

## Year 7 English

The Year 7 have been revising their comprehension skills and each task has had a related written task. Last week, their comprehension was on an extract from an autobiography by the cricketer, Andrew Strauss. Their written task was to write a speech, using the skills they worked on in the Michaelmas term, highlighting the importance of sport in people's lives. He uses several sophisticated techniques, including anaphora and anadiplosis as well as the more regular rhetorical question.

Good morning,

As a young boy who plays for three different sport clubs, I'd like to raise the importance of exercise and outdoor activity as being good for people's wellbeing. Exercise is important. Exercise is engaging. Exercise is vital for your wellbeing. Being outside in nature is good for you as Albert Einstein said, 'Look deep into nature and then you will understand everything better.'

Does lounging on the sofa help your body release endorphins? Endorphins are hormones that are released when you exercise. They result in a feeling of happiness, calmness and improve concentration. Endorphins also reduce the feeling of pain. Sitting on your sofa will make over-weight and unfit. Consequently making you unhappy, stressed and unfocused; whereas exercise and outdoor activity will result in good fitness and wellbeing.

Does lounging on the sofa help you create friends? Getting out and playing sport for a club will help you create friends because you will be spending time with them. Whereas if you were on a computer game you will not be sure if you are making friends with a child or an adult trying to hurt you. If you play for a club or team you will bond because you win and lose together. When I lose at squash it is all down to me and I am the one who is disappointed. When we lose at cricket you all share the emotion of sadness and we help each other through it. If you are sad about something else and you have friends they will support you just like they do at the end of the match. No friends, you cannot drop the rucksack filled with all your worries.

Does sitting on the sofa give you confidence in the outside world? If you go to a match for your club, you will meet new people. This may help you not to be as shy because you have to talk to people. Going to training days will help you set goals and you will feel good when you achieve them. If you should fail, try again. Try again until you achieve it. As Theodore Roosevelt said 'Nothing worth having comes easy.'

Does sitting on the sofa make you tired and help with sleep at night? When you exercise and go outside you will get tired and have healthy sleep patterns. If you don't exercise you will not sleep properly and you will be tired. Poor sleep leads to irritability, poor concentration and learning. More dangerously, it leads to the vicious cycle of: not sleeping, eating more, getting overweight and finding it hard to exercise. This vicious cycle is a horrible experience to go through and you lose all of the confidence, friends and wellbeing that I have talked about already. Say, 'goodbye to the sofa' and enjoy the benefits of exercise and outdoor activity. Your mood will be better. Your confidence will be better. Your sleep will be better. You'll have some friends. Go outside and exercise you won't regret it.

James (7C)

### Sport's Importance in Wellbeing

Good morning. I am speaking to you today to voice my opinions about the importance of exercise in everyone's lives and how it can improve general wellbeing.

Sport and physical activity have long been associated with good physical, mental and social health. Now more than ever before, lockdown is providing the nation with the opportunity to get fit!

Sport is important for people's wellbeing because not only can you stay fit, which has been proven to improve your wellbeing as you have better thoughts about yourself physically, but you keep the mind active as well. This helps your mental health.

Another reason for why sport is good for you is that it is fun and stimulates your brain. If you enjoy a sport, then playing it will make you happy, which improves your mental health. After all, if you enjoy something, doesn't doing it make you happy? If not, you probably don't actually like that particular sport.

Whether you are young or old, man or woman, disabled or not, fit or unfit, sport is for everyone. That is what makes it so popular. In sport you can discover your hidden talents and make friends. This improves your social wellbeing, which in turn improves your mental wellbeing too. Sport is extremely important for the children of the world to do, because it gives them the thrills, but also the life skills needed, such as being a good loser. When you achieve something in sport, like scoring your first try in rugby, or winning a tournament (or, in my case, five tournaments) in hockey, you get a buzzing feeling that nothing can better. This is why people love sport.

People who have struggled in the past have turned to sport and it not only helps them get better, but gives them something to look forward to, whether it be a weekly activity, or every day.

Sport is special and everyone should have access to it, black or white, man or woman, young or old. Sport brings communities together, teaches everyone and improves lives.

Thank you for listening.

Niall G (7C)