

5 Most Popular Sports Globally You Must Know About

These days, everything is digital and on our phones or computers. Because of this, we always crave to leave our homes and enjoy some physical activities. But one thing you can trust online is buying health supplements from <https://biaxol.co.uk/>. They understand the needs of their customers and react accordingly.

Continue reading this article until the end to learn about the top 5 popular physical sports worldwide.



1. Football/Soccer

The most popular game globally is soccer or [football](#). It is estimated that there are 4 billion fans worldwide. Football fans are always excited and ready to play and watch the game,

no matter when or where.

Football has some pretty ancient roots, with Greece, China, and Rome all having their own ball games back in the day. As the game gained more fans, its rules also changed, like the rule against using hands in football.

2. Cricket

Cricket started its journey in the 16th century from England and slowly evolved as it spread to various countries. The initial journey of cricket was from village competitions, and now it has a structure comprising approximately 2 billion people worldwide.

In addition to South Africa, Pakistan, India, Sri Lanka, Australia, Bangladesh, and the West Indies, the game has spread to other parts of the world. Its journey to reach more places continues.

3. Tennis

Tennis has its roots in the French game of handball, which was called "Jeu De Paume," which means "game of palm." Currently, tennis is a modern game played by millions of clubs.

Furthermore, the sport saw a major evolution when a number of players and amateurs started to play on public courts. This trend continued in the 1970s. Not only did the rules and regulations of the game evolve, but the playing attire also changed massively over time.

4. Golf

Golf started in Scotland in the 15th Century. The game was presented in the Scottish Parliament in 1457. The oldest Golf courses can be found outside Britain and nearby France. We

have some renowned ones, such as the club at Pau, built in 1856, and the Calcutta Golf Club, build in 1829.

Today, golf is popular almost everywhere in the world. However, Ireland, Canada, and the UK are some of the places where it is more popular. These countries have a bunch of golf courses, and they frequently host professional events.

5. Basketball

Dr. James Naismith made basketball in the year 1891. It was initially started to keep students active during winter play, but soon, it was introduced on a global level. The game and its rules and regulations evolved over the passage of time.

The game has an excessive fan base due to its accessibility and exciting course of events during the match.

Final Wordings

No matter what your past is, you should play sports as part of your daily life to stay healthy and active. When it comes to doing your daily jobs right, the more active you are, the better.