

Sample Essay 4

Sports Days featured martial arts

Unlike other annual Sports Days of the school, this year they were **remarkably** special because this is the 50th anniversary of the school. It took place on 22nd and 23rd November at Wan Chai Sports Ground and featured 'martial arts' as the theme. **On top of** the track and field events we have usually had, martial arts were also included as one of our sports events and performances.

The Sports Days began with a **mass** Tai Chi demonstration **jointly** performed by nearly a hundred teachers and student **representatives** during the opening ceremony. Through the mass Tai Chi performance, students realised it is not only a sport for the elderly, but one that also suits people of different ages. They have also learned to appreciate the traditional Chinese spirit of 'moderation' that comes with Tai Chi practice.

In line with the theme of the school anniversary, Taekwondo was included. Instead of demonstrating **gymnastic** skills, the cheering team invited members of the Taekwondo Club to the martial arts **demonstration**. In his Taekwondo uniform, Jim To from 6S showed us **tactics** such as breaking wooden boards. The audience all **held their breath** when Jim kicked the last piece of wood above head level sharply and quickly. They all cheered excitedly for the excellent performance, and the Sports Day was filled with great spirit.

To further engage students in practising martial arts as sports, martial arts competitions were added this year. It was all new to students having judo competitions on Sports Days. Most spectators had not realised the powerful effect of judo as a self-defence sport until they saw an impressive competition. Students found it an **eye-opening** experience to witness how a student of small build could kick-fall a burly opponent. The Taekwondo Club also coordinated the block-breaking competitions and invited other school **rivals** to have meaningful and friendly exchanges of this skill.

In the closing ceremony on the second day, we had the **honour** to invite Wing Chun master Mr Duncan Leung as our guest. He generously demonstrated the principles of martial arts. His wonderful demonstration not only showed the power of martial arts, but it also lively expressed the Chinese culture through virtues like self-control and respect. We all appreciated what he taught us.

Tremendous applause from both participants and spectators proved that the Sports Days were a great success. Thanks for the effort of all the participants and guests who contributed to make this year memorable!

(413 words)

Grammar Analysis

1. Text type and format – You are asked to write a feature for your school newsletter reporting the features of martial arts on the Sports Days. In a feature, you should clearly organise your content in a logical way.
2. Genre – It is a descriptive and narrative writing. You should tell how martial arts are incorporated into the Sports Days.
3. Language and formality – This is a semi-formal writing. Although the target readers are your schoolmates, the language should not be too causal as it will be published in the school newsletter. Reported speech and third personal narration statements shall be used to show objectivity.
4. Organisation – The events taking place during the Sports Days should be introduced in chronological order. You should begin your feature with the introduction of the theme of the Sports Days and its setting. In each body paragraph, you may first describe the special event and then the positive comments on it or the reaction of the crowd.