

**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**

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