

## WRITTEN MEDIATION TASK

### TOPIC: Sports

You read this information on a website:

**Not enough children are active.** A 2018 study from Nationwide Children’s Hospital showed that just 5% of youth ages 5 to 18 reported meeting the federally recommended amount of exercise — 60 minutes per day. The study, which examined 7,822 children over three years, also found that 50% were insufficiently active and 5% reported no physical activity. Researchers recommended that pediatricians should treat exercise like a vital sign, similar to height and weight, and engage patients in conversations about how to be more physically active. A 2020 study found that 60% of American children had inadequate levels of cardiorespiratory fitness, putting them at increased risk of chronic diseases at younger ages (American Heart Association, 2020).

Adapted from: <https://www.aspenprojectplay.org/youth-sports/facts/benefits>

You think the information is really interesting and decide to write a message to your classmate telling them about this topic.

### TASK 2. MEDIATION OF WRITTEN TEXTS

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**Estimated time to complete the task: 20 minutes**

You must write about the following points:

- **Explain** the main idea in the text.
- **Select and highlight** the most important pieces of information in the text.

**Words limit: minimum 60 - maximum 80**