



### ΘΕΜΑ 3. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Write a **blog entry** (120-150 words) to be posted in *Fun & Fitness*, **suggesting** that karate is a good choice and **explaining** its benefits for children and teenagers. You may use information from the text below and/or your own ideas.

## Take your child to a karate class!



### **A Great Way to Achieve Fitness**

- ✓ Karate is an activity which uses many parts of the body
- ✓ Improves balance and coordination
- ✓ Teaches self-defence

### **Teaches Self-discipline and Socialization Skills**

- ✓ Karate teaches confidence and self-esteem
- ✓ Increases children's social interaction with other children in a friendly, safe environment
- ✓ Teaches self-discipline and goal setting

### **Improves Behaviour**

- ✓ Karate teaches children respect
- ✓ Helps improve behaviour at school and even grades