

Do you agree or disagree with the following statement?

Playing sports can teach people lessons about life.

Everyone knows that a sound mind is in a sound body. It is obvious that playing sports has a significant role in people's life. Practicing a kind of sports not only brings people health benefits but also reduces people's stressful daily life. From my viewpoint besides all these health and mental ~~advantageous~~ advantages, it teaches people valuable lessons which will be beneficial for their life and some reasons persuade me to put forward this view which I will explain with a couple of examples.

First and foremost, having a goal and prioritizing are one of the most important bases in sports which is conducive to being successful, so these aspects indicate that individuals should have targets in each step of their life and planning (contriving) helps them to achieve them. For instance, each football team has a specific ~~strategies~~ strategy to put the ball into the opponent's net which means you should have your own particular schemes to reach your aims.

Another striking point is that practicing makes you better in sports and it has two sides. Although you will not always win, you can gain various experiences from each failure, so it shows that people should be hard working and do not despair during their life even in tough times which is superb/rewarding ~~and~~ whereby you realize you should take risks even you encounter losing. For example, you will inflict ~~a~~ heavy defeat (outperform) on your opponent, if you have excruciating workouts and the proverb "Every cloud has a silver lining" illustrates this fact.

Last but not least, playing pleasant with others and sharing credits exhibits cooperation and social behavior especially in team work. In ~~addition~~, in team work you ~~comprehend~~ understand responsibility because you have to undertake your parts in the best way for team success. For instance, To build a solid house the painter and the masonry should put their hands together.

To cut a long story short, on the basis of reasons that were mentioned above practicing activities especially in group has effects on people's current life and educates them precious points. It acquaints you with responsibility and cooperation concepts and also it teaches you how to have a plan for your goals and ~~hard~~ work hard to access it.