

SPORTS HELP ME TO CONCENTRATE BETTER ON THE OTHER SUBJECTS I HAVE TO FOLLOW

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INTRODUCTION

In Hungary we have to do a lot of homework and write many exams. We have to concentrate on the different subjects for seven/eight hours a day.

This is only possible if we have short breaks between lessons. The best choice for relaxing after a hard schoolday is doing sport at least for one hour a day.



REASONS TO AGREE

Doing sports is also good for keeping fit. It strengthens the heart and improves the blood circulation. It helps to decrease the stress and so our attention and memory improve and we can concentrate on other subjects more.

The sports teach us leadership, to work with a team and to get along with others. They also help us make friends, especially if you are new. Last but not least it makes me happier and more active at school.



REASONS TO DISAGREE

On the other hand, some students put far more focus upon their sports than on their study. For example, too much of sports can physically tire us as it requires a lot of body strength to play. It can also make us mentally tired.



If we do too much sport, we usually don't have power to take part in the intellectual activities and do the homework and prepare the tests.

Lots of students take part in sport competitions and sometimes these competitions take place during the school time and make the students missing from school. So these sports can result in worse grades.

CONCLUSION

Sport is only good if you know your limitations. You should know how much sport you can do beside your studies and if you know that, that is the best way to keep fit, relaxed and balanced yourself which is the most important nowadays for us and also have good grades at school at the same time.

