Unit 7,text A

The passage illustrates that children need physical education more than before .And it can be divided into three parts.

In the first part,the passage says about nowadays most students’ attitudes to PE are negative. It also says that physical exercises have two advantages . It can help you to own a healthy body and mind ,and it can also help you take up good exercises’ habits, which can influence you to be healthier than others even when you are an adult.

In the second part , it use three steps to prove its opinion is right. At the beginning, it tells physical exercises’ two advantages more specifically. Then the author emphasizes the schools’ terrible behaviors which stray away students’ ideas to doing physical exercises. And he hopes Belize’s children will doing more physical exercises so that they can make a name for themselves ,and also the country.At the end of this part, the author shows some kind of exercises, and illustrates the importance of doing more physical exercises again.

In the last part ,the author thinks that someone who thinks doing exercises is just a waste of time should change their mind.Because today we can live unhealthily easier than any other time before. So if we don’t do exercises to live more healthily, we won’t have healthier children, youths,and adults !