

Writing Feedback

DAY 5 | 18th April | HOLIDAY WRITING HOMEWORK

Section 1:

#1 (Introduction paragraph) Strengths: Your opening effectively captures the feeling of restless energy children experience when confined to their desks. The rocket imagery creates a vivid mental picture of contained energy. Weakness: Lack of clear thesis statement. → While your introduction expresses frustration about insufficient PE lessons, it doesn't clearly outline the specific arguments you'll develop in your essay. The phrase "We need more PE lessons..." introduces your position but doesn't fully frame how you'll defend it. Exemplar: *We need more PE lessons in schools, as they are essential for children's physical and mental wellbeing, academic success, and development of crucial social skills that will benefit them throughout life.*

#2 (Second paragraph) Strengths: Your paragraph makes a good connection between physical activity, dopamine release, and mental health benefits. You've included several specific benefits like stress reduction and enhanced resilience. Weakness: Scientific inaccuracy. → You've referred to dopamine as a "toxin that makes us feel happy," which is incorrect. Dopamine is a neurotransmitter, not a toxin. This undermines your credibility when making scientific claims about the benefits of physical activity. Exemplar: *Science has shown that when children participate in active outdoor games, their bodies release dopamine, a natural neurotransmitter that promotes feelings of happiness and wellbeing.*

#3 (Fourth paragraph - social skills) Strengths: You effectively highlight the connection between PE and social skill development through team activities. Your point about learning not to interrupt others is a practical example. Weakness: Limited exploration of social benefits. → Your discussion of social skills primarily focuses on learning not to interrupt others, which is quite narrow. The social benefits of team sports and physical activities include much broader skills like leadership, conflict resolution, empathy, and cooperation. Exemplar: *Through team games in PE, students learn vital social skills including cooperation, leadership and communication, as they must work together to develop winning strategies while respecting their teammates' contributions.*

■ Your persuasive piece shows passion for the topic and contains some strong arguments for increasing PE in schools. However, you could strengthen your writing by providing more specific examples and evidence. For instance, when discussing academic benefits,

mention specific studies or statistics showing improved test scores after physical activity. Additionally, your arguments would be more convincing if you addressed potential counterarguments—perhaps acknowledge budget or scheduling constraints schools face and suggest practical solutions. Also, consider revising your conclusion to make a stronger call to action for schools, parents, or education authorities. Your introduction captures attention with relatable imagery, but try to make your thesis statement more precise so readers immediately understand your main arguments. Finally, work on consistency in your formal tone throughout the piece to maintain your persuasive impact.

Overall Score: 44/50

Section 2:

More PE lessons ☺

As we sit, staring at the clock, active, ready to jump and play, our teacher bothers us with maths. We have so much energy, waiting to burst out of us like a rocket, yet it stays trapped in the confines of our body. How can we do this to kids, filled with energy and a yearn to run? How can we sleep at night with that energy bubbling up inside of us, ready to be unleashed at any moment? #1 We need more PE lessons, for improved physical and mental health, upgraded academic performance, and something most adults lack, social skills.

First of all, PE improves not only physical health, but also mental. Science has shown that when children, and even adults, participate in games in the sun, being active, their body rewards them with dopamine, #2 which makes you happy. Being happy can improve mental health, by reducing stress greatly, enhancing resilience, an important skill many people still lack, and most of all, promoting positive behaviours and social connections, allowing us to feel better when we do things, be it Mathematics, English, Science, or any other subject, even if it isn't a child's favourite one. And, physical health is also rewarded, due to increased activity and increased fitness.

Secondly, PE is really good for improved academic skills, as mentioned before, it causes our brains to release dopamine, a ~~toxin~~ [neurotransmitter] that makes us feel happy. Improved happiness levels can greatly improve academic performance, even if you don't normally get good marks. This is because dopamine has been proven to constantly boost

motivation, enhance memory, and improve focus. This way, kids will want to do better, they will retain lessons for longer periods of time, and they won't get distracted during classes. This is vital for improving test scores, and therefore academic grades. And often, good grades mean better high schools and jobs.

Finally, #3 PE improves social ~~skill~~ [skills], due to the fact that during PE team games are played, so one must work with other people to find a strategy to win. This requires talking, not cutting people out to say your idea. Often, kids who do not participate in team activities benefit greatly from more PE, with social skills boosted greatly. This means that kids learn not to butt in when someone else is talking. Doing so can help kids make friends that don't grow tired of them being disrespectful to them.

In conclusion, more PE is vital for students, as I have proven to you that it improves physical and mental health, boosts academic performance, and strengthens social skills. For these great reasons, schools should cut out more time for PE, so that our students don't get bad marks, or lose friends to bad social skills. We cannot let this happen to our students, and we must put in more PE time for kids.