



Advanced | Exemplar Essay

## School Sports

### The Importance of Playing Sports



#### Claim and Focus

A clear and cohesive claim is introduced in the introduction and is consistent throughout the essay (“demonstrate the claim that playing sports is more helpful than harmful by proving that sports help improve academics, combat obesity, and promote achievement”). The essay thoroughly addresses the demands of the prompt.



#### Support and Evidence

The essay offers relevant, cited evidence and a comprehensive analysis of each source (“Are High School Sports Good For Kids?” “KCRA News Video,” and “High School, College Football Comes With Risk”). Counterclaims are offered (“many opposed to school sports will state the dangers,”) and carefully proven wrong (“but fail to see the success of playing sports in school”).



#### Organization

The essay is effectively organized, with a structure that adds to the argument. Related ideas are linked by transitions (“with all that being said,” “additionally”) and show the connections between the claim, evidence, and counterclaim. The writer engages the reader with context (“Sports have had a major impact in our country or society for years, with NFL Sundays and the Olympics being a big phenomenon in our lives”).



#### Language and Style

The writing maintains a formal tone throughout the essay (“While it is tough to balance sports and academics, playing sports proves to help within the classroom”). Sentence structure and word choice are varied, and language is balanced to appeal to the audience. Unique style is present, persuasive, and conveys the narrator’s perspective successfully to the reader.



#### Using Exemplars in Your Lessons

Exemplar essays are tools to take abstract descriptions and make them more concrete for students. One way to use them is to print the clean copies of the essays and allow students to use the rubric to make notes or even find examples of important elements of an essay - thesis statements, introductions, evidence, conclusions, transitions, etc. Teachers can also use exemplars to illustrate what each score point within a trait ‘looks like’ in an authentic student essay. For additional ideas, please see “25 Ways to Use Exemplar Essays” by visiting the Curriculum Resources page in Help.

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### The Importance of Playing Sports

There are many demands on today's athletes playing multiple sports. Sports have had a major impact in our country or society for years, with NFL Sundays and the Olympics being a big phenomenon in our lives. The battle between whether sports are more harmful or helpful seems to be never ending. There are many benefits to playing school sports; therefore, school sports are more helpful than harmful for students. The article, "Are High School Sports Good For Kids?" by Daniel Gould, and the video "How Much is Too Much?" published by KCRA News demonstrate the claim that playing sports is more helpful than harmful by proving that sports help improve academics, combat obesity, and promote achievement.

First, students who participate in sports are more likely to receive higher grades in school. Sports are more helpful than harmful. Andre Gregory, a student interviewed in the KCRA News video "How Much is Too Much?" said, "it is very difficult fitting in studies and having to go to practice late at night." While it is tough to balance sports and academics, playing sports proves to help within the classroom. Those students with an overwhelming schedule tend to do better than those who aren't doing any extracurricular activities. Additionally, the coach elaborates that after the sport's season is over, student athlete's grades tend to drop; this proves that playing sports helps students focus more on academics. Therefore, playing sports is more helpful than harmful because those students who played sports were motivated to succeed academically.

Next, obesity is a major health issue that our country has been facing for years. Child obesity is the main problem because it's best to stop the chance of

obesity early on in a child's life, therefore promoting a new healthy generation.

Playing sports will be helpful in combating obesity in children. This proves once again that school sports are more helpful. In the article, "High School, College Football Comes With Risk," Dawn Comstock states, "we have an epidemic of obesity in this country, and sports is one of the best ways to incorporate exercise in their lives." Additionally, students who play sports and train year round receive the physical education needed to be healthy. Playing sports is a great way to students to stay active and maintain a healthy lifestyle. For many, exercising is not fun, but those playing sports get exercise by doing something they love to do.

In the article, "Are High School Sports Good For Kids," Gould states that sports "develop good citizens through interscholastic activities which provide equitable opportunities, positive recognition and learning experiences to students while maximizing the achievement of educational goals." This demonstrates how athletes can carry their good attitudes and characters into their everyday lives, like at school. In other words sports can physique many skills for future assignments and references. Multiple studies show that not only can sports get you into a fitter shape but can also transfer social attributes to prepare you for life. It will help them have better relationships with their teachers because they would behave better in class. In the CBS News video, Katie Couric reports that University of Alberta states "playing sports not only gives kids confidence, but it can give them more rewarding friendships." Your teammates become a family, and it is shown that teams encourage each other to succeed. Additionally, it increases students' sportsmanship and makes them more willing to work together. Playing sports allows students to consider their future careers and aspirations. Many students do not think ahead in the future, but those who play sports have shown to have more ambition and drive to succeed in the future.

Lastly, many opposed to school sports will state the dangers, but fail to see the success of playing sports in school. There are just too many beneficial factors to take

sports away. Benefiting academically, socially, and physically from sports makes a huge difference to student athletes. With all that being said, sports add much value to our lives. Encouraging the involvement in sports is extremely beneficial. Being involved in a sport can develop skills, friendships, and confidence. Playing sports improves academics, combats obesity in young adults, and promotes achievement in students.

