

## *My Favourite Sports*

Good morning, Principal, Vice-principals, teachers and fellow schoolmates.

Today I would like to share with you my favourite sports. One of my favourite sports is swimming. First, it is good to my health. It can make me stronger and more energetic. Of course, it can make me slimmer and fit, too.

To many young people, it is a very good feeling to jump into the cool water on a hot summer day. This is the best activity which most students wait for during the summer holiday. We can also go to the beach. To a great extent, swimming in the sea is more fun than swimming in the pool.

If possible, it is true that we should get up early every morning and go swimming. If there is a swimming pool near our apartment, then that should be the most wonderful experience to keep fit. However, as we live in Hong Kong where it is crowded with lots of buildings, it is quite difficult for us to fulfill this aim. But, we can still make use of the holiday to enjoy swimming in the sea. Thank you.