

Writing Feedback

DAY 5 | 18th April | HOLIDAY WRITING HOMEWORK

Section 1:

#1: Introduction Paragraph Strengths: Your opening effectively establishes the topic and provides a clear thesis statement. Your use of the rule of three (three main arguments) creates a strong foundation for your persuasive piece. **Weakness:** Overuse of intensifiers → Your introduction relies heavily on intensifiers such as "exceedingly," "fervently," and "elongated" which diminishes the impact of your argument. For example, in the phrase "this is an exceedingly controversial topic," the intensifier doesn't add substance to your claim. **Exemplar:** *I strongly believe that Australian schools should increase time spent on sports because it promotes physical fitness, enhances concentration in class, and supports students' mental and emotional wellbeing.*

#2: Second Body Paragraph Strengths: You effectively connect sports to cognitive benefits and academic performance. Your inclusion of research findings strengthens your argument. **Weakness:** Repetitive paragraph structure → Your paragraph begins with "Furthermore, increasing sports time is not only beneficial for the body but also enhances cognitive function and academic performance. Moreover..." This pattern of starting with transition words followed by "moreover" appears in all paragraphs, creating a formulaic rather than flowing argument. **Exemplar:** *Physical activity stimulates blood flow to the brain, improving memory, concentration, and information retention—all critical factors for academic success.*

#3: Conclusion Strengths: You effectively restate your thesis and main arguments, creating a sense of closure. **Weakness:** Excessive intensity in language → Words like "insurmountably clear" overstate your case rather than letting your evidence speak for itself. This type of language can make your conclusion seem less measured and thoughtful. **Exemplar:** *The evidence clearly shows that increasing sports time in schools would benefit students physically, academically, and emotionally—making it a worthwhile educational priority.*

■ Your persuasive piece presents a solid argument with a clear structure and thoughtful points about increasing sports time in schools. You've included some good research-based evidence to support your position, particularly in the body paragraphs. To strengthen your writing, try varying your paragraph structures instead of following the same pattern

throughout. Additionally, your piece would benefit from more specific examples—perhaps mentioning specific sports programs that have shown success or describing how a school day might be restructured to accommodate more sports time. You could also address potential counter-arguments more directly. For example, how would you respond to concerns about taking time away from academic subjects? Finally, consider using more precise language rather than relying on intensifiers to convey the importance of your points. Your evidence is strong enough to stand on its own without words like "exceedingly" or "insurmountably."

Overall Score: 46/50

Section 2:

Should Fitness Time In Schools See An Increase?

School goes on for a prolonged six hours a day for five days a week—but, out of all the 30 hours a week we spend at school, only an average of 2-3 hours are spent on sports. Many people would argue that this is how it should be while others state that children squander an ~~elongated~~ [extended] period of time learning when they could do sports instead. The question is, do we really need that much sports time? Although this is an ~~exceedingly~~ [highly] controversial topic and widely debated, I fervently believe that schools across Australia should experience an increase in the time spent on sports. This is because extra sports time would encourage students to stay fit, it increases concentration in class as sports is one of the ways to clear the minds of minors and sports supports students' mental and emotional wellbeing. Therefore, in my opinion, it is evident that schools should increase the time spent on sports. #1

To begin with, allocating additional time for sports is essential due to the significant physical health benefits it provides. Moreover, consistent physical activity enhances cardiovascular fitness, strengthens muscles and bones, and supports healthy physical development. It also improves coordination, flexibility, and balance—key elements for overall mobility and injury prevention. For instance, research indicates that children who regularly engage in sports are far less likely to develop chronic health conditions such as obesity, diabetes, and high blood pressure. Exercise also contributes to a stronger immune system and increased stamina throughout the day. If increased physical activity can lead

to long-term health improvements and reduce future medical issues, why wouldn't we prioritise it more in daily routines?

Furthermore, increasing sports time is not only beneficial for the body but also enhances cognitive function and academic performance. Moreover, physical activity stimulates blood flow to the brain, which improves memory, concentration, and the ability to retain new information. It also helps regulate mental energy and reduces cognitive fatigue, allowing students to stay engaged for longer periods. For example, numerous studies have shown that students who participate in regular physical activity perform better academically, demonstrating improved problem-solving skills and sharper focus in the classroom. Even short bursts of exercise can lead to measurable improvements in brain function. If we know that movement can directly support learning, shouldn't we be advocating for more sports time, not less? #2

Finally, providing extra time for sports is also vital for supporting students' mental and emotional wellbeing. Moreover, physical activity triggers the release of endorphins—neurochemicals that naturally elevate mood, reduce stress, and combat anxiety. Participating in sports also offers a sense of purpose, routine, and emotional regulation. For instance, students who are actively involved in team or individual sports often develop greater self-esteem, resilience, and social confidence. Being part of a team fosters belonging, while achieving goals in sports builds a sense of personal accomplishment. If something as accessible as sport can protect mental health and promote emotional stability, why wouldn't we invest more time in it?

In conclusion, it is ~~insurmountably~~ [abundantly] clear that the amount of time spent on sports in schools should increase. This is because extra sports time would encourage students to stay fit, it increases concentration in class as sports is one of the ways to clear the minds of minors and sports supports students' mental and emotional wellbeing. Therefore, in my opinion, it is abundantly clear that schools should see an increase in the time spent on sports. #3