

# Sample essay

## Sport is an Important Part of Life

I firmly believe that sport is an important part of life. In this text I explain how competition can be a positive factor because of the many functions it serves within our country and our community.

Firstly, sport offers competition without violence. This is true for most sports, although there are a few sports where violence is expected such as hockey. Otherwise sport is about matching physical fitness and wit with other participants or oneself.

Next, sport brings together teams of people who would not have usually been seen together. This includes people in teams as well as spectators who all support one team no matter what their social, gender or ethnical identity is.

Last but not least, sport encourages good health. Studies show that even just 30 minutes of daily exercise can lower the risk of many diseases and increase longevity. This means that a healthy lifestyle can also significantly reduce national health care costs.

In conclusion, I consider sports to be very positive because they help to stop violence and help people come together in harmony. In addition, sports help us to release our competitive urges, get more exercise and stay in shape.

(Adapted from: <https://www.scholaradvisor.com/essay-examples/sport-is-an-important-part-of-life/>)

## Match the linking phrases with their purpose:

1. To explain a point
2. To introduce examples
3. To conclude
4. To make general statements
5. To make contrasting points
6. To add more points

- A) for example, for instance, such as, like, in particular, particularly, especially, One/A clear/striking/ typical example of (this)...
- B) in other words,... that is to say,... this/which means that...
- C) on the other hand, however, nevertheless, even so, it may be said/argued/claimed that,... others/many people strongly disagree...
- D) in addition (to this), furthermore, moreover, besides, apart from, what is more, as well as,
- E) as a (general) rule, generally, in general, on the whole, by and large, in most cases
- F) In conclusion, ... All things considered,... To conclude,... To sum up,...