

Movement and Sports for Better World

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Abstract: *"Sport can create hope where there was once only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all discrimination." Those are the words of the late, great Nelson Mandela, who overcame huge prejudice in South Africa and united the nation's people under the idea of equality. Sport and physical activities have a huge impact on children's health and wellbeing. Regular participate in team sports perform better academically and display a greater sense of respect for themselves and others. It helps children develop essential life-skills that will ease their transition into the 'adult' world, including teamwork and empathy. It is helpful for gender equality, and fight against discrepancy. The IOC's "Olympism is a philosophy of life", which can also refer to 'philosophy of life' to sport as whole. It places sport at the service of humanity. Sport connects and unites people unbelievably. The present article discussed the origin of sports and its role for the sustainable development of global harmony and peace.*

Keywords: Movement, Sports and Sustainable development.

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