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## Opening extract from A Horrid Factbook: Horrid Henry Sports

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The word **'sport'** comes from an old French word – 'desport' – meaning 'leisure'.

Paintings of wrestlers have been discovered on the walls of an **Egyptian tomb** from around 1850 BC – which means wrestling was probably one of the **earliest sports** ever played.



There are now about **8,000** known sports and sporting games around the world.

Today, the top five **most popular sports** watched worldwide are football, cricket, field hockey, tennis and volleyball. But more people take part in **fishing** worldwide than in any other sport.



Popular American sports like baseball, basketball and American football don't make it into the top five – they are big in the USA, but less popular in other parts of the world.



The Summer Olympics is the **most famous sporting competition** in the world – it happens once every four years.

**4.7 billion TV viewers** watched the Beijing 2008 Olympic Games and Paralympic Games. That's nearly three out of every four people in the entire world!

Taking part in sport makes people healthier and happier.





**Football** was invented in China around 476 BC.



The 'ancient' Olympic Games were first held in 776 BC, as a religious festival to honour Zeus, king of the Greek gods.

For many years, there was **just one race** at the Olympics – a running race of 192 metres. It was from one end of the stadium to the other, about the same length as today's **200 metre** sprint race.

