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[https://www.100test.com/kao\\_ti2020/109/2021\\_2022\\_2007\\_E5\\_B9\\_B4\\_E5\\_BA\\_A6\\_c72\\_109770.htm](https://www.100test.com/kao_ti2020/109/2021_2022_2007_E5_B9_B4_E5_BA_A6_c72_109770.htm) POSITIVE AND NEGATIVE ASPECTS OF SPORTS". Sports benefit us in many respects. When taking part in sports, we get the chance to train almost all parts of our bodies. There is no doubt that proper sports activities keep our physical fitness. Furthermore, sports can enrich our life and maintain our psychological health. Through participation, everyone can learn that on the playground he not only struggles for himself but also fights for his team. Sports teach us about consideration, cooperation and optimism to failure. But sports can do some harm to those who cannot plan their activities properly. Too hard training may hurt their bodies, exhaust their vigor, and even cause them to become sick. In general, I love sports. I enjoy sports. For sports not only help me to live a well-balanced life, but also provide me with opportunities to get closer to nature. Sports add happiness to my everyday life when I perform in a decent way. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)