

33660 - Faiza Ashraf-005

Day

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 ^{for} mental health

- (i) stress relief
- (ii) Activeness/alertness
- (iii) Freshness

(b) Importance of sports ^{for} 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) Persistence
- (iv) Competition

These arguments do not come under physical fitness

concentration

(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. ✓

The arguments should be more comprehensive