

Topic: Some people believe that competitive sports, both team and individual, have no place in the school curriculum. How much do you agree or disagree?

Sports, especially competitive sports, have a lot of benefits and are good for students. However, some people think that competitive sports should be eradicated from the curriculum of school. In my perspective, I strongly disagree with that idea for the following reasons.

First, competitive sports help students keep fit and stay healthy. When students play competitive sports not only their body and muscles are enhanced but also the calories which they absorb in foods during the day will be burned. In addition, playing competitive sports prevents students from obesity and heart attack. For example, competitive sports such as basketball, football or volleyball make players move continuously, the fat and calories in the body will be burned more than sitting immovable. Some scientists proved that playing competitive sport reduces potential diseases and lengthens age.

Second, competitive sports also help student build up a team spirit and bring benefits for students' social well-being. When students take part in competitive sports, they have to work with their teams. This force them make friends, talk with others and cooperate with their teams' members. As a result, students' teamwork skill will be improved and increase their communication. Moreover, playing competitive sports is good opportunities for student to improve their problem-solving skills and decision-making skills. These are highly useful skills for students in future works.

In conclusion, for these reasons above, I think that competitive sports should not be removed from the curriculum of school because they bring a lot of benefits for student's physical and mental health and they also contribute to students' social well-being.

THÔNG TIN HỎI ĐÁP:

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