

# Handball

(Franka)

Feel it

Touch it

Play it

Handball is a very popular team sport which is known and played in every country. There are 7 people from each team in the field. A player of it is the goalkeeper.

Handball is a sport where you show a lot of emotions and especially the team is in the back. Every player helps everyone and you forget everything else that happens in the moment. It shows someone where his strengths but also weaknesses are what does not mean that it is bad. It is a sport that not everyone likes but when you have the ball in your hand for the first time you do not want to get rid of it. It is a sport that captivates you from the first moment on and does not want to let go.

If you are in a hall for the first time at a young age and the spectators are clapping for the team, the nervousness increases. You notice that it starts and is restless. At the beginning, the communities greet and are friendly. When the game starts, the excitement is gone and you certainly feel no matter what you think or what you do. The game is quiet and peaceful, but passers-by now and lazy and things are not treated as bad, but you have fun and that is especially for me in the foreground. When the game is over you are relieved and busy. It does not matter if you have won or lost you are proud and happy. Handball is not just a sport you can learn but you feel and try to do your best.

I like to play handball and I love it. I spend time with people I like and have fun with. I've been playing for 13 years and I'm proud that it helps in everyday life. In addition, it leads to self-confidence and one learns to face spontaneous situations. It's not just a sport there are moments of emotions and feelings you get in a thing. That's why I play handball I like it and it's a compensation for me.

# Ballet

Control over the body and mind

(Madita and Luisa)

The most people have many prejudices about ballet. They think, it is only a sport for rich children. One of the prejudices is that ballet is bad for the body and that your bones and muscles suffers. But it is not true.

The biggest advantage of ballet is the better posture. It is because you always you always think of a straight back. The other point is that ballet improves flexibility what is important for some exercises.

The most boring thing in ballet is, that you always learn the same and try to do it better. But it is fun to learn with your friends and to reach your goals in this sport. I mostly like the performances because I love the costumes and the atmosphere. But this kind of dancing is really hard. Maybe it is true that you built muscle and agility but the most exercises are hurting in every part of your body. Nevertheless, I think it is a better way to learn body control and to Relieves stress.

I was looking for a long time for a sport, which builds social connections and is good for my health. After a friend of mine invited me to accompany the course I really enjoyed the dancing practice.

# Football

(Jule)

Football is a very interesting sport. Many people in Germany love Football. If there is a big challenge, many people come together to watch the game. I love watching the games of my favourite Football Club BAYERN MÜNCHEN. For me they are the best football players.

In Germany many kids play football in their free time. I also play football with my friends. I think you know the rules of this game.

I play football only in my free time, but I'm not in a Football Club to learn more or to go to a challenge. I only loves it to play or watch it, if my Stars from BAYERN München plays.

I love football so much, because everyone can play it, because everyone knows the most rules. And watching a football game, get people together.

In my free time I also love it to watch the movie Maze Runner, it is my favourite film.

# Handball

(Sarena)

My favourite sport is handball. Very much people play handball. It's a very nice sport. In a week, i go two days to play handball. I love the training. My friend Jolina goes with me to the training, we are in the same Club. It is very funny. After a game I'm very tired and happy.

Handball is a team sport. There are seven people in each team. Two teams play the game. One of the seven players is the goalkeeper. You throw the ball to one person out of your team to get the Ball into the goal of the other team. If this happens your team will get a point. The team with the most points after the end of the playing time becomes the winner.

I loves Handball because it is a team sport. Everyone helps each other and you play it not alone. Handball would be play in a sporthall and not outside.