

1

Teens Just Want to Have Fun

Understanding the Task

1 Warm-up

Discuss the following questions.

- Which sports are the most popular among teens today?
- When was the last time you played a sport?
- What sport was it?
- Why do you play sports?
- Do you find you have more energy when you exercise?

2 Reading and analyzing the task

Read the writing prompt below and answer the questions.

Task: Essay

Taking part in sports is important for students because it helps their minds and bodies and can help improve their grades.

- Write an essay on whether you agree or disagree with the statement above.
- Include specific reasons and details to support your opinion.

1 What do you first need to decide?

Whether you agree or disagree with the statement.

2 What will your essay need to include?

Supporting reasons and details.



3 Analyzing a model essay

The essay below was written in response to the prompt. Read the essay and answer the following questions.

- 1 What does the writer suggest students can improve by taking part in sports?

Their minds, bodies, and grades.

- 2 How does the writer support the idea that sports have benefits for students?

By giving examples of specific benefits.

- 3 Which question does this essay answer?

a Why do students prefer to play team sports?

b Why should students take part in sports?

c Why should students play several different sports?

There are many reasons for students to take part in sports. Among the more important reasons are that it helps keep students' minds and bodies healthy, and it can help improve their grades.

First, sports help students maintain physical strength and overall good health. Taking part in sports, whether it is individual sports or team sports, for half an hour to an hour, three to five times per week, is ideal for maintaining a healthy body.

Sports can also improve students' minds. For example, team sports teach students to judge distance and timing, and to develop strategies to beat their opponents. Individual sports help students to focus on setting and meeting goals.

Finally, taking part in sports can help improve students' school work and grades. Team sports help students learn how to cooperate with teammates, which is a useful skill to have for activities such as group projects, or organizing events. Individual sports help students learn to identify what their individual strengths and weaknesses are, a skill that can be used to help plan and focus studies, which can help improve grades.

In conclusion, taking part in sports a few times a week, either alone, or as part of a team, has not only physical benefits for students, but mental and academic benefits too.

Build Up Your Organizational Skills

1 Organization

What does each section contain? Fill in the essay plan with the following:

- Explain, describe, and discuss the topic in more detail
- Give general background on the topic
- Give reasons, examples, and facts to support opinions
- Introduce the topic
- List the main points of the topic
- Summarize the main points

Introduction

Introduce the topic

Give general background on the topic

List the main points of the topic

Body

Explain, describe, and discuss the topic in more detail

Give reasons, examples, and facts to support options

Conclusion

Summarize the main points

2 Main ideas

Circle the three main ideas from the model essay.

- 1 First, sports help students maintain physical strength and overall good health.
- 2 Sports can also improve students' minds.
- 3 Finally, taking part in sports can help improve students' school work and grades.
- 4 Individual sports help students to focus on setting and meeting goals.
- 5 Some of the more important reasons are that it helps keep students' minds and bodies healthy, and it can help improve their grades.

3 Supporting ideas

Look at the model essay again and underline an example or explanation that supports the three main ideas in Activity 2.



Language Skills

Section A: Vocabulary

1 Vocabulary in context

A Complete the sentences with the correct verbs from the box below. More than one answer may be possible. Complete with all possible answers.

• teach • plan • maintain • increase
• improve • develop • set • learn • organize
• identify • cooperate

- To **increase / maintain** my physical strength I should exercise several times a week.
- Playing sports can **improve / increase** self-esteem.
- Practicing sports has helped me to **set / identify** goals for myself.
- Smart athletes **learn / develop** strategies to beat their opponents.
- It takes a lot of cooperation to **organize** a sports event.
- It helps to **set** an alarm if you need to wake up early in the morning.
- If you **identify** your weaknesses, you can work on improving them.
- This book **teaches** you writing skills.
- Using a diary to **plan / organize / organize / plan** your day and week will help you **organize / plan** your time.
- To form a strong team, all members need to **cooperate** with each other.

2 Vocabulary expansion

A PARTS OF SPEECH

Put the words below under the correct headings. Then write their other forms.

• benefit • conclusion • cooperate • develop
• identify • improve • organize • strategy

Verb	Adjective	Noun
benefit	beneficial	benefit
conclude	conclusive	conclusion
cooperate	cooperative	cooperation
develop	developed	development
identify	identified	identification
improve	improved	improvement
organize	organized	organization
strategize	strategic	strategy

B WORD FORMATION

Complete the sentences with the correct form of the words in Exercise A.

- Winning a football match requires a lot of **cooperation** among teammates.
- There is **conclusive** evidence that weight training increases muscle strength.
- There was a huge **improvement** in the player's skills when they increased the number of days they practiced.
- Exercising for even as little as once a week is still **beneficial**.
- Part of our team's **strategy** for winning is simply to be in better physical shape than any other team in the league.
- Trying out a variety of sports will help you **identify** your strengths and weaknesses.



Section B: Language and Syntax

1 Language focus 1 — Cohesion

Time Markers

Time markers help writers organize events. Look at the list below. Which ones are used in the model essay? Circle them.

