



Proficient | Exemplar Essay

School Sports

Benefits of High School Sports



Claim and Focus

The writing introduces a clear claim based on the texts (“Sports are an important part of youth, and are more helpful than harmful”). The essay addresses the demands the of prompt (“Playing sports can have a great effect on academics, inspire aspirations for students, and promote positive social interaction”) and is mostly focused throughout.



Support and Evidence

The essay includes clear evidence, balanced across sources, that relates to the claim. A counterclaim is offered (“the opponent might argue...” “sports can be dangerous”), and the rebuttal is explained (“The positives outweigh the negatives when it comes to playing sports”). An extended discussion of the counterclaim could enhance this essay’s support and evidence.



Organization

The writer organizes a consistent argument throughout the essay. Clear transitions (“Most importantly” and “While sports come with...”) connect the progress throughout. A strong introduction flows thoughtfully into the developed body paragraphs. The conclusion could benefit from an authentic reflection rather than simply repeating the claim.



Language and Style

The writer’s word choices and sentence types vary throughout the essay. Formality is maintained throughout, and while voice and style are present, they are not always clear or persuasive enough to convey a unique perspective to the reader (“Because playing sports requires teamwork and dedication, this transfers into student’s lives outside of sports”).



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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Benefits of High School Sports

High school sports are an integral part of the fabric of America's society with over 5 million youth participating in any school year. The number is on the rise with more interest in sports now than ever before. Sports are an important part of youth, and are more helpful than harmful. Playing sports can have a great effect on academics, inspire aspirations for students, and promote positive social interaction.

Most importantly, those who are active in sports in high school have ambition and goals. They are more likely to reach these because students who play sports are used to being pushed to reach their goals. According to the video "How Much is Too Much," a coach interviewed stated that all of the students who played sports had grades that increased in the classroom. This shows that those students who played sports were motivated to succeed academically. In addition, students who play sports have higher ambitions as opposed to those who do not play sports. This is illustrated by Daniel Gould who states, "a multi-year study conducted in Michigan has shown that children who participate in sports have increased educational aspirations, closer ties to school and increased occupational aspirations in youth." This demonstrates that playing sports inspires students to think about their future. Playing sports proves to be helpful as it stimulates the brain and this 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.

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." Because playing sports requires teamwork and dedication, this transfers into student's lives outside of sports. Students do not have to play traditional team sports to be social. Any time of sport encourages interaction and social skills. Students who did not play sports often suffer from low social interaction. Social interaction proves to be more helpful than harmful to students, so playing a sport could increase that.

The opponent might argue that playing sports can be very dangerous. While sports can be dangerous, injuries are always possible not only from sports but everyday things such as driving and you get in a car crash, going down the stairs and falling, tripping over a rock and scraping your knee, etc. The positives outweigh the negatives when it comes to playing sports. This demonstrates that playing sports shows to be more helpful than harmful.

In conclusion, playing sports in high school is important and demonstrates that playing is more helpful than harmful. While sports come with a lot of work and time, it has shown that it can be very beneficial to you academically, and help you reach your goals, and promote confident social interactions for youth.