

In each paragraph, start with a **Topic Sentence**.

Add an Explanation.

Put in some **eXamples or evidence**

Add **Your analysis: significance, outcomes, etc.**

## PE/Health

To improve my fitness over this term, my goal was to improve my endurance. Endurance means improving fitness so that you can exercise over long periods of time. **In order to achieve greater endurance I have completed class activities including running and taking part in fitness games. I also performed fitness activities at home. After completing these tasks for several weeks, I can run longer distances without feeling tired. This shows that my endurance has improved as a result of fitness activities. This will also help me improve my social well being as I have since joined a sports team and am enjoying meeting new people who have similar interests.**

## Maths – statistics

What is proved is that bullying is still occurring in schools. Most of the people told me that they have been previously involved in bullying, which means that many NZ schools are unsafe. **87.6% said they had been bullied at school. This figure is concerning, as it indicates that bullying behaviour is**

occurring on a daily basis. Further information to determine the type of bullying experienced could be gained through interviewing some of the questionnaire respondents. This would give a clearer picture of the situation. However, my research and survey show that bullying in schools is still happening. Steps should be taken to investigate this further, so that we can stop bullying and create a safer environment in New Zealand's schools.

## Science

Solar power is an excellent way to power our lifestyles. Solar power is clean and green because the power generated from solar panels is used in numerous ways and does not use unsustainable fuels. **We can use it to power our homes and buildings, and manmade devices, instead of using other fuels which cause greenhouse gases.** Power companies will even buy back the power that a household doesn't use, so people can save money. This would offset the cost of installing the solar panels. **At a time when global warming is concerning many people, solar power is an attractive option. Governments should consider offering financial support to those who cannot afford the initial cost of installing solar panels; this cost to the economy would soon be recovered both financially and environmentally. It is undeniable that solar power is the right choice to power our cities, as it is sustainable and has few negative effects on the environment.**