

Name: _____

Class: _____ (_____)

Play a Sport

Tsuen Wan Government Secondary School

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Trend is nothing but an induced epidemic; Temptation is anything but a resistible stake

Hong Kong, an energetic and cosmopolitan city, is full of temptations. The Internet, slimming schemes and other trendy products are slowly preoccupying the youth's daily lives. Handheld games like PSP and NDS are extremely popular among students. It's not difficult to see teenagers playing with the device during their supper. And with multiplayer ability they like to play with their friends wherever they are. Teens grab every chance to play. They prefer to kill their spare time in such a 'relaxing' way, defeating those virtual enemies.

With advancement in technology teens spend lots of time online. As a result, simply by using the Internet they can post their diaries on Xangas, put their photos on their Facebooks, and share their videos on Youtube. Undoubtedly, these provide chances for youngsters to keep up with the world and communicate with people from all corners of the world. Nevertheless they may also hook on the internet surfing various websites from dawn till dusk without any rest.

Slimming advertisements are also becoming more popular in the community especially among women. These companies and fitness centers spread the message that slimness equals beauty. Adolescents merely pay attention to the current trend but tend to ignore the local political affairs. They are not knowledgeable about elections in Hong Kong. When they walk on the streets and are given a leaflet about elections, most of them will not pay much attention to them, but dump it without a second thought since they are not interested in social issues, thinking it is a waste of time.

La la la la la la la la. You sing really well! Karaoke is probably one of the most popular activities among the youth. It is undeniable that it is important for teenagers to cherish their time with friends, but what they can get in return for singing karaoke are only spate of hearing problems and less time for studies.

We should encourage teenagers to do something that is good for their health and keep them fit. Physical fitness is a prerequisite for good mental health. And doing exercise can improve both

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physical and mental health. Youngsters may relieve their stress and pressure through playing ball games in numerous sports grounds.

At school, students may also make good use of their PE lessons as well. Doing sports is absolutely enjoyable, not only because it can help us relax, but also because we can get hold of the opportunity to communicate with our family members. It is in all likelihood that the relationship between family members can be dramatically boosted. Therefore, why don't we just play a sport and spend a day without the above mentioned electrical items and services?

Life is full of obsessions. Why don't we stop and talk, and play a sport?