

More PE in the classroom - issues of public health in the US. Expressing arguments in writing.

1. Read the VOA /Voice of America/ Special English Education Report:

Too much eating. Too many unhealthy foods. Too many advertisements for food. Too little activity.

Different explanations are offered for America's weight problem – a problem increasingly shared by other countries. almost one-fifth of American children and teenagers are overweight.

Schools have been urged to increase physical education, an important tool for public health. And many have. Yet now comes a study showing an increase in the number of injuries in 'phys ed' class. Injuries increased one hundred percent between nineteen ninety-seven and two thousand seven.

The study involved injuries treated in hospital emergency departments. Only two percent were serious.

The researchers did not try to identify the causes of the increase, but they have some theories.

Lara McKenzie from Ohio State University was the lead researcher. She says one possibility is a decrease in the number of school nurses during the period they studied. For example, a two thousand four study showed that the number of school nurses nationally failed to meet federal guidelines.

Schools without a nurse on duty may be more likely to send an injured child to a hospital.

Another possible reason for more injuries is a change in the traditional idea of physical education. This 'New P.E.' expands the kinds of sports that are taught. But activities that some schools offer now, like rock climbing walls and skateboarding, can also expand the risks, says Cheryl Richardson. She is with the national Association for Sport and Physical Education.

Also, she says not all states require P.E. teachers to be specially trained. Untrained teachers could be less likely to recognize unsafe conditions.

Cheryl Richardson also points to one of the study's findings – that injuries are often the results of contact with a person or a structure. This tells her that the teachers were not giving each student enough space to move around safely.

Six activities – produced seventy percent of all injuries: running, basketball, football, volleyball, soccer and gymnastics.

The study appeared online this week in Pediatrics, the journal of the American Academy of Pediatrics.

The researchers say larger class sizes are another possible reason for the increase in injuries. Larger classes can mean less supervision. The national Association for Sport and Physical Education says twenty to thirty students in a P.E. class should be the limit.

Source: <https://learningenglish.voanews.com>

2. Express arguments for and against increasing PE in the American classroom. In your essay use up to 200 words.

3. Useful phrases for each part:

INTRODUCTION:

- Many people nowadays think that ...
- It is certainly true that ...
- Over the last few decades ..

ARGUMENTS FOR:

- Firstly ..
- Secondly..
- Another point of favour of ... is ...

ARGUMENTS AGAINST:

- On the other hand ...
- Another argument against ... is...
- Next argument against ... is...

CONCLUSION:

- There are two main reasons why I think ...
- To sum up, ...
- In conclusion, ..
- In my opinion, ...

4. Possible structure of the essay:

INTRODUCTION

- what is the essay about?

The report on America's weight problems at school age, a problem which other worldwide countries share

- why is it interesting?

It points out the necessity to higher up a number of PE to diminish the issue of obesity in the US

FOR

- 1/ PE classes – an important tool for public health
- 2/ 1/5 American children & teenagers are overweight
- 3/ Injuries in class – not too serious /only 2%/

AGAINST

- 1/ Increase in class injuries: 150% between 1997-2007. More expanded disciplines which take more risks of injuries (rock climbing walls, skateboarding), plus standard ones (running, basketball, football, volleyball, soccer, gymnastics)
- 2/ Untrained teachers – unsafe conditions during classes
- 3/ Overloaded classes /should be up to 20-30 students/ - less supervision & less space

CONCLUSION:

Agree? Disagree? Why?

Agree. PE has always had a positive influence on obesity issues at every age, specifically at the age of childhood and adolescence, and it's fun. It joins entertainment with physical profits.

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