3 Paragraph Essay

reflecting on the results of your

FitnessGram tests

* First paragraph is the introduction and includes the topic sentence. The topic sentence should identify the point you are trying to make.
* Second paragraph is the body of the essay. You will need to support your topic sentence. Use your FitnessGram scores to provide details to back up your topic sentence. Provide at least 3 examples to support your statement.
* Third paragraph is a summary or conclusion.
* Each paragraph should be at least 5 sentences.
* Check for spelling and grammar
* Use Physical Education/Health language (ie. Cardiorespiratory endurance, flexibility, muscular strength, fitness, etc)
* Share your essay with someone in your class to peer edit
* Make revisions on your essay after your partner edits the essay
* Share the final essay on google classroom.

The essay is due no later than 3:00p.m. on Friday, November 6th.