Fall Fitness Response

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_­

**Directions:** Use complete sentences for all responses.

1. Read the ESSENTIAL QUESTION.

2. Write a CLAIM to answer the essential question.

3. Provide EVIDENCE to support your claim.

4. Provide REASONING to support your claim.

ESSENTIAL QUESTION- Do you consider yourself to be a physically fit person?

**CLAIM**

*A CLAIM is a statement that clearly introduces an idea or belief that is supported by evidence. The following are some examples of how to start your CLAIM. You may use adjectives such as non, mildly, moderately, or extremely to describe your fitness level.*

• Example 1- *According to the results of the Fitnessgram Health Related Fitness test, I am \_\_\_\_\_\_\_\_\_...*

• Example 2 *-I believe I am \_\_\_\_\_\_\_\_\_\_\_\_\_ because of the results of the Fitnessgram Health Related Fitness test.*

*Claim*

**EVIDENCE**

*EVIDENCE includes, facts, figures, details, quotations, or other sources of data that provide support for your CLAIM.*

1.

2.

3.

4.

5.

**REASONING-** Summarize your evidence into 3 or 4 detailed sentences. Explain why your evidence supports your claim.