



# Guidance for Physical Educators

## Using Paragraph Writing Structures

### Introduction

Incorporating writing into physical education (PE) can enhance students’ understanding and retention of concepts while developing their literacy skills. Effective paragraph writing structures can help students articulate their thoughts clearly and cohesively. Integrating paragraph writing structures in PE can significantly enhance students’ cognitive and communication skills. Physical educators should work to support students to articulate their thoughts and reflections effectively. Here are some strategies to guide students in using paragraph writing structures.

| UNDERSTAND THE PURPOSE                                                                                                                                                                                                                                                                                                                                                                                                                                                        | TEACH A BASIC STRUCTURE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | INCORPORATE PE-SPECIFIC CONTENT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | USE WRITING PROMPTS                                                                                                                                                                                                                                                                                                                                                            | PROVIDE FEEDBACK                                                                                                                                                                                                                                                                                                                                                                                                                                           | ENCOURAGE PEER REVIEW                                                                                                                                                                                                                                                                                                                  |
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| Explain to students why writing is an integral part of PE.                                                                                                                                                                                                                                                                                                                                                                                                                    | Familiarise students with the basic structure of a paragraph.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Guide students to incorporate PE content into their writing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Provide students with prompts to stimulate their writing.                                                                                                                                                                                                                                                                                                                      | Offer constructive feedback to help students improve their writing skills.                                                                                                                                                                                                                                                                                                                                                                                 | Promote peer review to enhance learning and collaborative skills.                                                                                                                                                                                                                                                                      |
| <p><b>Critical Thinking:</b> Writing about physical activities and sports helps students analyse and reflect on their experiences.</p> <p><b>Communication Skills:</b> Articulating ideas in writing improves overall communication skills, which are essential in team sports and leadership roles.</p> <p><b>Assessment and Feedback:</b> Written reflections can serve as a tool for self-assessment and provide educators with insights into students’ understanding.</p> | <p><b>Topic Sentence:</b> Start with a clear topic sentence that states the main idea.</p> <p>Example: <i>“Regular physical activity significantly improves cardiovascular health.”</i></p> <p><b>Supporting Sentences:</b> Follow with 3–5 supporting sentences that provide evidence, examples, and explanations.</p> <p>Example: <i>“Engaging in activities like running, swimming, or cycling strengthens the heart muscle. Studies have shown that people who exercise regularly have lower blood pressure and healthier cholesterol levels. Additionally, aerobic exercises improve the efficiency of the cardiovascular system, reducing the risk of heart disease.”</i></p> <p><b>Concluding Sentence:</b> End with a concluding sentence that summarises the main point or provides a transition to the next paragraph.</p> <p>Example: <i>“Therefore, incorporating regular physical activity into one’s routine is crucial for maintaining cardiovascular health.”</i></p> <p><b>Additional Writing Structures:</b><br/>PEARL – PEEL – TEXAS</p> | <p><b>Describe Activities:</b> Have students describe physical activities, games, or sports they participate in.</p> <p>Example: <i>“During our PE class, we played a game of soccer. I was the midfielder, responsible for both defence and attack.”</i></p> <p><b>Reflect on Experiences:</b> Encourage students to reflect on their personal experiences and what they learned.</p> <p>Example: <i>“Playing soccer taught me the importance of teamwork and communication. I realised that effective passing and strategic positioning are key to winning the game.”</i></p> <p><b>Explain Concepts:</b> Ask students to explain key concepts, such as the benefits of exercise, rules of a sport, or strategies used in a game.</p> <p>Example: <i>“Interval training involves alternating periods of high-intensity exercise with low-intensity recovery periods. This type of training enhances both aerobic and anaerobic fitness.”</i></p> | <p><b>Prompt Examples:</b></p> <p>“Explain the rules of your favourite sport and why you enjoy it.”</p> <p>“Describe a time when you overcame a challenge in PE class and what you learned from it.”</p> <p>“Discuss the importance of warm-up exercises before engaging in physical activity.”</p> <p>“Write about the physical and mental benefits of regular exercise.”</p> | <p><b>Content:</b> Ensure that the students’ paragraphs are informative and relevant to the topic.</p> <p><b>Structure:</b> Check that paragraphs follow the correct structure with clear topic sentences, supporting details, and concluding sentences.</p> <p><b>Clarity and Coherence:</b> Make sure ideas are clearly expressed and logically organised.</p> <p><b>Grammar and Spelling:</b> Correct any grammatical errors and spelling mistakes.</p> | <p><b>Pair Students:</b> Have students pair up and exchange paragraphs.</p> <p><b>Review Guidelines:</b> Provide guidelines for constructive feedback, focusing on the content, structure, and clarity.</p> <p><b>Discussion:</b> Facilitate a discussion where students can share their feedback and suggestions with each other.</p> |