

Suggested structure to extra writing topic of Unit 4

Title	- A Healthy Kick-start!
Introduction	<ul style="list-style-type: none"> - started playing football since Primary 4 - did not understand why people think only boys can play football - wanted to shatter the stereotype - Thanks to my PE teacher who suggested me to join the ESF Lionesses, which is a Hong Kong-based youth soccer programme and academy for girls of all ages and abilities
Body	<ul style="list-style-type: none"> - attended regular football training after school - learnt a lot of tackling and blocking skills - At the same time, I had to keep up my physical shape by doing regular exercises and daily work-out. - Football is not only a physical practice, but also a kind of mental training. - Learnt to be strategic and wise as decisions have to be made within a very short time - fostered my team spirit - feel refreshed every time I finish a match - Always enjoy looking strong and fierce after a mighty speed session with my fellow teammates - made many like-minded friends - Playing football has long-term positive effects on both my physical and mental health. - boosted my self-confidence - am amused by the unbelieving looks on my male friends' faces when they learn that I play football
Conclusion	<ul style="list-style-type: none"> - Girls can be as competitive as boys on the football pitch and on other areas of sports. - We should not limit our potentials in sports or whatever we want to do in life. - The most important thing is to believe that you can make it and kick-start!