WRITING TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

Because of the pressure of new subjects such as business studies, many schools have dropped sport of physical education (PE) from the curriculum. How important is sport or PE in a young person’s education?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

In today’s modern world, the incorporation of career-oriented subjects in the educational system has brought about the removal of physical education (PE). This is perceived as an imminent threat to the younger generation since PE had been regarded as highly beneficial to our health, personality and mind. Hence, PE should be restored.

The primary advantage of having a subject involving physical activities is health promotion. PE allows students to burn some calories and keep their bodies physically fit through sports and exercise programs such as aerobics. As a result, cases of juvenile obesity and other childhood diseases would be greatly reduced.

Moreover, PE is necessary in such a way that children are able to imbibe positive values of sportsmanship, teamwork and camaraderie. Being part of a group in team sports like volleyball gives one the opportunity to play and work fairly and harmoniously with teammates and opponents. Indeed, these values are very helpful not only in a child’s personal life but also in his social development.

Furthermore, PE is not only concerned with the physical aspects but it also sharpens the mind. Team sports and board games are good examples of mind-boosting activities. In order to make a perfect shot in basketball or to have a checkmate in chess, strategic planning should be considered.

In conclusion, physical education plays an indispensable role in promoting health, in instilling positive values and in exercising the mind. Therefore, bringing back PE into the curriculum would certainly benefit the children who are the hope of the nation.