

## PE Lessons

6B Cheng Kwan Yin

Dear Principal,

I am the chairperson of the 6B Class Association. I am writing to express my classmates' disappointment with physical education lessons at school. In this letter, I will suggest two activities that could be introduced in future PE lessons and explain why students would prefer such activities.

There are three reasons why students think the existing PE lessons at school are boring. The first reason is that there are too many lessons teaching theory. We understand the importance of knowing the theory behind different kinds of sports, but PE lessons should be a time for students to play and have fun.

In addition to the boring theory, it is the lack of decision making power in PE lessons that we do not like. Although we have many sports competitions during PE lessons and we love them, we cannot choose our teammates and the sports we love to play. Our PE teachers select groups and choose the sports for us. We merely follow the instructions of the teachers in the lessons.

Lastly, we can only play basketball, football, table tennis and badminton during PE lessons. Since we have played these sports for a few years, we hope to learn a new sport. These are the reasons why students think PE lessons at school are boring.

With regard to the above reasons, I hereby suggest two activities to you, in the hope of enhancing the excitement of PE lessons. The first activity is 'Create your own sports'. Students can form in several groups and think about what kinds of sport they want to create. They can use the theory which they have learned in theory lessons and use their imagination to create a new sport, for example, a new sport game called 'headball'. Players can only pass the ball to their teammates with their heads. They can run or jump during the game. The team which first passes the ball to the finishing line wins the game.

'Create your own sports' not only can raise student's interest in playing sports, but also helps students understand the theory behind the sports. They can learn the theory while playing the sport. Students can also use their imagination to create a sport they like. They can share their idea and have fun with their friends. I am sure that they will love this activity.

The second activity is called 'Add a new rule'. Students can choose a sport they want to play and set a few new rules for that sport. It increases the difficulties and complexity of the game.

As I have mentioned, students think they do not have enough freedom during PE lessons. 'Add new rules' provides an opportunity for students to choose the sports they like to play. They can also set new rules for the sport they like. Then, students will have fun doing this activity.

Finally, the cost of these two activities is very low, but these activities can surely enhance the excitement of PE lessons and raise students' interest in sports. If students enjoy playing sports at school, it will improve the relationship between the school and students.

Thank you for your attention.

Yours sincerely,  
Chris Wong

**Teacher's Feedback : You have given a number of logical reasons to support your arguments. The new activities suggested are fun and creative. I am sure all your classmates will love to have the new choices in their PE lessons. (Miss Chan Mei Ling)**

