

Section 1:

#1: First paragraph Strengths: Your use of the tree metaphor effectively illustrates how early health habits affect development. Your passionate opening about cancer creates an immediate emotional impact. Weakness: Oversimplification of cancer causation. → You suggest that "kids who don't care about their health often get cancer at a young age," which oversimplifies a complex medical condition with many causes beyond personal choices. This weakens your argument by making claims that readers might question based on their knowledge of cancer's varied causes. Exemplar: *Cancer is a serious health concern affecting millions. While lifestyle factors can influence our health risks, developing good habits early is crucial for building strong physical foundations, much like a tree developing strong roots and stems to withstand future challenges.*

#2: Second paragraph Strengths: Your inclusion of specific benefits of physical education and the memorable quote about play and aging strengthen your argument. You effectively link PE to both physical and mental health benefits. Weakness: Lack of supporting evidence. → You make claims such as "PE reduces the risks of diseases including diabetes, heart diseases and some types of cancer" and "people who go to the gym or just play some sports live longer than normal people for 4 years" without citing sources or specific studies. This undermines the persuasiveness of your otherwise compelling points. Exemplar: *According to health experts, regular physical education reduces the risks of several conditions including diabetes and heart disease. Research shows that physically active people tend to live approximately four years longer than their sedentary counterparts.*

#3: Structure of conclusion Strengths: Your conclusion effectively calls readers to immediate action with a direct question. Your urgent tone emphasizes the importance of the topic. Weakness: Abrupt ending. → Your conclusion consists of only two short sentences, missing an opportunity to reinforce your main arguments about increasing PE lessons in schools. It doesn't explicitly tie back to your central proposal about more PE lessons being needed in schools. Exemplar: *Health is indeed crucial for all students, which is why our schools must increase physical education to three sessions weekly. By taking this step now, we can help build healthier habits, reduce disease risk, and*

develop stronger, more capable young people. Isn't it time we prioritised physical health alongside academic achievement?

■ Your piece shows passion for the important topic of children's health and physical education in schools. However, your argument would benefit from more focus on the specific proposal of increasing PE lessons. While you mention that doing sports three times a week is enough, you could develop this central idea more consistently throughout. Your metaphors and emotional appeals are effective, but they sometimes overshadow your main point about school PE lessons. Try to maintain clearer connections between your supporting points and your main argument. Also, consider balancing emotional appeals with more factual information or examples of successful PE programmes. Your writing would be more persuasive if you addressed potential counterarguments, such as academic time constraints, and offered practical solutions. Adding specific examples of how increased PE could be implemented would strengthen your case substantially.

Overall Score: 43/50

Section 2:

The Health of Children at School

Cancer is a devil, millions of lives ~~are fell~~ [have fallen] in the hands of cancer. Do you have an idea what cancer feels like and how much it hurts? We can't do anything to stop it, or can we? Kids who don't care about their health often get cancer at a young age, they think only old people get cancer but they are absolutely wrong! Humans are like a tree, when we ~~born~~ [are born], we develop our roots, and when we're around ten, we start growing our stem. If you're the tree ~~who~~ [that] ~~don't~~ [doesn't] care about health and nutrition, your stem will become very weak, and viruses can attack your stem without a sweat. Since we are kids, we have to develop a healthy stem to grow our branches and leaves. #1

PE is a really important way to keep kids' ~~body~~ [bodies] fit and improve the efficiency of working. The government requires every school to have one PE lesson each week, but what if I tell you that isn't enough? School is not just about learning,

it's also about being safe, healthy and a good person. PE also reduces the risks of diseases including diabetes, heart diseases and some types of cancer! Some people might think sport is just a waste of learning time, but I think the opposite way. I think that sport is a part of learning and can significantly calm down mental things and anxiety. Sports teach us how to work as a team, how uniting ~~make~~ [makes] a change, and a lot of physical skills. For example, it can make us react faster, make us grow muscles ~~and etc.~~ [and so on]. You might think these physical skills are useless, but ~~it actually is~~ [they actually are] super useful when we grow up, like growing muscles can make carrying ~~luggages~~ [luggage] around when it's vacation easier or just moving furniture a lot easier. Fun fact! Did you know that people who go to the gym or just play some sports live longer than normal people ~~for~~ [by] 4 years?! "You don't stop playing because you grow old; you grow old because you stop playing." I think that doing sports once a week is not enough, I think that doing sports twice a week is not enough, I think doing sports three times a week is enough. Every recess, kids consume an unreasonable amount of sweets, the only way to get rid of the unhealthy food from your body is ~~doing~~ [by doing] sports. Sports on the court is the way. #2

Kids should also stop eating unhealthy food, like junk food and sweets. These foods barely ~~has~~ [have] any protein and nutrition and rather have a lot of unhealthy stuff in it. Junk food and sweets bring diabetes, heart diseases and cancer to people, and once you get it, you can't go back since there is no medicine. A lot of kids get diabetes at a young age and it even affects their eye sight! We should all stop eating ~~these~~ [this] unhealthy food, right now so we can live a healthy life. No more "ok, I'll start tomorrow"s let's start right now, where you are standing at [.]

Everyone, health is super crucial and we should care about it. Why don't you start now? #3