Topic 43-2:

Some young people are free in the evenings or have days off at school, which way can bring them the most benefit?

1. To accumulate work experience by a part-time job or volunteering in a community

2. Learning to play a sport

3. Learning to play a musical instrument

Essay:

In this modern life, children should learn as much as they can to be able to compete with others in different opportunities. Some people believe that children should use their time in the best way possible and learn something useful. On the other hand others believe that children should only have fun and play in the evenings and the days off, and not be stressed over anything else. I personally agree with the first group but not in a strict way. I believe that learning to play a sport is a good skill and a good entertainment at the same time and it brings them the most benefit. In the following paragraphs, I will explain the reasons and examples justifying my point of view.

To begin with, doing a sport helps children stay in shape and stay healthy which probably prevents them from having diseases in the old age. Having a regular training program helps the body function better. It also effects on the mental wellness because of the endorphins that is released during physical activities. An example is that many children suffer from genetic obesity from the young age. With learning a sport and sticking to their training plans, they can lose weight and be in a better shape. This way they will feel more confident about their body and most importantly they will be living a healthier life.

Secondly, many kind of sports, let’s say group sports help the children with their social communications. They learn how to interact with others and how to play a role in a group plan to achieve the mutual goal. In other words it shows them how to be a part of something bigger and fight for the group interests. For example, in a soccer game, team play is the key to win the match. If the players don’t pass the ball to the other player that has a better opportunity to score a goal, the team will be affected. This process also teaches them how to sometimes sacrifice, to give their teammate a chance to be seen. The players in a team try to evolve together because when a player gets better, the team will get better.

In conclusion, learning to play a sport helps children grow in many aspects of life. It helps them be healthier, more confident, have a better social life, etc. I believe the most important result is that it shows them how to see the bigger picture. This way they will learn how to be a better person. As my father always use to say, a better person a better society.

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Time: 1 hour