

## Part 1

### Source #1

## Kids and After-School Sports

After-school sports are a part of life for many students around the country. In elementary school, these sports could range from soccer to baseball and softball. Some schools offer football and basketball, too. The sports programs support the physical education that students receive at school.

Students practice their skills as a team. The practices may occur one or more days after school during the week. Students may put in one to four or five hours in practice time each week. They may also have games with other teams. Usually the practices are during the week and the games are on the weekends. The schedule is different for every school, though.

Many boys and girls enjoy being in after-school sports and look forward to their practices. The sports are good for them, too. Students remain active and learn to work together as a team. In fact, many students love the experience so much that they continue playing the sport through middle school and high school.

Although sports are a lot of fun, schoolwork should always come first in a student's life. Students should not spend less time on their homework and projects after school just because they are playing a sport. Parents need to make sure that they help students balance their schoolwork and their sport. Students should always continue to work hard on getting good grades.

After-school sports can be a lot of fun and are a good way to stay active. They also teach students how to work with others as a team. But students must remember that their education should always be more important than any sport they play after school.