

## Section 1

**#1** (Opening paragraph and vivid mountain climbing description) **Strengths:** Your opening creates a strong sensory experience with phrases like "muscles burning and lungs dying" and "rain of sweat." You effectively use descriptive language to help readers imagine the physical challenge of mountain climbing.

**Weakness:** Unclear sentence structure → Your sentences become confusing and hard to follow. The phrase "In the rain of sweat you work hard and eventually; you reach the end" uses incorrect punctuation and unclear wording. Additionally, "lungs dying" doesn't make clear sense as lungs cannot actually die during exercise.

**Exemplar:** *In the pouring sweat, you work hard and eventually reach the summit. You peer down and see the perfect view of the rainforest you had always imagined.*

**#2** (Second paragraph about personal growth and statistics) **Strengths:** You include a specific statistic (76%) to support your point about outdoor activities improving mental health. Your topic sentence clearly introduces the main idea about personal growth.

**Weakness:** Vague supporting details → You mention activities like "rock climbing, rafting, or trekking" but don't explain exactly how these activities help people grow. The connection between the activities and personal growth isn't clearly explained, making your argument weak.

**Exemplar:** *Rock climbing teaches people to overcome fear and trust their abilities, whilst rafting requires quick decision-making under pressure.*

**#3** (Final paragraph/conclusion) **Strengths:** You attempt to bring the piece full circle by returning to the physical challenge mentioned in the introduction. Your enthusiasm for the topic comes through clearly.

**Weakness:** Incomplete thoughts and poor word choice → Your conclusion contains several unclear phrases like "feeling that great exhausting feeling you need to overcome" and "creates a space were nothing else can promote." These sentences are difficult to understand and contain spelling errors.

**Exemplar:** *The challenging journey to your goal builds character and creates opportunities for personal growth, leadership skills, and teamwork that cannot be found elsewhere.*

■ **Overall Comments** Your piece shows genuine enthusiasm for nature-based activities and includes some engaging descriptive writing. However, your arguments need stronger support and clearer explanations. Many of your sentences are unclear or incomplete, making it difficult for readers to follow your ideas. Your paragraphs would benefit from better topic sentences that clearly state your main points. Additionally, you need to explain more clearly how outdoor activities specifically develop

the skills you mention. Also, your conclusion should summarise your main points more effectively rather than introducing new ideas. Furthermore, you should focus on writing complete, grammatically correct sentences throughout your piece. Your spelling and punctuation need attention, particularly with words like "defiantly" (definitely) and incorrect semicolon usage.

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**Overall Score: 40/50**

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## Section 2

### Nature and Adventure

#1 Nature and adventure-based training is a unique approach to youth development that involves using outdoor environments and activities to promote personal growth, leadership skills, and teamwork among youth. Imagine the heat on ~~the~~ [those] summer days climbing up a giant mountain, muscles burning and lungs ~~dying~~ [gasping for air]. ~~In the rain of sweat you work hard and eventually, you reach the end.~~ [Through the pouring sweat, you work hard and eventually reach the summit.] You peer down and you see what you've always imagined seeing [—a] perfect view of the rainforest. The core idea behind nature and adventure-based training is that young people can learn more effectively when they are actively engaged in experiential activities.

#2 Firstly, nature and adventure promote personal growth. ~~It forces~~ [They force] one out of their comfort zone, ~~fostering~~ [which fosters] growth and confidence. Whether it's rock climbing, rafting, or trekking through remote areas, each activity creates a unique challenge that sharpens people's ability to think critically and act swiftly. Statistics show that 76% of people ~~that~~ [who] do outdoor activities ~~can~~ [experience an] increase ~~their~~ [in] emotional and mental health. ~~Promoting personal health is a great reason why outdoor activity is so good.~~ [This improvement in personal health demonstrates why outdoor activities are so beneficial.]

#3 Secondly, having activities that are ~~that are~~ [DELETE] related to nature and adventures can build leadership skills. The ~~company~~ [tranquillity] and beauty of the natural world provide the perfect backdrop for contemplation and self-discovery. As you lead others through the wilderness, you may find yourself reflecting on your own values, goals, and aspirations, gaining a deeper understanding of yourself and your place in the world. For example, a good leader needs to be able to manage their team and ~~be able to~~ [DELETE] take care of themselves. ~~Leadership skills is~~ [Leadership skills are] a great way to show how excellent wilderness activities really are.

When participating in wilderness activities, they can boost teamwork ~~in the youths in them~~ [amongst young participants]. By facing the challenges of the wilderness together, participants learn to trust, communicate, and collaborate in ways that forge strong, effective teams. In activities such as hiking, the shared experience of navigating beautiful landscapes, challenging terrains, and overcoming obstacles together creates a strong bond. These moments of teamwork and reliance on one another

foster a sense of trust and camaraderie that's hard to replicate in other settings. Participating in wilderness activities ~~are~~ [is] a great way to promote teamwork.

In conclusion, ~~feeling that great exhausting feeling you need to overcome is a good thing~~ [overcoming physical and mental challenges builds character]. The journey to your goal will be challenging and creates ~~a space where~~ [opportunities where] nothing else can promote personal growth, leadership skills, and teamwork among youth at the same time. Furthermore, when you ~~accomplish~~ [achieve your goals], you have a strong feeling of success, and all [, which] can really boost your ~~mentality~~ [confidence]. Wilderness experiences are ~~defiantly~~ [definitely] necessary for developing character in young people!