1.

I would use a combination of the point-by-point method for the main paragraphs with a block method to describing differences between adults and teenagers.

Paragraph 1. Introductory paragraph. Thesis Statement:

The relationship between teenagers and adults have always been complicated in every part of the world.

Most of the arguments come from how they see each other and how they disagree about almost everything.

Despite all, there's something that could help to improve their relationship: communication.

Paragraph 2. Topic Sentence:

Although today there is much more freedom of expression than in the past, the phenomenon of the generational conflicts between adults and teenagers is still present in Italy.

• Details:

In the past, young people were subject to the will of parents and relatives.

Nowadays, adults are permissive and condescending, but contrasts and disagreements are still present for a lack of respect by the youngest ones.

Paragraph 3. Topic Sentence:

One of the main reason of arguments between young people and adults are caused by how they consider each other.

• Details:

Young people tend to see adult life as too rational, apathetic and tedious.

Adults consider teenagers as naïve, irresponsible and wastrels.

Paragraph 4. Topic Sentence:

Because of generational detachment, young people and adults have a different view of most things.

• Details:

They see things differently because they have a different perspective of reality. Adults want to give "good advice " to young people because they lack experience, but teenagers prefer to learn by trying.

2. I would use the point-by-point method

Paragraph 1 Introductory paragraph. Thesis Statement:

The sport is a relevant element for healthy and balanced growth in every phase of life, not only as participants but also as spectators.

Therefore, the culture of well-being that invests in sports activities is of great importance in schools and universities.

Paragraph 2. Topic Sentence:

From the recent class survey, the class's interest in sport is relevant, especially in team sports as they involve more people.

• Details:

Team sports create collaboration not only among participants but also among spectators to support the team.

Moreover, team sports stimulate competition by improving the quality of social life.

Paragraph 3. Topic Sentence:

To spread the culture of well-being different sports activities should be promoted in schools and universities.

• Details:

Promoting individual sports to involve those who do not like team sports, creating tournaments among the various institutes.