



Sports and Leisure

Article: should schools offer more non-competitive sports?

1. Lead-in discussion

Talk with a partner before you write.

1. Which sports or activities do students enjoy most?
2. Why do some students avoid competitive sport?
3. How can schools make exercise feel more enjoyable?

Exercise 6 at a glance

Write an article, often for a school magazine.

Use a catchy title and opening hook.

Develop ideas with reasons and examples.

Use a semi-formal, engaging style.

2. Exam-style task

Your class has recently discussed whether schools should offer more non-competitive sports. Write an article for your school magazine about this topic.

Here are some comments from students to help you:

'Not everyone enjoys playing matches.'
'Competitions can motivate some students.'

'Exercise should be about feeling healthy.'
'Activities like yoga or dance might attract more people.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model article

Does Sport Always Need a Winner?

Does every sports lesson need a score, a team and a winner? For some students, competition is exciting. For others, it can make exercise feel stressful before the lesson has even started.

More non-competitive sports could help students who usually avoid PE. Activities such as yoga, dance, fitness circuits or walking clubs would still improve health, but without the pressure of losing a match. This could make exercise feel more welcoming, especially for students who are not confident in traditional team games or who worry about being judged.

However, competitions should not disappear completely. Some students love the challenge of matches and tournaments, and competition can teach teamwork, resilience and commitment. The problem is when competitive sport becomes the only option.

In my view, schools should offer a better mix. Competitive games can stay, but students should also have choices that focus on fitness, confidence and enjoyment. If more students find an activity they actually like, school sport will become healthier for everyone.

4. Explore the model: structure, content and register

Work with the model article. Underline, label or make short notes.

Focus	What to find	Done?
Article structure	Find the title, hook, benefits, contrast and final view.	
Content point 1	Where does the writer explain benefits of non-competitive sports?	
Content point 2	Where does the writer explain why competitions can still help?	
Final view	Where does the writer suggest a better mix of activities?	
Audience and register	Find two places where the article sounds lively but suitable for a school magazine.	
Development	Find one example, reason or effect that improves the answer.	

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

Prompt	Useful language	Why it fits	Example from the model
benefits of choice	modal verbs + examples	You are explaining how extra activities could help different students.	could help students / yoga, dance, fitness circuits or walking clubs
value of competition	contrast + benefit language	You are showing that competition is not always negative.	However, competitions should not disappear / can teach teamwork
your view	balanced recommendation	You are suggesting a mix rather than one fixed answer.	schools should offer a better mix / students should also have choices

6. Build an engaging article

Notice how article phrases help you interest the reader and organise ideas clearly.

Job	Useful article phrases
hook the reader	Does sport always need a winner? / Does every lesson need a score? / What if exercise felt less stressful?
add context	For some students... / For others... / before the lesson has even started
introduce benefits	could help students who... / would still improve health / make exercise feel more welcoming
show contrast	However... / should not disappear completely / The problem is when...
show examples	yoga, dance or fitness circuits / matches and tournaments / teamwork and resilience
finish with a view	In my view... / offer a better mix / If more students find...

7. Vocabulary and useful article phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise words and phrases.

Purpose	Useful chunks / language	Add your own
describe sport	sports lesson / matches / tournaments / team games	
describe activities	yoga / dance / fitness circuits / walking clubs	
describe benefits	feel healthy / confidence / enjoyment / resilience	
sound article-like	Does sport always need a winner? / a better mix	
upgrade ideas	non-competitive / welcoming / traditional team games	

8. Plan your own article

Use the same task, or change the details to another sports or leisure issue.

Section	My idea	Useful language
catchy title		
opening hook / context		
benefits of more choice		
competitions / other side		
final view / suggestion		

