

Report 1: Young people aren't doing enough sports

by Lily

Introduction

At the request of Mrs. Fleischmann, principal of Graz International Bilingual School, this report examines the typical afternoon and free time activities of upper-school students. The aim is to find out what needs to be done to encourage young people to do sports more regularly.

How upper-school students spend their time

It appears that many students ranging between ages 14 and 18 spend their afternoons at home or with friends. Of course activities vary from day to day, but a considerable number of students spend a lot of time at home after school. They eat, watch TV, visit Internet sites like Facebook or work for school. Others tend to stay in town to go eat with friends, go shopping or to the fitness-center. Some students certainly spend most of their time doing sports, but this is a very small percentage.

How this affects health and well-being

In our school bad health is not a very big issue, in general. Interestingly, only quite few people are overweight. However, it is true that more sports would enhance the students ability to concentrate and improve their physical well-being.

What the school could do to encourage students

It is recommended that the school provide a selection of sports classes that upper class students can choose from (for example volleyball, hockey, soccer, etc.). These classes could be taught in the afternoons (as often as needed) and competitive teams could be formed. If necessary each student could be obligated to choose at least one sport.

Conclusion

In conclusion, the school ought to try to widen the opportunities for students to do sports, which they cannot do on their own. School sports teams would motivate students who, on the whole, enjoy doing sports, to join a team for a sport they like. The competition would push and encourage them to do their best. This would certainly improve their health.

Report 1: Furtuna

Report on Free Time Activities of Upper School Students in G.I.B.S.

Introduction

At the request of Principal Mag. Elisabeth Fleischmann, this report examines the manner in which G.I.B.S. upper school students spend their free time and what effect this has on the students' health and life. The report also includes suggestions as to how the school could contribute to help students spend more time doing sports.

Current situation

A survey conducted during the last two weeks has revealed that many students in upper school spend two to three afternoons in school because of courses. The rest of their free time is spent doing homework studying, reading or going out with friends to relax. The survey has also shown that more than half of the students do not do any sports in their free time any more. One of the most common reasons mentioned was that their timetable clashes with training schedules. Since it is impossible to adjust their timetable they have to put school forward and quit their team.

Consequences

As a result students give up their hobbies, which used to be of high importance to them. They are only preoccupied with school and cannot use sports to relieve their stress and relax. The mental and physiological benefits of team sport and hobbies cannot be underestimated and should be given priority in a student's education

Conclusion

The course system at G.I.B.S takes up a lot of the students' free time and makes it impossible for them to be part sport teams. In view of this, I strongly recommend that the school gives this matter priority and offers all upper school students free time during the week and also provides them with optional class for training in sports of their interest.
