

## Editorial about Video Games

Think about soccer players. They spend many hours out on the field practicing and practicing their shots. They pore over strategy in the locker room, trying to figure out the best way to beat their opponents. Would you believe me if I said video games were pretty much the same? You should! Video games should be considered a sport because they require players to practice regularly and because they require you to deal with losing.

One reason video games should be considered a sport is it's almost impossible to get good at video games without regular practice. It takes hours of practice to figure out just how you should take the turn on Rainbow Road in Mario Kart 64 so that you don't fall off the side of the track. This regular practice has lots of benefits for video gamers, just like it does for soccer players. You develop stronger hand muscles. You increase your speed. Your reflexes might even improve. As you can see, video games require the same kind of intense training and focus as other sports.

Another reason video games should be considered a sport is that they require you to deal with losing. Every time two teams meet and play in a sporting event, one wins and one loses. That means half of the time, athletes are losing. Athletes would never get better if they got discouraged from a loss and stopped playing. Instead, they have to learn how to deal with that loss. The same is true for video game players. When playing video games, you often face losses, and you have to decide how to respond. Instead of shutting down the game, most people start over and try facing that same boss again. Eventually they beat the boss, but they also learn that you don't need to get discouraged and give up when you lose.

Some people say video games aren't a sport. They argue that because video games aren't physically demanding, they can't actually be considered a sport. Well, video games might not be physically demanding, but they are mentally demanding.

Merriam-Webster defines a sport as a "pastime, recreation." As I've shown, playing video games definitely meets that definition. Video games should be officially considered a sport because their players have to practice regularly, and need strategic thinking skills, and because they teach players how to deal with loss.