

Essay final version

Sport plays an important role in many people's lives. Some people believe that it is necessary to do sports when you are young, others think it is optional.

In my opinion, sport activities are of great importance to young people. Firstly, sport helps to be healthy and strong. For example, a teenager who does swimming is fitter and more energetic than a person who has no sport activities at all. Secondly, sport is a great opportunity to meet new people and do networking. It is easier to make a long-lasting friendship if you have a common interest like football or athletics. Besides, to become a professional sportsman, you have to start practicing as early as possible.

On the other hand, some people think sports does not have a value for young people. In their view, it is more important to study hard. Moreover, many young people are too lazy or tired after school and university that they do not think about taking up any sport at all. Some people just have no free time for it.

Still, I believe that sport helps young people a lot. It makes them more determined and persistent. It is easier for sportsmen to achieve goals and make their dreams come true.

In conclusion, sport is very important for young people. It makes them stronger, fitter and helps to develop their personality in different ways.



1. *Make an introduction (state the problem).*
2. *Express your personal opinion and give 2-3 reasons for your opinion.*
3. *Express an opposing opinion and give 1-2 reasons for this opposing opinion.*
4. *Explain why you don't agree with the opposing opinion.*
5. *Make a conclusion restating your position*

238 words