Parts of a Paragraph

- **PARAGRAPH**
  - has three parts

- **TOPIC SENTENCE**
  - tells what topic the paragraph is going to discuss

- **SUPPORTING SENTENCES**
  - give details about the topic

- **CONCLUDING SENTENCE**
  - summarises the main points or restates the topic sentence in different words
Sample Paragraph

A **topic sentence** is the first sentence of a paragraph. It will introduce the main idea of the paragraph. It will be followed by several **supporting sentences** that will provide support for the topic sentence in the form of examples, explanations, statistics or quotations. The last sentence is the **concluding sentence**. A paragraph may or may not have a concluding sentence, especially when the ideas in consecutive paragraphs are closely related.

*The first benefit of regular exercise is the immediate release of tension.* Tension builds in the body because of an over-accumulation of adrenaline produced by stress, anxiety or fear. Doctors agree that performing calisthenics or participating in an active sport such as tennis or volleyball for thirty minutes releases tension. If a person swims, jogs or rides a bicycle for half of that time, he or she should sleep better at night and have a better temperament the next day. In addition, after the release of tension, petty irritations and frustrations should be less troubling. For example, Watanabe (2008) explains that an employee upset by the day's work and by traffic congestion may rush home, argue with the family and eat excessively. Taking about thirty minutes to release frustrations through physical exercise could help him or her to avoid this behaviour. **Therefore, planned physical exercise can eliminate or at least control tension.**