



Physical Education:

## Area of Improvement Paragraph

You will be writing a one paragraph on your weakest areas of the fitnessgram test.

You will make a **CLAIM** about your area of fitness that you think is weak and support that claim with **EVIDENCE**. You will then make commentary about your claim and use **REASONING** to suggest why this is your weakest area of fitness.

**You will be graded on the following rubric:**

Categories	1 Emerging	2 Developing	3 Proficient	4 Exemplary
<b>CLAIM</b> Thesis Central Claim Central Assertion	- Contains an unidentifiable central assertion or claim	- Contains an unclear or emerging central assertion or claim  - Suggests a vague assertion or a vague position	- Contains a central assertion or claim  - Seeks to inform the reader about the topic and/or takes a purposeful position on an issue	- Contains a clear, compelling central assertion or claim  - Informs the reader about the topic and/or takes a purposeful position on an issue
<b>EVIDENCE</b> Data Examples [Research]	-Contains limited evidence to support the assertion	-Attempts to support the central claim or assertion with some evidence but may be lacking in quality or relevance  -May provide too much data that is irrelevant or unnecessary	- Provides sufficient evidence to explain the topic and support the central claim or assertion	- Provides significant and relevant evidence that develops the topic and supports the central claim or assertion
<b>REASONING</b> Justification Commentary Warrants	-Lacks original analysis or commentary  -Lacks connections between most evidence and the central claim or assertion	-Draws limited connections between evidence and thesis statement  -May simply restate or paraphrase the evidence, or be lacking in development	-Provides commentary in an attempt to explain the significance of evidence  -May need more development or further explanation of evidence	- Original analysis and commentary connects all evidence back to the central claim or assertion (thesis statement)  - Explains relationships between the main assertion, topic sentences, and evidence

Example paragraph:

I felt my weakest test area from the fitnessgram testing was the mile. My mile time was 10:32 which translated to a 32 V02 max. To be in the healthy fitness zone I needed to score at least a 46 V02. I checked my times to get a 46 V02 and I would need to run a 8 minute mile. I think is my weak area of fitness because I do not work on my cardio vascular health. I play baseball and we work on our strength and short distance sprinting but not endurance. I know cardio vascular endurance is important to my overall health and should start training to improve my endurance by running or cycling.