



# 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:**