



Sports and Free Time

Essay planning bank: competitive sport

Exam-style essay task

Your class has recently discussed whether competitive sport is good for young people. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Competition teaches determination.'

'It helps people improve.'

'Some students feel too much pressure.'

'Not everyone enjoys winning and losing.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: competitive sport is common in schools and clubs Issue: whether it has more benefits or problems for young people My overall view:	☐ Recently,... ☐ The question is whether... ☐ I believe that...
Argument in favour	Idea: competition can teach determination Reason / example: Extra idea: it may help people improve their skills Detail / example:	☐ One clear benefit is... ☐ As a result,... ☐ This could help...
Argument against	Concern: some students may feel too much pressure Why / effect: Extra point: Possible balance:	☐ A possible concern is... ☐ Even so,... ☐ This might mean that...
My view	My opinion: Best solution: competitive sport should be encouraged, but schools should also value participation Reason:	☐ In my opinion,... ☐ A balanced solution would be... ☐ This would allow...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ For these reasons,... ☐ The most sensible view is...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Sports and Free Time

Essay planning bank: free time activities

Exam-style essay task

Your class has recently discussed whether young people should spend more free time away from screens. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Outdoor hobbies are healthier.'

'People need face-to-face time.'

'Online games help people relax.'

'Some screen activities are creative.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: young people spend free time in many different ways Issue: whether they should spend less of it on screens My overall view:	☐ Some people believe... ☐ This essay will consider... ☐ In my view,...
Argument in favour	Idea: outdoor hobbies can be healthier Reason / example: Extra idea: face-to-face activities may support friendships Detail / example:	☐ One argument in favour is... ☐ For example,... ☐ This means that...
Argument against	Concern: online games can help people relax Why / effect: Extra point: Possible balance:	☐ On the other hand,... ☐ However,... ☐ This can lead to...
My view	My opinion: Best solution: young people should balance screen activities with active and social hobbies Reason:	☐ I partly agree because... ☐ The best approach would be... ☐ Instead of...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ Therefore,... ☐ To conclude,...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Sports and Free Time

Essay planning bank: team sports

Exam-style essay task

Your class has recently discussed whether team sports are better than individual sports. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Team sports teach cooperation.'

'Players support each other.'

'Individual sports build independence.'

'Some people dislike relying on others.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: sports can be played alone or as part of a team Issue: whether team sports are more useful for young people My overall view:	☐ Recently,... ☐ The question is whether... ☐ I believe that...
Argument in favour	Idea: team sports can teach cooperation Reason / example: Extra idea: players may learn to support each other Detail / example:	☐ One clear benefit is... ☐ As a result,... ☐ This could help...
Argument against	Concern: individual sports can build independence Why / effect: Extra point: Possible balance:	☐ A possible concern is... ☐ Even so,... ☐ This might mean that...
My view	My opinion: Best solution: students should try both types and choose what suits them Reason:	☐ In my opinion,... ☐ A balanced solution would be... ☐ This would allow...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ For these reasons,... ☐ The most sensible view is...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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Sports and Free Time

Essay planning bank: watching sport

Exam-style essay task

Your class has recently discussed whether watching sport is a useful way to spend free time. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'It brings people together.'

'Fans learn about teamwork.'

'Playing sport is healthier.'

'Some people watch for too many hours.'

Now write an essay for your teacher.

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

Write about 120 to 160 words.

Planning

Use the comments to organise your essay. Add reasons, examples and a clear opinion.

Section	Ideas / Useful language	Linking phrases to tick
Introduction	Context: many people enjoy watching sport at home or at live events Issue: whether it is a valuable free-time activity My overall view:	☐ Some people believe... ☐ This essay will consider... ☐ In my view,...
Argument in favour	Idea: watching sport can bring people together Reason / example: Extra idea: fans may learn about teamwork and tactics Detail / example:	☐ One argument in favour is... ☐ For example,... ☐ This means that...
Argument against	Concern: playing sport is usually healthier Why / effect: Extra point: Possible balance:	☐ On the other hand,... ☐ However,... ☐ This can lead to...
My view	My opinion: Best solution: watching sport is enjoyable if it does not replace active hobbies Reason:	☐ I partly agree because... ☐ The best approach would be... ☐ Instead of...
Conclusion	Final judgement: Closing sentence:	☐ Overall,... ☐ Therefore,... ☐ To conclude,...

Write your essay

Write an essay for your teacher. Discuss both sides, give examples and make your own opinion clear.

Essay title _____

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