



MIGHTY OAK
TEST PREP

Practice ACT Essay Number THREE

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Seattle, WA 98112
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High School Sports

Many high school students are encouraged to participate in sports at school. These programs, it is argued, teach students to work as part of a team, help to maintain physical fitness, make college applications more attractive, and can even lead to a lucrative professional sports career. However, participation often requires a time commitment of 12 hours or more per week, and some assert that this time could be better spent on academics and other activities. Furthermore, it is argued, academic courses teach broadly applicable skills that virtually every student will need for life after school; on the other hand, athletic activities have few benefits after graduation. Are athletic programs a necessary part of high school, or should schools focus on academics instead?

Read and carefully consider these perspectives. Each suggests a particular way of thinking about the role of sports in high school.

Perspective One

You're more likely to get a concussion than a career from high school sports. School is supposed to prepare you for college, career, and life, and playing on a sports team is of limited value in any of these areas.

Perspective Two

The goal of high school is to create students who are strong in mind and in body. Our nation is becoming increasingly overweight and out of shape -- athletics are just as important as academics in high school to prepare students to make good choices after graduation.

Perspective Three

Some students are good at books, and other students are good at sports. If a student finds athletics rewarding and academics a struggle, sports may be the only factor that keeps that student coming back to school every day.

Essay Task

Write a coherent, unified essay in which you evaluate multiple perspectives given on the subject of high school sports. In your essay, be sure to:

- analyze and evaluate the perspectives given
- state and develop your own perspective on the issue
- explain the relationship between your perspective and those given

Your perspective may be in full agreement with any of the others, in partial agreement, or wholly different. Whatever the case, support your ideas with logical reasoning and detailed, persuasive examples.

Plan Your Essay Here

*Writing on this page will not be used to determine your score
(but don't be tempted to just go to the next page and start writing – planning is crucial!)*

Use the space below to plan your essay and come up with ideas. Here are some things to think about:

Consider the strengths and weaknesses of the three provided perspectives

- do they make useful points? What are they forgetting to think about?
- why might they be convincing or unconvincing to other people?

Personal experiences, beliefs, and knowledge

- what is your personal position on this topic? What are the strong and weak points of your position?
- how will you compellingly argue for this position in your essay?

Yes, the first page of the essay really is shorter than the rest. On the real test, this space will have slots where you fill in your test booklet and writing test form numbers. This first page is seven lines shorter than the next three.

Start the WRITING TEST here.

If you are not done, please continue on the next page.

