

Suggested structure to extra writing topic of Unit 12

Title	- Cannot Live Without Sports
Introduction	<ul style="list-style-type: none"> - In such a hustle and bustle city like Hong Kong, we do not have enough time. - Some people believe that doing sports is a waste of time because they should spend all the time on studies or work. - doing sports is important
Body	<ul style="list-style-type: none"> - good for our physical health - strengthen our muscles - overweight because they do not do sports - can easily get sick without sports
	<ul style="list-style-type: none"> - help refresh ourselves and reduce our stress - stressful in our examination-oriental studies - take a break from our heavy workloads - sleep well after sports
	<ul style="list-style-type: none"> - help develop skills such as teamwork and communication - cannot win sports without co-operation - communicate with our teammates and play as a team
Conclusion	<ul style="list-style-type: none"> - doing sports gives us a lot of benefits - good for our physical and mental health - help develop our interpersonal skills - hope everyone can spend some time on sports