• finally	• before
• as soon as	• until
• first	• after
• when	• while

A Complete the sentences with the correct time marker. More than one answer may be possible.

- I like to read in bed **before / until** I go to sleep.
- You will have to wait here **until** I tell you to leave.
- Here is what you need to do. **First** , you should get a job.
- **As soon as / When** I heard the news I called my friend to tell her.
- I can feed the dogs **while** you get the car; that way we save time.

B Answer the following questions.

- What two expressions does the writer use to show that he or she is concluding the essay?
Finally, / In conclusion,
- When summarizing, main ideas are restated. Which main ideas are restated in the conclusion?
Sports have not only physical benefits, but mental and academic benefits too.

2 Language focus 2 — How to emphasize a point

not only... but also

Structures using **not only ... (but) also** can be used to emphasize a point. Look at the example below. What do you notice about the word order?

[Not only is followed by the question form.]

Example: **Not only do they** learn to judge distance and timing, **but they also** develop different strategies to beat their opponents.

A Join each pair of ideas using *not only ... but also*. Make any necessary changes.

- young people find sports really exciting / young people find sports rewarding
 - taking part in sports keeps you fit / taking part in sports improves mental health
 - playing sports forces you to get out of the house / playing sport helps you meet new people.
 - team sports teach you useful skills / team sports boost your confidence
- Not only do young people find sports really exciting, (but) they also find them rewarding.**
 - Not only does taking part in sports keep you fit, (but) it also improves mental health.**
 - Not only does playing sports force you to get out of the house, (but) it also helps you meet new people.**
 - Not only do team sports teach you useful skills, (but) they also boost your confidence.**

Plan Your Writing

Topic: Leisure activities

You are going to write an essay about maintaining a work-life balance.

1 Writing warm-up

- A** Leisure activities that can often take up a lot of one's time. This can have both negative and positive effects on the individual taking part in them. Look at the pictures. Which leisure activity do you think might be more time-consuming? Why?



- B** What do you do after school? Do you play sports, listen to music, exercise, or take part in any extra-curricular activities at school? How much of your time does doing these things take up? Discuss with your class what can be done to find a better work-life balance.
- C** Look at the activities below and rank them in order of the least time consuming to the most time consuming. For example, write 1 next to the activity that takes the least amount of time to do and 7 next to the one that takes the most. Then think of reasons why these activities are beneficial. Discuss the reasons for your answers with your classmates.

Activities	Reasons
Painting <input type="checkbox"/>	relaxing, develops your artistic talents
Playing a musical instrument <input type="checkbox"/>	Accept any appropriate answers
Running a monthly school newspaper/magazine <input type="checkbox"/>	Accept any appropriate answers
Organizing an annual school concert <input type="checkbox"/>	Accept any appropriate answers
Playing and learning about chess <input type="checkbox"/>	Accept any appropriate answers
Playing a team sport <input type="checkbox"/>	Accept any appropriate answers
Training for a sports competition <input type="checkbox"/>	Accept any appropriate answers

2 Preparing to write, and following a framework

A Brainstorming ideas: Read the following excerpt from an article about maintaining a work–life balance and discuss the following questions with a partner.

A high school student recently confided to her parents that she had lost interest in studying due to spending all her time organizing a play for her school. In an interview, the school’s principal said that finding a work–life balance is the responsibility of parents and students. “Becoming involved in extra-curricular activities not only boosts students’ confidence, but also teaches them skills they’ll need and use in the future – like how to balance work and leisure.” the principal said.

- 1 Is having hobbies important?
- 2 Should students spend after-school hours on extra- curricular activities or on studying more?

B FOCUS QUESTION

Read the task below and write one focus question that you will answer with your essay.

Task: Essay

Students should not participate in extra-curricular activities at their schools, such as sports, school plays, or clubs; instead, they should spend more time studying and learning.

- Write an **essay** on whether you agree or disagree with the statement above.
- Include specific reasons and details to support your opinion.

Focus question: Suggested answer: Should students focus on studying and learning and stop participating in extra-curricular activities?

C WORKING ON A PLAN

Look at the following framework for a basic opinion essay that discusses an issue. Then, complete the questions below.

Discussing an issue

Introduction

State the issue briefly, referring to the points mentioned in the task. Say whether you agree or disagree with the statement.

Body paragraphs

Provide information on your opinion.

Expand on your opinion, giving examples and supporting details.

Conclusion

Summarize your main ideas.

- 1 What is your opinion or point of view on the importance of extra-curricular activities for young people today? Write one clear sentence to express your point of view here. Accept any appropriate answers
- 2 In the body of your essay you will develop your opinion more. Think about the main reasons that support your opinion and write them here. Accept any appropriate answers
- 3 Now add an example or explanation for each of your main points. Accept any appropriate answers
- 4 Restate and summarize your main point in a concluding sentence. Accept any appropriate answers

3 Writing

Now write your essay. Remember to follow the plan in Exercise C and to use some of the vocabulary and ideas from the Plan Your Writing section.