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

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

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

**PE 2 Essay**

**Worth 40 points –Due November 1st (1-4 or A Day) and November 2nd (5-8 or B Day)**

1. Assess and analyze your personal fitness tests. List **one strength** from your physical fitness card. (make sure to add your score/time)
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How can this strength be maintained? (Be specific- days/week, exercise (s), time?)
3. List **two weaknesses** from your physical fitness card.(Make sure to add your score/time)
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. 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, 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 after high school?
	1. Describe an activity program or sport which incorporates related physical fitness components and principles.
	2. Include rules, procedures and etiquette that are safe and effective for this activity or sport.
	3. Describe how you can implement this into your life.
	4. BE SPECIFIC!!!!!!

***P.E. Written Essay* DUE: Tuesday, November 1st (1-4 or A day) or Wednesday, November 2nd (1-4 or A 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 lifelong activity/sport explanation will make up the 3 paragraphs) and a conclusion.
* Double space and type it.
* 1 ½ – 2 pages in length.
* Support your ideas and statements using examples and/or evidence-BE SPECIFIC!

Staple your paper to your worksheet. This worksheet is worth **5 points**.

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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