

Some people believe that the fittest and strongest individuals and teams can achieve the greatest success in sports. Other people believe, however, the success of sport depends as much on mental attitude. Discuss both views and give your own opinion.

To become a successful sportsperson physical factors and mental attitude are both necessary for success. Some people might argue physical fitness wins the day for the players and teams, whereas, others believe a key factor in any sports activity is mental attitude. In my opinion, the fitness of the players is the overriding factor while attitude also plays a part in driving the athlete to succeed in their particular sports.

Physical fitness plays an important role in most sports. To see a game through to the final whistle while maintaining high performance, a player needs to be as fit as a fiddle. For example, soccer players have to stay active for two halves of 45 minutes each. A cricket team stays on the pitch for three hours or longer. This is possible only if the player is at the peak of their fitness and ability.

I can concede that a player's mental attitude can be the deciding factor in an event, for instance, marathon running or even a less strenuous game such as chess. But, in the main, in international sports, most players are physically strong having trained long and hard to develop their muscular strength and skills. To win matches players must work together and be on an equal footing physically. However, the most mentally positive competitor might be chosen as the captain in order to lead the team to victory.

In conclusion, though mental attitude plays an important role for sports achievement, I believe physical fitness is the key contributing factor.

By Dr Rob Burton

Vocabulary

win the day (Idiom) To be successful. It sounds like your team won the day—well done.

key factor (phrase) A “key factor” is something that is required and directly contributes to a result. The key factor to winning a chess match is outsmarting your opponent.

play a part in (something) (Idiom) To have a specific involvement or participation in something; to fulfill a role in some undertaking. David Beckham played a part in winning the football trophy for his team.

(as) fit as a fiddle (Idiom) In good health. Yes, I did have surgery a few months ago, but I'm as fit as a fiddle now. I just saw Eric recently, and he's as fit as a fiddle.

in the main (Idiom) Generally; for the most part. In the main, my employees work hard. There are just a few who give me headaches every once in a while. It's a good book, in the main. A few scenes seem unfinished, though.

long and hard (phrase) To spend a long time and to be very active or work intensely, with a lot of effort. He worked long and hard at the gym to become a good boxer.

(on an) equal footing (phrase) with the same rights and conditions as someone you are competing with. We want to ensure that women can take part on an equal footing to men.



启德考培
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范文解析：这是一篇大作文中社会生活类的讨论型题目，通常此类题目会提出：**Discuss both views and give your own opinion.** (讨论双方观点且给出自己的观点。)讨论型文章由于要讨论双方观点以及表达自己观点，叙述的内容比较多，所以清晰的逻辑表达和结构尤为重要。如本文，作者运用了经典的讨论型文章结构来完成的：首先开头段，作者通过改写题目的方式呈现了双方观点，且简介清晰的表达了自己的观点以此来引出下文；其次，主体段部分作者分段呈现了双方观点，且每一段都采用了呈现一方观点然后进行解释说明支持论证的结构来写作；最后结尾段，作者对于之前观点做了总结且表达了自己的观点。这篇文章的思路呈现的非常清晰，学生在学习的过程中比较容易模仿，并且文章中运用了一些优秀词汇也在文末做了解释说明并配有例句。讨论型题目的写作结构和逻辑在启德 2018 雅思标准化教材的强化段第八课有详细的介绍。社会生活类文章的写作技巧以及相关词汇扩充也会在标准化教材中有详细地讲解，如果大家想学习更多关于雅思写作的内容，欢迎大家来启德上课。