

## Exercise 5

Complete the essay. Use the phrases in the box.

can help teenagers to focus more      may cause serious issues with confidence  
pressure makes sport less fun      some people cannot perform as well as others  
reduce stress      sports help teenagers learn team-building skills

Competition in sport can play an important role in a teenager's development. However, we must be careful as this can have both positive and negative effects on the child and people disagree about which is the most significant.

Initially, let's think about the reasons why teenagers benefit from competition in sports. On the one hand, sport is a great way to \_\_\_\_\_ and focus the mind away from lessons. Furthermore, a little competition \_\_\_\_\_ and give them a reason to perform better. In addition, when playing in teams, these \_\_\_\_\_ and can improve their physical well-being, which is a really important benefit.

On the other hand, competitive sports can also cause problems for individuals if people feel that when they lose, they fail. This is clearly unsatisfactory and \_\_\_\_\_. It is certain that this \_\_\_\_\_ and means teenagers do not want to take part. Although being part of a team can be enjoyable, \_\_\_\_\_ and they may feel isolated from other team members. This can be a serious concern for teenagers who want to fit in with others around them.

To sum up, there are good arguments on both sides. While competitive sports can play a useful role in developing a teenager, it is important that sports are monitored to ensure individuals do not feel pressured or stressed when playing. It is important that young people understand the value of competition and that even if they fail, they feel that they have achieved something.