

Benefits of Joining Inter-school Sports Competitions

6C Cheng Hang Kin

Dear Principal,

I am writing to express my views on whether Form 6 students in our school should be prohibited from joining inter-school competitions.

It is undeniable that the HKDSE Examinations are very important for all Form 6 students and they should focus on their studies. However, I believe that banning all Form 6 students from joining inter-school sports competitions is not the most appropriate way to make them concentrate more on their studies. In my view, our school should not prohibit Form 6 students from joining inter-school sports competitions for a number of reasons.

First of all, by joining inter-school sports competitions, Form 6 students can learn to get along with their fellow teammates and make more friends with students from other schools. They can not only share their learning experience but also enhance their communication and interpersonal skills. As a result, joining inter-school sports competitions helps them to develop essential skills.

Besides, by joining sports events, students could improve their fitness and stamina. In fact, doctors always suggest people do more exercise in order to stay healthy. Hence, Form 6 students should also do more sports so as to keep themselves strong and vigorous. A fit and healthy body would definitely help to improve concentration. Nevertheless, if our school does not allow them to join sports competitions, they may become weaker than others and may even get sick easily. Some may not be able to sit the examination due to poor health. Therefore, letting Form 6 students join inter-school sports competitions could make them exercise more and they would not be absent from examinations because of poor health.

More importantly, doing sports would help students relieve stress and improve their mental health. According to a survey conducted by the Chinese University of Hong Kong, most respondents believed that doing sports after revision brought about positive effects. For instance, they thought that their memory span could be enhanced after doing sports. In addition, a majority of interviewees said that they felt relaxed by doing sports. The findings also show that physical activities are good for both students' physical and mental health. Thus, our school should encourage Form 6 students to join inter-school sports competitions.

It has been argued that joining inter-school sports competitions is a waste of time because students need to get more practice before each competition. However, for students who want to become professional athletes, joining sports competitions is the most effective way to achieve their goals. Our school should take care of different students' needs.

In short, I strongly believe that our school should not prohibit all Form 6 students from joining inter-school competitions. We would appreciate it if our school could make a sensible decision. I am looking forward to receiving your favourable reply.

Yours faithfully,
Chris Wong

Teacher's Feedback : It is important for us to strike a balance between work and play. Your essay is supported with sound reasons. Good to use refutations to make your arguments more convincing! (Miss But Suk Kwan)