

## The Quick-Fire Write Video Transcript: PE and Sport



**First, watch the Quick-Fire Write video on this topic.**

How many hours of P.E. lessons do you have at your school each week? Most students get at least two hours of P.E. every week, but the chances are your parents and even older siblings had much more time for physical education than that. But why?

Today, teachers are under pressure to increase progress in other subjects. And some say that exams are getting harder for children. This could explain why more school time is given to academic classes — like literacy and numeracy — and less towards physical education.

The problem is: children need to be active, as exercise helps keep you fit and healthy. Playing competitive sports in P.E. can help you make friends, learn the value of teamwork and develop new skills.

Sport also helps kids do better in other lessons, improving focus and concentration. It has even been proven that doing regular sport results in better grades! That's why many children do extracurricular sports: taking part in activities before or after school, to add to what they do in school P.E.

In the same way that some children play a musical instrument, or belong to a gymnastics club, extracurricular sports — like football, cricket or hockey — can take place outside of school, with children who aren't necessarily in your class. And even better: extracurricular sports can introduce children to less common activities, like yoga, fencing or synchronised swimming.

So why doesn't everyone do extracurricular sports?

For one, extracurricular sports can be hard to organise. Also, you need to be able to walk or drive to the sports club. And they tend to cost money, too. What's more, not all children want to do sports. Some would prefer to use their spare time for other hobbies, like drawing, reading or playing board games.

That being said, we know that exercise is good for our body and mind. So you could argue that everyone should do at least one extracurricular sport in their free time.

**Now, write a paragraph on each of these questions.**

1. How much PE do you do in school, and do you believe it is enough?
2. What is your favourite sport, and why?
3. What sport or form of exercise would you love to do at school, and why?
4. Why is exercise important as part of a healthy lifestyle?

Once you've completed **The Quick-Fire Write**, go back through and check for edits - is there anything you would like to add or change? Remember, you can send in writing to [info@litfilmfest.com](mailto:info@litfilmfest.com) - we're picking the best work to be featured alongside the videos, and you can even create your own Quick-Fire Write video for other classes to take your challenge!