
- There are seven players on each team, and each person has a different job.
- It is played on a court.
- You have to throw the ball into a net.
- This game is often played in schools.
- It is usually played by girls.



Rules of Netball

- You can't hold the ball for more than three seconds.
- You can't leave your area of the court.
- Only the Goal Attack or Goal Shooter can score a goal.
- You mustn't walk or run with the ball, you must stand still.



Rugby

- Rugby is a game where you have to run with a ball.
- It is played on a field.
- You score when you run across the whole field to the goal area.
- Each team has 15 players.
- The most important competition is the Rugby World Cup.
- There is also the Six Nations, a competition between six countries – England, Scotland, Wales, Ireland, France and Italy.



Rules of Rugby

- You can tackle other players.
- You can't pass the ball forwards, only sideways or backwards.
- You can kick the ball.
- You must wear the correct uniform, or you can be hurt.
- You mustn't tackle anyone above the shoulders.



Cricket

- Cricket is a popular game in many English speaking countries, such as the UK, Australia, and India.
- It is played on a pitch.
- There are eleven players on each team, and they take turns hitting the ball (batting) and throwing the ball (bowling).
- You use a cricket bat to hit a ball.
- You win points by hitting the ball and running between two lines of sticks, called wickets.
- Some important competitions are the Cricket World Cup and the Ashes.



Rules of Cricket

- You mustn't hit the wickets with the ball.
- Every game must have two referees called umpires.
- Games can't be longer than 5 days.
- You can't throw the ball at the batsman's (the person hitting the ball) body.
- The ball mustn't bounce on the floor.
- If the other team catch the ball when you hit it, you are out and someone else must hit the ball.

