Team sports at school

Advantages:

* Promotes physical fitness and overall health.
* Fosters teamwork and cooperation skills.
* Enhances social interaction and builds friendships.
* Teaches discipline and time management.
* Encourages a sense of belonging and school spirit.
* Provides opportunities for leadership and skill development.

Disadvantages:

* Some students may have physical limitations or health issues.
* Can lead to competition-related stress and pressure.
* May neglect the interests and talents of non-athletic students.
* Could increase the risk of injuries.
* Potential for unequal opportunities and favoritism.
* May divert time and attention from academic studies.