



## Journal and Writing Ideas

Print the activity sheet and use the ideas below for writing a journal, starting a discussion or debate, or to find a starting point for a piece of writing.

1. Describe your favorite sport. Explain your choice.
2. When playing a game...
3. What makes someone a great team player?
4. Describe the kind of athlete you are.
5. Who makes a better athlete...a man or woman? Explain your answer.
6. In sports, I've always been good at...
7. My dream athlete is...
8. During the Olympics...
9. I would never want to play...
10. Describe your favorite sport.
11. What type of sport is the most challenging for an athlete? Why?
12. I think \_\_\_\_\_ is a sport that...
13. List and describe your athletic skills.
14. I love to play \_\_\_\_\_ because...
15. At what age should someone retire from professional sports? Explain.
16. Explain how to prepare yourself for an important game.
17. Describe how you keep in shape.
18. Competition is...
19. Name a sport you don't like. Explain your answer.
20. Describe a favorite sport/activity from your childhood.