

托福作文T130：学生参加体育的利弊 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/118/2021_2022__E6_89_98_E7_A6_8F_E4_BD_9C_E6_c81_118685.htm 【托福作文185篇真题范文专项练习】

Topic130：谈论青少年花很多时间从事体育运动的利弊
Topic130 Some young children spend a great amount of their time practicing sports. Discuss the advantages and

disadvantages of this. Use specific reasons and examples to support your answer. [参考提纲] 130、花很长时间搞体育的优点 (1

) 身体健康 (2) 促进团队精神 (3) 交很多朋友花很长时间搞体育的缺点：耽误学习 [托福参看范文] Topic: 130

Currently some young children spend a great amount of their time in practicing sports. Most parents feel quite happy because sports are good for their kids development and team work spirit, however they are quite worried about some negative effects such as practicing sports occupies too much time, distracts their attentions on schoolwork and loses certain interests on other activities. In my opinion, everything has its good side and bad side. The important thing is to handle it properly. Admittedly, practicing sports can help childrens physical development, which makes them grow faster and stronger than before. As we know, during childrens development periods, especially from 10 to 16 years old, sports are really helpful for children to develop. Sports can create a strong body that reduces the possibility of contracting some diseases easily. Definitely we believe that children benefit from sports. Another good thing is that sports teach us to learn how to cooperate with other members in a

team. Most sports are team work. If we want to play them well, we must master some skills to care about what our team members are thinking and how to adapt each other to achieve a common goal. Sports are not an individual activity, it needs corporation and mutual understanding. This is not easy to master. Of course, for parents they are delightful to see their children to get this skill from sports. On the other hand, practicing sports seem to occupy too much of childrens spare time to concentrate their schoolwork. As a student, ones major task is to study hard and try to learn as much as possible, which needs students to devote much time on study or their spare time. If children devote themselves in practicing sports, it is not denying that they cannot concentrate them on schoolwork at the same time. The consequence of practicing sports too much leads children to distract themselves, which influences their future. Actually, besides sports, there are still many kinds of activities, such as drawing, collecting, good for their developments. If a child is too concentrated on sports, it is inevitable that he will lack of chances to explore other activities and lose some happiness when engaged in different experiences. Overall, on one hand, we should encourage our children to participate in sports activities. on the other hand, we must also remind them not to be too engaged because they should put study at the first place during their school time. There is a limit of doing everything. Topic: 130 Most kids love to play sports. Its important to them, but for the majority, its just one type of activity out of many that they do. For a small number of kids, though, a sport becomes their whole life. They spend almost all their time and energy

practicing. This has both advantages and disadvantages. Sports are good for young children in many ways. Kids who enjoy sports are likely to have better health. They develop good habits of daily exercise that will keep them healthy as adults, too. Today, many children and adults are overweight, but those who love sports stay in shape. Plus, by developing their physical abilities, they will learn how to work hard towards a goal. Their achievements in sports will make them feel good about themselves. They'll also make friends and learn teamwork. Sports, whether a little or a lot, can have positive effects. We admire the talent and dedication of young athletes, but we also wonder if they're losing something. Their focus is very narrow. If they devote most of their time to sports, are they neglecting schoolwork? What about other interests? Children should try out many different activities. In addition, many young athletes are pressured by parents or coaches to succeed. Kids whose drive comes from inside usually do okay, but others can be unhappy and have health and emotional problems. So sports, like anything else in excess, can have negative effects too. 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