

	Sport	Since when?	Opinion	Extra details
Ahmed	Wrestling	4 years ago	A beautiful sport and good for the body and mind , but requires flexibility	
Lubna	Horse riding	Since 2009	It helps her to concentrate	
Adnan	Running	A year ago	Very interesting	In the park. He has been dreaming of going skydiving for the past two years, but he has not tried it yet
Abla	Handball	Since joining the new school/ 3 years ago	Beneficial, as it encourages teamwork	She plays it in her free time