

A History of Sport

The documented history of sports goes back at least 3,000 years. Sports originated in Ancient Greece. The world's first sports often involved the preparation for war or training as a hunter with explaining why so many early games involved the throwing of spears, stakes and rocks and sparring one on one. Sports prepares soldiers for combat by increasing fitness, channelling aggression and focusing the mind.

Dr James Naismith was the person who invented basketball.

Basketball was meant to be called Naismith ball.

Walter Camp was the person who invented football.

Football's name came from action of a foot kicking a ball.

By Thomas Richardson