

托福作文T128:体育是学生必参项目 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_118688.htm 【托福作文185篇真题范文专项练习】

Topic128：你是否同意体育应当成为学生在学校每日生活的一部分？ Topic128 Some people say that physical exercise should be a required part of every school day. Other people believe that students should spend the whole school day on academic studies. Which opinion do you agree with? Use specific reasons and details to support your answer. [参考提纲] 128、同意体育应当成为学校每日生活的一部分

(1) 体育保证学生的健康，能够促进学生的学习工作 (2) 体育能够使学生发展团队精神 (3) 体育能够让学生领会到除了学习以外，生活中的另外的财富 [托福参看范文]

Topic: 128 Though physical recreations and intellectual activities are two basic ways in which people spend their leisure time. In my opinion, the former is more important for my generation, who is in twenties and is studying hard for their academic achievements. This is based on a consideration of age, our main occupation and the characteristics of two forms of recreation. People of my age are full of energy and physically active, but we have to sit for hours a day racking our brains. We need a complement that can give us more physical exercises and divert our attention from studying. A intellectual activity, like reading a book, playing a chess game can help us escape from the worries and forget our study for a moment. But there is no physical activity, whats more, they are more or less still a form of mental recreation. For

instance, we may feel mentally tired after games of chess and our study will be affected. In contrast, a physical recreation can provide us with a lot of physical activities and real mental relaxation. A ballgame, for example, can build up muscles, flex joints, speed up blood circulation and enhance bodily organs. We may feel physically exhausted, but we can be absorbed in study more easily. In the view of above, however, it doesn't mean that one form is "meat" and the other is "poison". Occasionally, when we are physically exhausted and we are in good mood, a chess game or a good TV program can be very helpful. 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