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Education Bureau
Territory-wide System Assessment 2025
Secondary 3 English Language
Writing
Question Booklet

Instructions:

1. There are 4 pages in this Question Booklet.
2. Time allowed is 40 minutes.
3. Do not write anything in this Question Booklet.
4. **Answer all questions in the Answer Booklet provided.**

You are the Chairperson of your school's Fitness Club. Your teacher advisor has asked you to write a blog entry to help your schoolmates lead an active and healthy lifestyle.

In your blog entry, you should include:

- **why it is important to have an active and healthy lifestyle**
- **how to develop a habit of regular exercise**
- **how to avoid injuries**

The teacher advisor has given you some pictures to help you write the blog entry.

You may use some of the ideas from the pictures provided and/or your own ideas in your writing. Write the blog entry in about 150 words. You should also give it a suitable title.

Why should you have an active and healthy lifestyle?



be fit and happy

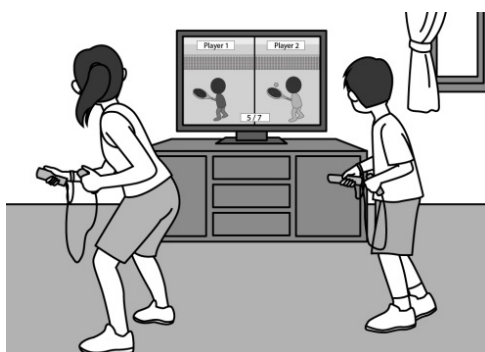


make friends

How do you develop a habit of regular exercise?

Sun	Mon	Tue	Wed	Thur	Fri	Sat
✓	✓	✓	✓	✓	✓	✓

have an exercise routine



make exercise fun

How can you avoid injuries?



wear proper clothing and gear (e.g. a helmet)



learn from a qualified coach

END OF PAPER

