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The exercise I do most frequently is playing volleyball. Volleyball may seem easy to play, yet it is actually pretty challenging. Usually, there are six people in a team. Two teams compete on each side of a net, trying to score twenty-five points first. It can be an outdoor activity as well as an indoor one. All that you need is a volleyball and an open area, and you're ready to start. Players can use any body part to hit the ball, but we usually use our fore arms. Lots of people find it easy as beginners, but when it comes to professional volleyball, it's a sport that requires techniques and strength.

When I was in junior high school, I joined the

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volleyball club, and that was when I fell in love with this fascinating sport. I love the feeling when I smack the ball, and it shoots straight towards the other side of the court without anyone daring to catch it. I love the feeling when the whole team play hard to stop the other team from scoring. It feels great to sweat a lot after a thrilling game, which makes me energetic and relaxed. Since I started playing volleyball, I've learned the importance of teamwork. Every single player on the team is irreplaceable. In addition, I become healthier due to regular exercise, so I owe a big thank you to volleyball. The importance of exercising cannot be overemphasized, and I'm grateful that I found a sport which I truly love.