

An example of an essay plan

Why plan?

An essay plan helps you organise your ideas and you can be modified as you read, think or discuss more. It is a basic outline of your essay and is useful if you want to discuss your writing with your lecturer, tutor or with an Academic Support person.

Here is an example of an essay topic and a possible plan. (Note that the thesis statement and topic sentences have been written as complete sentences, rather than just as dot points. Writing them out fully helps you formulate the idea or argument clearly).

Essay question / topic

For most individuals, sporting activities are not associated with any material rewards. Discuss the possible motives which individuals might have for playing sport? Include in your discussion examples of your own or other people's participation in sport.

Introduction

Sport is regularly played by a considerable percentage of the Australian population each week. However, many of these people are not seeking some kind of material reward (such as a premiership trophy, prize money or X). They often have other kinds of motivations for participating in sporting activities.

Possible thesis statements

Possible motives for playing sport will be outlined in this essay and some examples from my own and other people's experience will be used to illustrate this further.

People play sport for various reasons, including 1, 2, 3 and 4. These are discussed here using examples from my own experiences and those of two of my fellow students.

This essay discusses possible motivations people have for engaging in sporting activities, such as XX, YY and ZZ. Examples of my own participation in a team sport as well as my friend's participation in an individual sport will be given to illustrate these motivations.

Paragraph 1

Topic Sentence (idea / argument)

One of the strongest motivations to play sport is **the desire to be physically fit**.

Evidence / elaboration

People are becoming more aware of the importance of being fit and healthy.

Large numbers of people join gyms, go swimming or running every week or even day (reference?).

In my own experience, I play basketball each week as a way to keep healthy.

Paragraph 2

Topic Sentence (idea / argument)

Another motive for people to play sport is related to **the social benefits they gain** from participating in an activity with others.

Evidence / elaboration

Many sporting activities and clubs exist (examples ??? references ???).

Reasons people gave for why they participate in sport in a survey conducted by Victoria University Sporting Association (2010) included: meeting new people, getting out of the house and socialising, feeling more connected, etc.

Paragraph 3

Topic Sentence (idea / argument)

Achieving a personal challenge is another factor that motivates many people to play sport.

Evidence / elaboration

Evidence of this is in the responses given in focus interviews with two groups of first year university students who said (reference?)

My cousin is an amateur cyclist and enjoys participating in that sport because she can...

Conclusion

People's motivations for participation in sporting activities are not solely related to material gains. This essay has provided other possible motivations and in addition to drawing on evidence from the literature, has used examples from my own and other people's experiences to illustrate this.

References

(Include all your references in your plan and gather the details for these as you go. Format according to the style required in your discipline).

See also:

A typical structure of an academic essay