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**Describe a sport that you have watched (on TV ) before and you want to try**

**You should say:**

**What it is**

**When you first watched the sport**

**What you like about the sport**

**And explain why you would like to try this sport**

The sport I want to learn is figure skating.

It was last year that I watched the sport on TV for the very first time. I remember I watched it with my roommates in our apartment.

The figure skating performance was very beautiful, and was deeply attracted the first time I saw it. Later, I've learned that the sport is displayed in various forms. Athletes show not only their graceful movements but also their great perseverance. In the meantime, the perfect combination of music and dance is also a highlight of this sport.

I want to try this sport because it is not just a competitive event. More importantly, it creates a sense of beauty. What impresses me most is not just the athletes' talents and skills, but the efforts of finishing their performance even after severe injuries. This sport always reminds me of the strong inner strength of human beings.

**Should children spend more time playing sports?**

Yes, they sure should. They should engage in more sports activities. Children spend most of their time studying. When they have free time they eat snacks or play computer games, which are harmful for their health. They simply don't play enough sports.

其他观点

Yes. Obesity has become a problem among kids because they don't play sports regularly. They should get rid of the unhealthy lifestyle and play more sports.

**How often do you play sports?**

About three or four times a week. I go running or swimming, sometimes I play tennis with my friends after work. Sports make me feel energetic.

其他观点

I play sports every other day. I go running on the running tracks on the campus in the evening. Sometimes I play basketball with my friends.

**Why do people like to watch sports on TV?**

Some old people don't have very good hearing. So, compared with the language programs on TV, they prefer to watch sports, which is easier for them to understand.

其他观点

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Many old people like sports, but they cannot play many of the sports at their age. Therefore, they choose to watch these sports on TV instead. I guess watching sports could make them feel younger and more energetic.

**Are there many sports programs on TV?**

Yes, there are a lot. For example, there are soccer games, basketball games, swimming competitions and so on. You can always find the sport program that you are interested in on TV.

**其他观点**

Yes. There are many sports meetings and competitions going on every day, like tennis tournaments, basketball championships, and FIFA World cup. All these games are broadcasted on different channels on TV.

**Do you think group sports are more useful than individual sports?**

I think it depends. Like, for old people, group sports can be more motivating. Many old people in China choose to go square dancing with a large group of people. But I think individual sports, such as jogging and tai chi, can also be very helpful.

**其他观点**

I don't think there's any difference in terms of health benefits. It's just that group sports can allow people to socialize while individual sports give people time to concentrate or meditate.