

## The Value of Games

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### Essay No. 01

Games and sports are a part and parcel of education. They are a important as studies. In fact, education without games is incomplete. Lessons learnt on the playground are as important as those learnt in classroom. Games are to the body what books are to the mind. They develop our personality. They broaden our outlook and make us large-hearted. They inculcate in us the spirit of sportsmanship. It is for this reason that all schools, colleges and universities have begun to realize the important of sports. Games make us physically strong, healthy and smart. They improve our digestion and sharpen our appetite. They increase our power of endurance and harden our bodies. They free us from the cares and anxieties of life. They make us forget the fever and fret of the world. Games have also a social value. They teach us many lessons like discipline, team spirit, obedience, punctuality, patience, fair play, etc. A true sportsman plays the game for the sake of the game. He plays up the game of life and remains a player ever after. Good players are future leaders of the country. The Duke of Wellington rightly said, "The Battle of Waterloo was won on the playgrounds of Eton." Games thus play a very important role in our life.

### Essay No. 02

#### The Value of Games

Games are of utmost importance for all of us, especially the young people. Games make us active and smart. They teach us the qualities of leadership, team-spirit, sportsmanship, etc.

While playing in the field the sportsperson has to concentrate on the game. Thus, games enhance the power of concentration. While playing, the sportsperson is free from all the worries of life.

A game should be played for the sake of game. Victory or defeat is only secondary to the real spirit of the game.

The most famous games are cricket, football, hockey, basket-ball, badminton, tennis, etc. All these are outdoor games. Some other outdoor games are swimming, boxing, canoeing, skiing, skating, polo, golf, etc.

Some of the indoor games are cards, carom-board, chess, table-tennis, etc. Certain outdoor games such as hunting are now getting out of fashion.

Indoor games are mostly played by people who cannot or do not want to go out for one reason or the other. Many old people play cards or chess. A game like chess needs a lot of mental concentration.

Outdoor games are generally played by young people. They are perhaps more useful than indoor games. They imply strenuous physical exercise which is essential for good health.

Sometimes, when weather is bad, it is not possible to play an outdoor game. Then one may have to content oneself with an indoor game. Moreover, certain games require high skill and art. Some of them may sometimes prove dangerous and cause injury and even death.

So, games must be played but in right spirit and with due care and caution that it requires, preferably under the guidance of a coach or expert.