Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period:\_\_\_\_\_\_\_

**PE 1 Essay**

**Worth 40 points- Due April 3rd(A Day) and April 4th (B Day)**

1. List one strength from your physical fitness card. (make sure to add score/time)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How can this strength be maintained? (Be specific-days/week, exercise(s), time?)
4. List two weaknesses from your physical fitness card. (make sure to add score/time)

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What specific areas do you need to work on in order to improve these weaknesses?  For example: Do you need to increase your effort, your endurance, and/or your repetitions? (Be specific with your plan-days/week, exercise(s), time, repetitions, etc.-you need to have a PLAN-do NOT say I will run more- how many days a week? How long? Sprinting? Jogging? What muscles are you working on?)

1. How do you plan on staying physically fit throughout high school and beyond? **Locate a fitness related article** that has a fitness plan you can adapt and use.  Describe how you can implement this into your life.  Make sure to cite your source, as this will be worth **5 points** of your total grade.

***P.E. Written Essay*DUE: Thursday, April 3rd (A day) or Friday, April 4th (B day)**

***40 Points=10 days of PE Class***

* Use this worksheet to write your paper.
* Write it in the form of a 5 paragraph paper.
* Have an introduction, 3 body paragraphs (one strength, two weaknesses, and fitness article will make up the 3 paragraphs) and a conclusion.
* Double space and type it.
* Cite your source.
* 1 ½ – 2 pages in length.
* Support your ideas and statements with specific examples and/or evidence.
* Staple your paper to your worksheet. This worksheet is worth **5 points**.
* [www.tidepe.weebly.com](http://www.tidepe.weebly.com) (can check out an example of an essay)

**I. Introduction**: (start with a broad statement or definition about topic then narrow down to be more specific): \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Thesis Statement (1 sentence that tells reader what you are going to write about in the next 3 paragraphs):**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**II. Body Paragraph One:**

Topic Sentence:

**Supporting Ideas or Examples (use transition words: One, another, also):**

 **A.**

 **B.**

 **C.**

**III. Body Paragraph Two:**

Topic Sentence:

 **Supporting Ideas/Examples: (use transition words: One, another, also)**

 **A.**

 **B.**

 **C.**

**IV. Body Paragraph Three:**

Topic Sentence:

**Supporting Ideas/Examples: (use transition words: One, another, also)**

 **A.**

 **B.**

 **C.**

## V. Conclusion: Restate Thesis and end with an interesting statement or question.

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