**Sports**

**Why are sports important?**

Sports are **a great way to relax,** especially for students who engaged in intellectual work like me.

Sports help us to **keep in shape.** I will never forget what my belly looks like after I experienced senior 3. So I started to exercises and performing 50 sit-ups daily.

Sports provide us with opportunities **to** make acquaintance with people, and thus expand our social circle.

Sports teach us important lessons about life. The participants become stronger both physically and intellectually. They become less inclined to give up when they’re struggling. One would often learn from jogging that we should keep running especially when we feel tired, because once we pass a certain threshold, the uneasiness will pass. A sense of happiness follows immediately. In real life, we should keep moving forward as well even when we run into challenges, because everything will get easier if we persist.

**Should children only play sports for fun rather than in competitions or contests?**

**Playing sports benefits people tremendously. Not only does joining in such physical activities help one relax the mind and keep healthy, but it also trains his characters as well. Nowadays, a huge number of youngsters are enthusiastically taking part in various sports activities. Some adults insist that children should only play sports for fun rather than competition.**

**Sports**

**Along with public’s growing concern about their physical health, more and more people take part in various kind of sports. A hot debate about whether children should only take part in sports for fun has been stirred up. While some people believe sports should not contain competitions, my view is opposite.**

**First, taking part in sports which contain competitions guide us what to do with failure and success. As people will eventually encounter the time**

**Second, only by competing with others can we enhance our performance in sports. It is understandable that parents don’t want their children’s selfrespect gets hurts. But can you imagine that an athlete wins his/her championship without participating in competition? Nothing can incent an athlete more than the desire to win the game. Thus, it is by taking the competition that we truly develop ourselves.**

**Third, as sports can not be full without competitions and contests, one can not enjoy the spirits of sports without taking competitions.**

**In a nutshell, children should not only participate sports for fun, but also for competitions and contest.**

**Immune system**

**T-cell**

**thymus**