**Non-academic version**

I think playing sports in high school brings a lot of good things for students. What are the good effects? Well, the first one is that if you play sports in school, you will probably start exercising every day. As we all know, this could help us have a longer life. Maybe we can even do better in our classes. This is because we can pay more attention, have more energy, and so on. In my opinion, another big benefit is that we can get teamwork skills from playing team sports like basketball and football. Teamwork and competition are important skills for life. And they’re also a part of any job. As the old saying goes, two heads are better than one! So, students can get a lot from sports. Go out and exercise and play sports! Just do it!

**Academic version**Playing sports in high school has several benefits for students. Firstly, sporting activities promote good health by ensuring that students exercise on a regular basis, which may improve their ability to concentrate and perform well in academic classes. This positive habit of exercising regularly is something that they may continue in their adult life as well. In addition, playing team sports such as basketball or football can help students acquire teamwork skills, which are considered very important in many types of careers. In summary, the benefits that high school students can obtain through playing sports are improved health and the acquisition of teamwork skills.