

Look at the essay and do the exercises to practise and improve your writing skills.

Preparation

Are these points about *Video games* or *Sports*? Circle the correct subject.

- | | | | |
|----|--|--------------------|---------------|
| 1. | You can play basketball, water-ski or dance in your own room. | <i>Video games</i> | <i>Sports</i> |
| 2. | You can play them outside in the fresh air. | <i>Video games</i> | <i>Sports</i> |
| 3. | It's the best way to stay physically fit and healthy. | <i>Video games</i> | <i>Sports</i> |
| 4. | You can play them even when the weather is bad. | <i>Video games</i> | <i>Sports</i> |
| 5. | You can compete with people all over the world via the internet. | <i>Video games</i> | <i>Sports</i> |

An opinion essay

Are video games a good way to keep fit?

Nowadays, many teenagers have got video consoles at home and they often like playing active video games. These are good for you for a number of reasons.

First of all, **I think that** active video games are a good way to keep fit. There are lots of different types of exercise you can do such as basketball, water-skiing and dance and, **what's more,** you can play them in the comfort of your own home. **In my opinion,** these games are fun and interactive because you can play them with friends and, if you play online, you don't need to be in the same place as your friend to play.

In addition, you can play them whenever you want. **Some people think** that it's better to do exercise outside in the fresh air. Although this is true, it's actually difficult to play outside when it's raining or very hot so video games are a good alternative.

To sum up, **I believe that** video games are a fun and social way to keep fit. I think they are a good option when you can't play outside and they might encourage people to do more exercise.

Top Tips for writing

1. **Write your essay in clear paragraphs. Use phrases like *First of all*, *In addition* and *To sum up* to start each paragraph.**
2. **Express your own opinion using *I think*, *In my opinion* or *I believe*. Mention other viewpoints with phrases like *Some people think* and say whether you agree or disagree with them.**

1. Check your understanding: multiple selection

Tick the six points which are mentioned in the essay.

- | | | |
|----|--------------------------|---|
| 1. | <input type="checkbox"/> | There are a lot of different types of games. |
| 2. | <input type="checkbox"/> | Video games are fun to play with your friends. |
| 3. | <input type="checkbox"/> | Video games allow you to play many different sports. |
| 4. | <input type="checkbox"/> | You can compete with people all over the world via the internet. |
| 5. | <input type="checkbox"/> | Playing video games is the best way to stay physically fit and healthy. |
| 6. | <input type="checkbox"/> | It's better to do exercise outside in the fresh air. |
| 7. | <input type="checkbox"/> | You can play video games even when the weather is bad. |
| 8. | <input type="checkbox"/> | Playing sport is more intense exercise than playing video games. |

2. Check your writing: matching – useful words and phrases

Match the words and phrases that have the same meaning and write them below.

In addition, ...	First of all, ...	Nowadays, ...	In fact, ...
In conclusion, ...	I believe that ...	I disagree that ...	

- | | | |
|----|------------------------|-------|
| 1. | Today, ... | _____ |
| 2. | Firstly, ... | _____ |
| 3. | Also, ... | _____ |
| 4. | I think that ... | _____ |
| 5. | I don't think that ... | _____ |
| 6. | Actually, ... | _____ |
| 7. | To sum up, ... | _____ |

Discussion

Are video games really a good way to keep fit? What do you think?