

# Candidate 8 evidence

## Part 2 – Study

‘Pupils should take part in physical education activities from their first year of secondary school until they leave.’

Write an **essay**, explaining why you agree or disagree with this statement.

You should include some or all of the following:

- student interest and ability
- energy levels
- health and fitness
- competitiveness and teamwork
- achievement and awards

You may also add your own ideas.

You should write approximately 200–220 words.

Task Number

2

In this essay I will be discussing why I believe that ~~it~~ it is important that pupils should take part in physical education activities in secondary schools and ~~why~~ the benefits of this.

One aspect I believe can be improved in students by physical education is energy levels. Many studies have proven that exercise enhances concentration and performance, as well as ~~&~~ greatly elevating the students' mood. Students will find themselves more energetic and therefore will find an increase in their performance in classes.

Another benefit would be that p-e classes will open up chances for pupils to get to know each other through teamwork and also push themselves when competing against each other. ~~By~~ taking part in physical education will bring the students together, opening up opportunities for new friendships to form as well as creating sportsmanship which is an important virtue to have.

My last and ~~of~~ most ~~importat~~ obvious reason would be the great benefit of an increase in health and fitness. In secondary school, I believe it is very important for students to have some exercise throughout their week for their health & also to balance out their studies as exercise helps relieve stress, improving the students' health.

In conclusion, I strongly believe that it ~~would~~ be very important for pupils in secondary highschools to take part in physical education classes as there are many important benefits in addition to the benefits mentioned above.