

Your Teacher's Question: What are some warm-up exercises you do before playing sports?

SHOW ME YOUR ACES!!!



A

Answer the teacher's question in the form of a sentence:

A warm-up exercise I do before playing a sport is jogging.

E

Give an example:

I jog in place if there is no room to move around much. If I am outside, I jog around the field a little.

E

Explain/elaborate/expand upon your example:

I jog before sports to let my muscles know that I am going to use them a little more than I usually do. I also do this so that they are warmer because that can help keep them from hurting. A warm muscle is better for sports than a cold one that is not prepared.

S

Summarizing statement:

Jogging is what I do to warm-up before I play sports.

Completed Paragraph:

A warm-up exercise I do before playing a sport is jogging. I jog in place if there is no room to move around much. If I am outside, I jog around the field a little. I jog before sports to let my muscles know that I am going to use them a little more than I usually do. I also do this so that they are warmer because that can help keep them from hurting. A warm muscle is better for sports than a cold one that is not prepared. Jogging is what I do to warm-up before I play sports.



Name: _____

Basic ACES Scoring Tool

Focus —Answered the teacher’s question in the form of a sentence	5 points
Content —Cited and explained 1 example (text-based or self-based)	5
Organization —Included introduction (A), body (C, E), and conclusion (S)	5
CUPS —Capitalization, Usage, Punctuation, Spelling	5
	/20 total
Presentation —Paper is properly formatted, legible, and aesthetically pleasing	5
	/25 total