

Writing Task Sample

Unit 12 An up-close encounter with trending sports (p.97)

My favourite sport

Write an article to talk about your favourite sport and how it benefits you in about 200 words.

My favourite sport is playing basketball. In my spare time, I will meet up with my friends on the court for a game. Playing basketball not only helps me improve my skills and **agility**, but it also builds stronger relationships with my friends.

Seeing my favourite players like Stephen Curry and Josh Green on the court, making incredible shots and performing impressive moves, highly **motivates** me. Watching basketball games makes me want to **mimic** their skills and style of play.

Playing basketball has many benefits for me. It not only helps my physical health but also enhances my **cognitive** abilities. When I play basketball, I need to use my basketball skills and think quickly about offensive and defensive **strategies**. It's like exercise for my brain.

Since basketball is a team sport, it's an excellent way to improve my teamwork skills and build strong relationships with my teammates. Additionally, it's a great way to meet new people and **expand** my **social circle**.

Playing basketball also helps me stay fit and gives me energy. It increases my strength and **endurance**, and it even improves my **blood circulation**, which helps me think more clearly.

Even though I've had injuries while playing basketball before, I still love the game. It's just so much fun to play and is a fantastic way to stay healthy and **engaged** with others.

~224 words