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Swimming is a Great Sport

Swimming is a wonderful sport. Not only is it fun, it also helps us to keep fit.

We can compete with friends to see who swims faster. If you do not like competitions, you can play water fights or hide-and-seek in swimming pools or at beaches.

Moreover, swimming uses every muscle in your body, so, we can become stronger. If you want to lose weight, swimming is good for you because it burns a lot of fat. Swimming in water can also help us relax.

Imagine you fall into the sea and cannot swim. You may die! Hence, swimming is an important skill because we can save ourselves.

Swimming really helps us in many ways. What are you waiting for? Let's go for a swim.