



Agree/Disagree?

**Do you agree/disagree with the following sporting opinions?
Explain your reasoning for each.**

“Cardiovascular fitness is more important than muscular strength.”



“The most important reason to take part in sport is to improve physical fitness.”



“Extreme sports should be banned.”



“Exercising at the gym is better for fitness than team sports.”

“Physical Education should be compulsory up to the age of 18.”

Extension: