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| **People should learn to swim** |

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| **My favorite sport is swimming** |

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| **My favorite sport** |

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| **We don’t need many tools to swim.** |

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| **Keep heart muscle strong** |

I love sports very much. My favorite sport is swimming and it is an important part of my life. I like to swim with my friends once a week. It is a beautiful and fun sport. People should learn to swim before practicing to avoid drowning. I learned to swim when I was 6 years old. Swimming helps keep the heart muscle strong. Swimming protects the lungs from diseases. We don’t need many tools to swim. Some of the most important items are swimming goggles, nose pads and swimwear. I advise everyone to take a bath to keep their bodies strong and healthy