

UNIT 6: LEISURE TIME

WRITING

Exercise 1: Complete the table with the advantages and disadvantages of competitive sports for teenagers.

	waste of study time
	sports help teenagers learn team-building skills
	some people cannot perform as well as others
	improve their physical well-being
	can build confidence
	reduce stress
	pressure makes sport less fun
	can help teenagers to focus more
	some people don't like sports
	may cause serious issues with confidence

Exercise 2: Choose the correct words to complete the sentences.

1. A **advantage / benefit / positive** of playing sports at school is that you can make friends.
2. Many people see no **positive / reason / value** in competitive sports.
3. An **argument / benefit / reason** for sports is that they build teamwork.
4. The main **argument / issue / negative** many young people have with team sports is the competitiveness.
5. Wanting to win can cause lots of **concern / negative / problem** emotions.

6. Lack of confidence is a big **concern / unsatisfactory / value** for many young people.
7. Bad performance can be a **negative / reason / unsatisfactory** for not liking sports.
8. If you are too competitive, it can be a **help / problem / value** for you in daily life.

Exercise 3: Use the words in the box to complete the essay.

help	perform	negative	positive
problems	reasons	unsatisfactory	value

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

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

On the other hand, competitive sports can also cause _____ for individuals if people feel that when they lose, they fail. This is clearly _____ and may cause serious issues with confidence. It is certain that this pressure makes sport less fun and means teenagers do not want to take part. Although being part of a team can be enjoyable, some people cannot _____ as well as others 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 _____ of competition and that even if they fail, they feel that they have achieved something.

Exercise 4: Complete the sentences. Use the words and phrases in the box.

agree	belief	believe	connected	key reasons	main problem	opinion
-------	--------	---------	-----------	-------------	--------------	---------

1. I strongly _____ with this opinion.
2. There are several _____ why this is not correct.
3. The first reason is _____ with politics.
4. I _____ these people are wrong.
5. The second _____ is with people's opinions.
6. In my _____, we must do something about it.
7. It is my _____ that governments should make stricter laws.

Exercise 5: Put the paragraphs in the correct order to complete the IELTS Writing Task 2 essay.

Some people believe the mass media have too much influence over people. To what extent do you agree or disagree?

	<p>There are several key reasons why the influence of mass media is negative. The first reason is political; the owners of newspapers, television stations, etc. are very rich and powerful and only give news and opinions which support their political view. I believe this can be very dangerous for people's freedom because different opinions are not discussed and we receive only one side of an argument.</p> <p>The second main problem is that mass media destroy creativity. It is a fact that everybody wants to copy what is fashionable, but if only one view of the world is presented in the media, there is no room for different cultures and ideas. This leads to a further problem in that we may lose independent thought which could lead to a society full of people who behave like robots. Therefore, in my opinion, the world becomes a much more boring place.</p>
--	---

	<p>Some people will argue that the influence of mass media is positive because people obviously feel good sharing the same experience with millions of others. It is my belief, however, that the negative aspects are much greater than the positive because if everybody does and thinks the same thing, all the richness and variety of life will be lost.</p> <p>As communications technology improves, there is no doubt that mass media like television, radio and internet have an increasing influence on the lives of everybody. Some people think this influence is positive as it allows freedom of choice, but many people worry that this situation has a negative impact on society. I strongly agree with the second opinion and will discuss below the reasons why.</p>
--	---

Exercise 6: Put the paragraphs in the correct order to complete the IELTS Writing Task 2 essay.

Some people believe that social media sites, such as Facebook or Twitter, have a negative impact on young people and their ability to form personal relationships. Others believe that these sites bring people together in a beneficial way.

Discuss both these views and give your opinion.

	<p>While it is true that social media sites can be very useful and help us to connect and keep in touch with others, we need to be careful and not forget that we can only make real friends in the real world. These are the relationships that last a lifetime.</p> <p>Firstly, let us consider what makes a meaningful relationship. Being able to talk and meet with people is key and this can be done in person in the traditional way, or, increasingly, online. However, seeing people in the real world is very different from meeting them online. You can learn more about them and see them at both their best and their worst; therefore, your relationship is based on more than short text communication.</p>
--	--

	<p>New types of technology mean that you can easily connect with people around the world. Many believe that this is harmful and prevents us from forming meaningful friendships with others, while some people argue that using social media improves our ability to build new relationships. In my opinion, the negative impact is greater than the benefits, as I will explain.</p> <p>Many argue that modern social media allows us to connect with a variety of people from different places and backgrounds, which can be true. Nevertheless, these websites often lead young people into dangerous situations, for example, they may be bullied because of how they look. Also, their personal information becomes available to all if they are not careful and they never really know who they are connecting with.</p>
--	--