You are going to read an article in which four young people say how they deal with the everyday stress of their lives. For each question, choose from the people (A - D). **The people may be chosen more than once.**

Sports at School



A Diane Townson

Looking back, I did enjoy sports lessons at school, even though I think most schools assume sports are basically for boys, and girls don't get encouraged to do well at sports. That attitude really annoys me, because the whole point of sports at school is to help kids develop the right attitudes, and it doesn't matter really how good you are. If you can't run as fast as an Olympic athlete, that doesn't matter - what matters is that you run as fast as you can. Schools are highly competitive environments and sports can teach children the importance of teamwork. Almost everything else at school is about individual efforts, but sports are about working together towards a common goal. Sports at school give children who are not high achievers a chance to excel at something. Finally, national sports, like cricket in England, benefit because they are part of the school curriculum.



B Roger Dias

There are obvious benefits in having good sports classes at school. Children stay fit and learn the importance of fair play. Schools can introduce children to sports they would never otherwise have the opportunity of doing. For instance, I grew up in a big city, and we hardly ever traveled to the countryside as a family. At school, we had a climbing wall in the gym, and we learned rock climbing in sports class. When I moved to Europe, I took up rock climbing and was surprised at how good I was at it. Schools should offer a wide range of sports from the most popular ones, like football and basketball, to the less popular ones, like table tennis and climbing. Unfortunately, sports are often regarded as a sort of optional extra by certain schools and this is also reflected in the children's attitude to them.



C Colin Campbell

My own memories of sports lessons at school aren't particularly good, but that's mainly because of the type of school I went to. It was unusual by British standards, with old-fashioned ways of teaching, and the head didn't really think sports mattered at all. The school rarely organized sports events and never invested in sports equipment. There was very little emphasis on the importance of a healthy diet and the benefits of keeping fit and exercising properly. I believe that issues like obesity, anorexia, the nutritional value of food, etc, should be included in sports lessons at school. Children should be encouraged to take part in competitive sports. Being competitive is part of human nature, and doing sports can provide an excellent outlet for this aggressiveness. Winning at sports can build up your self-esteem and confidence. On the other hand, since you can't expect to win every time, sports can teach you how to be humble and realistic.



D Helen Smith

The main point about sports is that they encourage peaceful competition. I think that's the basis of the Olympic spirit of Classical Greece, which nowadays is more important than ever before. Sports can teach you how to discipline yourself, how to remain focused on what you're doing and how to apply yourself to achieving a goal. I don't think sports are really about the sort of aggression and rage that you see sometimes in football matches, for instance. I certainly think teachers should discourage any form of aggression during sports classes. On top of that, we need to be more sensitive towards the feelings of children who are not fit or good at sports. Taking part in a sports lesson can be a major source of embarrassment and a traumatic experience for less athletic children.

Questions

1. Which person thinks sports encourage cooperation?
   A B C D
2. Which person believes that experience of losing is important?
   A B C D
3. Which person thinks one benefit of sports is learning to concentrate?
   A B C D
4. Which person believes the Olympic spirit is essential today?
   A B C D
5. Which person thinks sports help non-academic pupils?
   A B C D
6. Which person thinks sports can teach objectivity and justice?
   A B C D
7. Which person believes that humankind is aggressive by nature?
   A B C D
8. Which person thinks schools should teach unusual sports?
   A B C D
9. Which person thinks males and females are not treated equally?
   A B C D
10. Which person believes diet and health should be taught with sports?
    A B C D

LIVEWORKSHEETS