



IELTS/TOEFL Agree/Disagree Essay

Agree/Disagree Model Response

Example Prompt:

Extreme sports such as sky diving and skiing are very dangerous and should be banned.

To what extent do you agree or disagree with this view?

I chose to write this essay by completely disagreeing with the statement. I want to use the AA modal, where my body paragraph 1 supports one reason why I disagree with the opinion given, and body paragraph 2 supports a second reason why I disagree with the statement.

Model Answer

Word Count: 291 words

Due to their dangerous nature, some people believe that extreme sports should not be practiced. However, I disagree completely with this idea. If practiced safely, extreme sports can be a great way to exercise and relieve stress.

There is a lot of equipment available which can help athletes practicing extreme sports remain safe. Athletes can use special harnesses, pads, helmets, and other body guards to help protect their bodies when accidents happen. If athletes are properly trained in the safety precautions, then practicing extreme sports can be greatly beneficial to their physique. Extreme sports such as skiing, skateboarding, and rock-climbing are all great ways to burn calories. One hour of skateboarding is a perfect way to keep one's body sculpted and fit. Furthermore, in addition to being physically demanding, these extreme sports can also help athletes exercise their minds.

When someone practices an extreme sport regularly, they will have to learn how to keep calm under stress, and as such, practicing these sports will assist them in improving their stress-management skills. For example, a rock-climber must control their stress when they are high upon a boulder and are having trouble finding their next hand-hold. They should know that they are safe, since they should also be practicing safety measures, but it would still be important for them to remain calm during a difficult transition up a mountain.

To sum up, there are many great benefits to practicing extreme sports. While they can be dangerous, if athletes are taught how to use the safety equipment available and consistently use it when they are practicing their sports, this danger does not outweigh the benefits. Keeping fit and relieving stress are perfect examples of how these sports can help benefit those who practice them.