



6A Tang Hoi Man, Fiona

**Topic: 'Sports Days and Swimming Galas waste valuable school time and should be abolished.' Write a debate speech for or against the motion.**

Ladies and gentlemen, today's motion is 'Sports days and swimming galas waste school time and should be abolished.' First, I really appreciate the affirmative side's effort to deliver such a great speech. But as a speaker for the opposition, my teammates and I strongly oppose the motion. First of all, I'll make some counter-arguments. Next, I will further explain the reasons for opposing the motion.

As the affirmative side agrees with this motion, they may think that public exams are important to students' futures, and so we should make use of all valuable school time and have students study more. As we all know that sports days and swimming galas just need a few days, it would not really affect their studies much. Besides, the aim of public exams is to test student's abilities, but not necessarily to force them to study every day. So what the affirmative side thinks is a fallacy.

Returning to my reasons for opposing the motion, sports days and swimming galas are beneficial to students. These activities are also a form of education. We encourage all-round education; not only academic studies, but also recreational activities. Hongkongers should learn to be more open-minded about studies. We don't really need to learn just in the classroom, but we can learn team spirit and sportsmanship through engaging in sports competitions. We can let athletes learn how to win or lose, and not to back down even when they lose. Cheering teams can learn to organize a team, to be leaders, and how to get on well with others. Undeniably, these social and leadership skills can also be learned at school. However, sports days and swimming galas are even more conducive to such cultivation. Sports events wouldn't waste school time, as students learn a lot from these activities.

Apart from this, sports are vitally important for youngsters. As obesity is very serious in this city, rising levels of childhood obesity should not be overlooked. Schools should be concerned with the health of the students. Not only should schools teach them to eat properly, they also need to provide opportunities for them to do sports. Participation in sports helps to promote health. To quote an example, more and more people suffer from heart disease because of a lack of exercise. In this regard, we should encourage holding sports days and swimming galas, as health is far more important than anything else.

Last but not least, sports days and swimming galas are good opportunities for students to display their sports talents. This is good for their lives. They may become fanatical about sports. For those students who are not good at studies, it may be a good chance for them to find their



career. They may become professional athletes or coaches in the days to come. So, basically, sports days and swimming galas should be compulsory for students.

So what I've told you today is: sports days and swimming galas bring a lot of advantages to students. Students can build character and learn to work well with others, not to mention developing team spirit. Also, these activities can help to promote the health of students; you know, exercise is of great importance for health, and the problem of obesity can be solved. Other than that, students can find their talent in sports, which is really vital for their lives. Frankly speaking, not holding sports days and swimming galas is ridiculous. Therefore, today's motion must not stand. Thank you!



*6A Cheng Shuk Kwan, Wendy*

**Topic: 'Sports Days and Swimming Galas waste valuable school time and should be abolished.' Write a debate speech for or against the motion.**

Chairman, ladies and gentlemen, today our motion is that "Sports Days and Swimming Galas waste valuable school time and should be abolished." And we have listened to different arguments put forward by the Proposition side. But my teammates and I strongly disagree with this statement and here are the reasons for this.

Some people might think that Sports Days and Swimming Galas are not that important and they are not beneficial to students' academic performance, but let me tell you the truth. First of all, participating in these activities can help students cultivate their team spirit. If students are not really keen on their studies, it will build their self-esteem if they participate in sports activities. Besides, they can learn to be more cooperative, know how to work in a team, and improve communication skills.

One of the cardinal points is that Sports Days and Swimming Galas can give students an opportunity to show their talent. Apart from the academic work, recreational activities are also essential for students' development. It's hard for a student to focus only on academic work but neglect their physical development. Students may find that studying is stressful; they would like to find various activities to release their stress. Sports Days and Swimming Galas not only release stress, but also develop their interests and talents. They can have a balanced development in both academic and recreational activities.

Furthermore, Sports Days and Swimming Galas can give them a sense of fulfillment. Students find fulfillment in working for a common goal, and they can achieve fruitful results. They may think that it is worthwhile for them to spend their time on practicing, and a sense of achievement would be developed. It is like a sign of success to them. So it is not a waste of time to hold Sports Days and Swimming Galas during school time.

With regard to the argument of the proposition side that some students may find the Sports Days and Swimming Galas boring, it may be true that some of the students are not really interested in sports and swimming, but they can enjoy the excitement of the competition and bustling atmosphere. We believe that they will enjoy the sports days and swimming galas. It would be too boring if students spent all their time on academic work.

Obviously, swimming galas or sports days are a form of competition. You can enjoy the excitement as a participant. Also, you can force yourself to perform better. It is a good experience of trial and error, so isn't it interesting and meaningful? So, swimming galas and the sports days are developmental for students.

In conclusion, we believe that each side's argument has its own value, but our team thinks that the advantages of having sports days and swimming galas definitely outweigh the drawbacks. For sure, swimming galas and sports days are essential to an all-round education. These are the arguments against the motion. My teammates and I would like to urge all of you to support our side. Thank you very much.



5B Wong Chin Hin



*6B Chau Hong Ting, Stephanie*

**Topic: Sports Days and Swimming Galas waste valuable school time and should be abolished.**

Mr Chairman, ladies and gentlemen, today's motion is that "Sports day and Swimming Galas waste valuable school time and should be abolished" and we have listened to many of the arguments put forward by the Proposition Side. But our side strongly disagrees with them and I shall explain our reasons one by one.

First, the events could build up students' confidence and tolerance. As schools are the microcosms of the society, students are like people with different talents working with one other so as to promote a better school life. Since they spend most of their time on their studies, students who do not perform well in their school work may feel ashamed. They will lose confidence in themselves. Having sports days and swimming galas can provide a different opportunity for these students to identify their talents. Also, by participating in the competitions, students could learn not to become dizzy with success, nor be discouraged by failure. When students grow up, they will face even more difficulties. If they have never learned about this mindset when they were young, they will not be able to solve these problems. So it is obvious that sports day and swimming galas do not waste school time at all. If it can help students learn something other than books and notes, why should it be abolished?

Second, the events could enhance the relationship between teachers and students. Most of the time at school, teachers not only have to dress very demurely, they also need to speak formally and strictly. This makes students think that teachers are hard to get close to. During special sports events, teachers can put aside their superior roles and be on the same plane as students. This could enable both teachers and students to know more about each other and could help nurture their relationships in a less formal setting.

Third, the events could promote the importance of sports. As many recent surveys show, a lot of children and teenagers in Hong Kong lack exercise, causing a large number of them to suffer from obesity and related diseases such as diabetes. With sports events, we could raise students' awareness of the importance of doing exercise. Without doubt, some people may say that, even if we hold the events, students may still not care about it. But, if we abolished the events, it might give them the notion that exercise is not as important as their studies. They may spend all their time on studying and ignore exercise, which is very dangerous to their health, so it is unreasonable to abolish the events.

Lastly, the events could let everybody in the school relax for a day. It is tough going to school every day. Students and even teachers feel stressed. Participating in sports events could help reduce pressure. Even if they aren't the competitors, cheering in the stands and shouting slogans to support their friends could help students unwind and rejuvenate them.

These are my arguments against the motion. I'm sure you will agree with me and vote against the motion. Thank you.