

# EXAMPLES OF PEEL PARAGRAPHS | TMC

WALT: Students will learn about PEEL paragraph structure through breaking down examples of PEEL in *various* paragraphs

While thinking about the PEEL paragraph structure, read this paragraph as a class.

Regular physical activity is essential for maintaining good health in adolescents.

Research published in the Journal of Pediatrics shows that teenagers who exercise for at least 60 minutes daily have stronger muscles and bones, better cardiovascular fitness, and lower rates of depression and anxiety. When young people engage in regular physical activity, their bodies release endorphins, which improve mood and reduce stress. Additionally, team sports and group exercise activities help develop important social skills and build confidence. Even simple activities like walking to school or cycling with friends can have significant health benefits. By encouraging young people to make physical activity a regular part of their daily routine, we can help them establish healthy habits that will benefit them throughout their lives.

Ensure you have in fact read this paragraph! You may also want to jot down any new kūpū in your pukapuka.

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Can you identify the **point** of this paragraph?

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## Can you identify the **point**?

**Regular physical activity is essential for maintaining good health in adolescents.**

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Is this **point** followed by **evidence** or **explanation**?

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**Evidence**, in this case. Although some paragraphs will first go into **explanation**.

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Where does the **explanation** start and end in this PEEL paragraph?

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The **explanation** *explains* your point. Our last sentence is not explanation, it is making a new point. What is it?

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**Link.** Because it links one paragraph to the next; or to a big idea, perhaps to the *purpose* of the piece of writing.

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