Level 1:

Extracurricular sports should be provided to schools.

Level 2:

Extracurricular sports should be provided to school as it as a touch of collaboration and exercise, improving mental health and social skills.

Level 3:

The heart lay lazily on its cot, its pumping growing slower as time passes, the brain getting less oxygen. Family watches in horror as memory and simple cognitive thinking washes away as the brain no longer has the ability to manipulate the information received. The body screams for help as fat blocks the arteries and veins in the body. Energy becomes a struggle, and tiredness fills the body with desolateness, even the ability to function slowly vanishes over time. Your body fulfills you with your strength and mind, and in repay to this you simply hurt it over and over again, sighing it off as you lay wanting to have an easy life, not caring of the consequences. You wouldn’t let your body grow or make it healthier. You avoided sports at home, but in school the choice is not yours. However, in your luck, the school doesn’t provide sports. Your social skills decrease as you learn to be private on your lazy lifestyle. You notice pain around your heart and go to the hospital. The nurse tells you that it is artery disease. Extracurricular sports must be provided to schools, as it not only helps to develop children’s natural development of hobbies but also improves their social skills and their overall mental health.

Integration Challenge:

Imagine this: Anxiety and depression crawling upon people’s minds because of their low-profile life, solitude just being the natural retreat, their natural action with society. They do not realise what is happening in their body, how their brain is suffering from dementia, Tick. Tick. Tick. every second a braincell of the hippocampus decaying away. Home is a safe campus for many to rest and be inactive, and no one can force someone to change that. Yet school is place for students to challenge themselves and wrestle their limitations. If school was provided with sports, then many students will be much healthier, as simply putting a 30-minute PE session can greatly benefit one’s health and also tackle the mental problems including depression and sociality. How can you sleep, knowing that you have missed the opportunity to provide a better life for everyone at your school?