

Section 1:

#1 - Opening paragraph: "Do you ever get that super squirmly sensation after sitting for a really, really long time? Well, I think our classrooms should get rid of those old, yucky desks and give us cool standing or 'movement' stations instead!"

Strengths: Your opening grabs attention with a relatable question that connects to your readers' experiences. You clearly state your main argument right from the start.

Weak sentence structure → Your second sentence tries to cover too much information at once, making it feel rushed. The phrase "old, yucky desks" followed immediately by "cool standing or 'movement' stations" creates an unbalanced comparison that doesn't fully explain what these new stations would look like.

Exemplar: *"Well, I believe our classrooms need a change. Instead of old desks, we should have special standing desks and movement stations that let us learn whilst staying active."*

#2 - Second paragraph: "When we're stuck sitting for a long time, our backs can end up all crunched over like a drowsy hedgehog. That makes our muscles feel sluggish and even gives us a little pain!"

Strengths: Your comparison to a drowsy hedgehog creates a clear picture that readers can imagine easily. You connect physical problems to sitting for too long.

Lack of supporting details → Whilst you mention that sitting causes back problems and muscle sluggishness, you don't explain why this happens or provide enough evidence to convince your readers. The phrase "even gives us a little pain" feels weak and doesn't show the seriousness of the problem.

Exemplar: *"When we sit for hours, our spine curves unnaturally, which puts pressure on our back muscles and makes them tight and sore."*

#3 - Third paragraph: "More fresh air (that's oxygen!) rushes up to our brains, which makes us capable of focusing like a laser beam."

Strengths: You attempt to explain the science behind your argument by mentioning oxygen and brain function. The laser beam comparison helps readers understand improved focus.

Unclear cause and effect → Your explanation doesn't clearly show how standing or moving actually increases oxygen to the brain. The phrase "rushes up to our brains" suggests oxygen travels upward, but this isn't quite how circulation works in our bodies.

Exemplar: *"When we move, our heart pumps blood more efficiently around our body, delivering fresh oxygen to our brain and helping us think more clearly."*

■ Your piece tackles an interesting topic that many students can relate to, and you've organised your ideas into clear paragraphs with different reasons supporting your argument. However, your writing would benefit from stronger evidence and clearer explanations of how movement stations actually work. Some of your sentences try to cover too many ideas at once, which makes them confusing to follow. Additionally, you could strengthen your argument by explaining more precisely why sitting causes problems and how movement helps learning. Try focusing each sentence on one main idea and providing more specific details about what these movement stations would look like in real classrooms. Also, consider adding examples of schools that have already tried these ideas successfully.

Overall Score: 39/50

Section 2:

~~#1 Do you ever get that super squirmly sensation after sitting for a really, really long time? Well, I think our classrooms should get rid of those old, yucky desks and give us cool standing or 'movement' stations instead! It would make school so much more enjoyable for all of us!~~

[Do you ever get that super squirmly sensation after sitting for a really, really long time? Well, I believe our classrooms should get rid of those old, uncomfortable desks and replace them with modern standing desks or movement stations instead! These changes would make school so much more enjoyable for all of us!]

~~#2 Let's think about our amazing bodies first. When we're stuck sitting for a long time, our backs can end up all scrunched over like a drowsy hedgehog. That makes our muscles feel sluggish and even gives us a little pain! But what if we could stand up when we work sometimes, or softly wobble on a special stool! Our muscles would be more powerful, our blood would flow through our bodies like super speedy race cars, and we would be more awake and prepared to move. Exercise helps us grow up tall and strong so that we don't spend the whole day feeling like sluggish sloths!~~

[Let's think about our amazing bodies first. When we're stuck sitting for a long time, our backs can end up all hunched over like a drowsy hedgehog. This makes our muscles feel sluggish and can even cause us pain! But what if we could stand up whilst we work sometimes, or gently wobble on a special stool? Our muscles would become stronger, our blood would flow through our bodies like super speedy race cars, and we would feel more awake and ready to move. Exercise helps us grow tall and strong so that we don't spend the whole day feeling like sluggish sloths!]

~~#3 Next, these cool new stations would make our brains super smart! Sometimes, when I'm being extra quiet still, my brain goes a bit foggy, like a cloud has managed to get stuck in there. I start thinking about playtime instead of my tricky math! But when we stand up or rock a little gently, it's like we're giving our brains a tiny wake-up shake. More fresh air (that's oxygen!) rushes up to our brains, which makes us capable of focusing like a laser beam. It's like turning on a great big light in our brains! So, if our brains are happy and awake, we'll learn new things much faster and remember them for much, much longer. That makes us even smarter!~~

[Next, these brilliant new stations would make our brains super smart! Sometimes, when I'm sitting extra quietly, my brain goes a bit foggy, like a cloud has managed to get stuck in there. I start thinking about playtime instead of my tricky maths! But when we stand up or rock gently, it's like we're giving our brains a tiny wake-up shake. More fresh air (that's oxygen!) flows to our brains, which makes us capable of focussing like a laser beam. It's like turning on a great big light in our brains! So, if our brains are happy and awake, we'll learn new things much faster and remember them for much, much longer. That makes us even smarter!]

~~And what's more? School would be a lot more fun! Who wants to sit in a chair all day? Not me! Imagine being able to gently bounce on a cool cushion or stand at a high desk when you're writing your amazing stories. It would make school fun and new each day! It's the same as when we get to play a great P.E. game — everyone is smiling and trying their absolute best. If our classrooms were places where we could move and squirm, we'd be even happier to come to school every morning and learn incredible things. No more squirming because we have to, but because it helps us learn!~~

[And what's more? School would be a lot more fun! Who wants to sit in a chair all day? Not me! Imagine being able to gently bounce on a comfortable cushion or stand at a high desk when you're writing your amazing stories. It would make school fun and new each day! It's the same as when we get to play a brilliant P.E. game – everyone is smiling and trying their absolute best. If our classrooms were places where we could move and wiggle, we'd be even happier to come to school every morning and learn incredible things. No more squirming because we have to, but because it helps us learn!]

~~So, see? Replacing old desks with standing or movement stations is not a wacky idea for restless kids. It's a super intelligent plan that would make us healthier, help us learn so, so much more,~~

~~and make school the most fun and coolest place ever! Let's tell our teachers and adults that it's time to shake up our classrooms and let us all move to learn!~~

[So, you see? Replacing old desks with standing or movement stations is not a silly idea for restless kids. It's a super intelligent plan that would make us healthier, help us learn so much more, and make school the most fun and brilliant place ever! Let's tell our teachers and adults that it's time to shake up our classrooms and let us all move to learn!]