

SAMPLE 2: Please note that this exam was administered on September 7, 2005 when the ELAE format was different in all sections including the writing section. However, we believe that the topic below is still a useful example for exam practice purposes. **For the new writing question format, please refer to SAMPLE 1 provided in the ELAE section on our website.**

Writing (30%)

Write a 300-word essay in which you talk about **the benefits of sports activities**. In your essay you may use all or some of the ideas below or you may choose to use your own. Support your ideas by giving reasons and examples.

- protection from chronic diseases (e.g. heart attack) and illnesses
- physical fitness
- greater sociability (team work, making friends)
- academic success
- positive/happy mood – due to increased levels of serotonin