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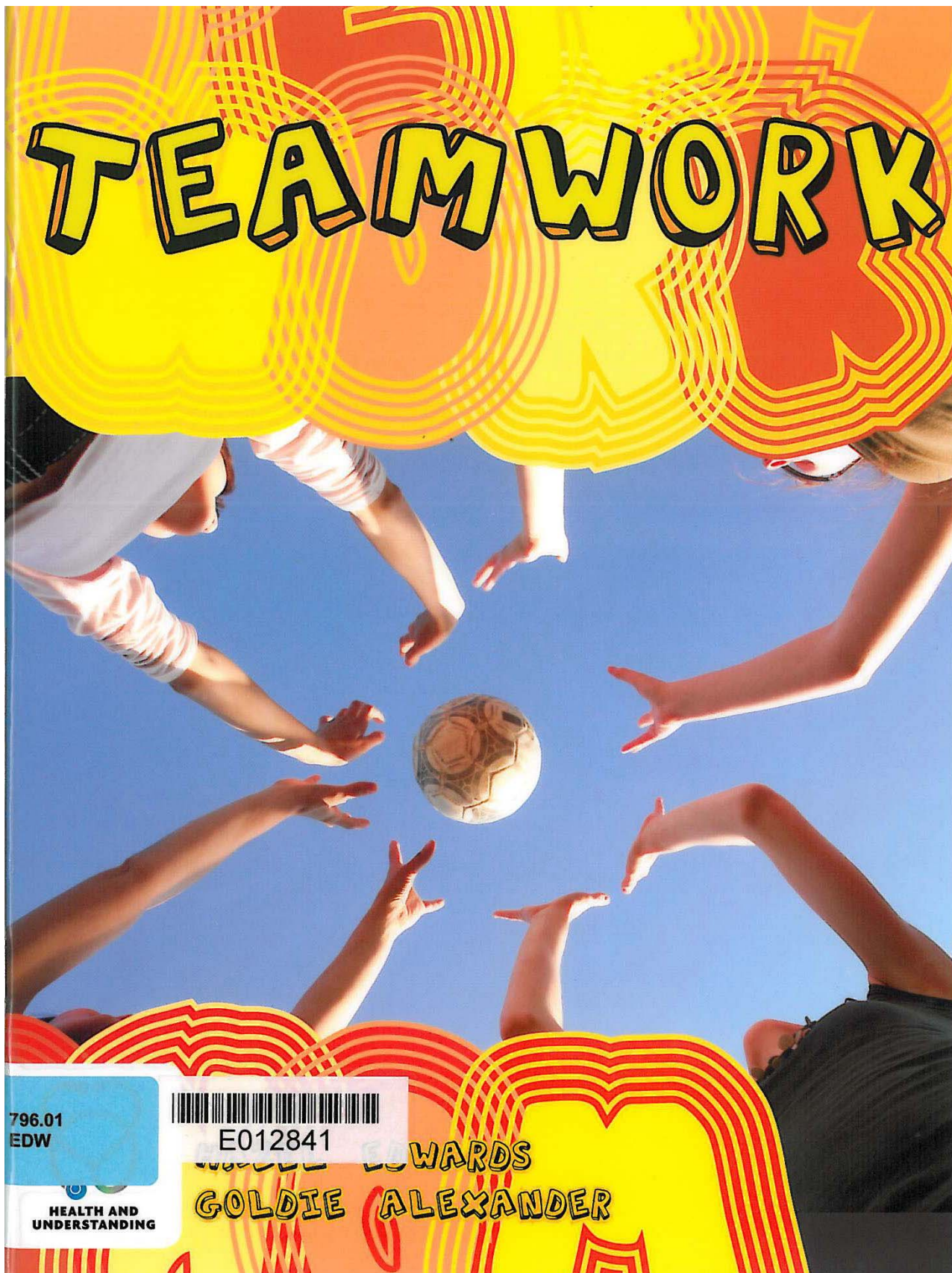
# **Teamwork**

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Lots of people play team sports to help them keep fit, active and healthy.

*Teamwork* explores what's involved in being part of a sports team. It looks at responsibilities of team members, and the roles cooperation and motivation play in a successful team. It also discusses the importance of being a good sport, playing by the rules and the right way to win or lose.

*Teamwork* is full of helpful ideas to help you enjoy being part of a team.



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