

Writing Task Sample

Unit 9 Skills on the wheels (p.77)

My view on skateboarding

More and more people have become interested in skateboarding since it was added to the Tokyo Olympic Games. Are you interested in skateboarding? Why or why not? Write an article to express your views on skateboarding in about 200 words.

Since skateboarding has become an Olympic sport, skateboarders can often be seen in parks, playgrounds, and even on the side of the street. The trend of skateboarding has created a significant increase in skateboard sales.

I have become interested in skateboarding because it is considered to be an extreme sport. I get excited and happy when I go on skateboarding adventures. Although it is often seen as a thing done by younger people, adults need not worry that it is inappropriate for them. There is no age limit to skateboarding and you can start at a basic level and work yourself up to being highly proficient. I highly **recommend** the benefits that it brings people.

I am thinking about **taking up** this sport because it is great way of keeping fit and healthy. Standing and balancing on the board as it moves along the ground **navigating** around bends and pathways requires a lot of foot, leg and body movement. Skateboarding is a physically **demanding** activity that can help improve balance, coordination, and overall fitness. It can be a fun way to stay active and get exercise.

Skateboarding is also a form of creative expression. Skaters often develop their own **unique** style and approach to the sport. I particularly enjoy the freedom and **self-expression** that skateboarding allows.

The benefits and advantages of skateboarding can help me improve the quality of my well-being. For example, when I encounter some difficulties in life, I am able to have the **mindset** and patience to deal with it. But most of all, skateboarding is simply a fun thing to do.

~ 265 words