

It is better to teach sports to young people at school as an alternative to playing computer games at home. Why is it important? Give your opinion and examples from your own experience.

Nowadays we are constantly living in a state of change. In the past, youth ~~spend~~ spent their leisure times with either their families or playing with their peer groups. Whereas; with technological developments ~~by developing in technology~~, young people's behavior has changed and turned to overusing ~~of~~ computer games ~~that~~ which adversely affects their mental as well as physical health. Some alternatives such as sports or other activities can be applied to quit/abandon/give up ~~kick~~ this destructive habit that is outlined below.

In this day and age, parents should struggle with considerable socio-economic issues that lead to taking their major times out of home away from their children. Therefore, youth especially children are prone to lack of adequate supervision. Additionally, the attraction of computer games is escalating day to day. Thus, young people **resort** to them in order to fill their free times. ~~At~~ in the first place, authorities should adopt some practical policies to provide some suitable options rather than those detrimental games. Sport can be a proper choice to **substitution** besides informing youth about the damages that those games may inflict.

Fortunately, the detriments of this phenomenon are apparent to the general public. Many ~~The~~ efforts have been made in this regard. In the meanwhile, schools play a crucial role in attracting ~~to attract~~ students to play at least one type of sports by holding sporting competitions to arouse their a sense of rivalry's ~~feelings~~. Because sports s not only manage to ~~avoid~~ keep them from this detrimental activity but also it maintains their physical and mental health. Some maintain that ~~although~~ sport is a wise choice that might lead to educational lapse. Moreover, some students may not have the tendency to **involve in** this physical activity due to physical inability that not only may develop frustration among them but also they **slide back into** playing such destructive games. For example, those who suffer from physical disorders.

In sum, it seems that extracurricular activities are generally suitable choices as alternatives. However, it must be taken into consideration that sport is foremost among them and not, only an option. The schools by provision of the appropriate items would **maintain** the infusion of a new spirit among the students.