

Day _____
33660 - Faiza Ashraf-005

Importance of Sports:
Essay type:

Expository essay

Outline:

1 Introduction:

a) Hook

b) Background information

c) Thesis statement

2 Main body:

(a) Importance of sports in mental health

(i) stress relief,

(ii) Activeness/alertness

(iii) Freshness

(b) Importance of sports in physical fitness

(i) Discipline

(ii) Punctuality

(iii) Diet/protein take (iv) Energy

(c) Importance of sports in academics

(i) productivity

(ii) Focused and concentrated

(iii) Persistency

(iv) Competition

(d) Importance of sports in management

- (i) Confidence booster
- (ii) Leadership quality
- (iii) Social interaction
- (iv) Team work
- (v) Performance evaluation
- (vi) Patience
- (vii) Character development
- (viii) Appreciation (award, reward)

3. Conclusion:

Summary

Thesis

Thesis statement:

Sports play great role in improving and maintaining health, fitness, concentration, management and social skills.