

Part 1

You **must** answer this question. Write your answer in **140–190** words in an appropriate style.

- 1 In your English class, you have been talking about the importance of exercise and sport in our daily lives. Now, your English teacher has asked you to write an essay.

Write an essay using **all** the notes and giving reasons for your point of view.

How important is it to practise a sport regularly when you are in your teens?

Notes

Write about:

1. health and fitness
2. social life
3. (your own idea)