**How the Lessons Build**

**Example**

**10 Grade:** Thesis Statement

|  |  |  |
| --- | --- | --- |
| **ID-Identify topic** Sports offered in high school | **Claim-What you believe, your insight on the topic**They have a positive influence | **Forecast-3 general reasons you believe your claim is true*** Teach social skills and healthy behaviors
* Teach time-management
* Provide exercise and teach benefits of hard work
 |
| **Thesis:** High school sports unquestionably have a positive influence on high school students because they teach social skills and healthy behaviors, reinforce time-management skills, provide exercise and show the benefits of hard work. |

**11th Grade:** Claim – Evidence – Commentary/Reasoning



“These findings suggest that children who develop leadership and empathy toward others are more likely to care about their own health, perhaps adopting life-long healthy behaviors that can prevent heart disease.

Sports offered in high school teach social skills and healthy behaviors.

Thus, schools have a significant responsibility to support school sports and, in turn, help cultivate these healthy behaviors.

This indicates students glean social skills from team sports that will continue to benefit them throughout their lives.

Dr. Jackson, in the article, is quoted, “Health behaviors are tied to other behaviors, so we can consider schools an excellent place to help children start caring for themselves and others.”

As Nauert states, “Moderate exercise… and participation in team sports also correlated to higher leadership and empathy scores.”

**12th Grade:** Writing a Paragraph

Thesis Statement: High school sports unquestionably have a positive influence on high school students because they teach social skills and healthy behaviors, reinforce time-management skills, provide exercise and show the benefits of hard work.

Extended Body Paragraph:

(Claim) Sports offered in high school teach key social skills and healthy behaviors for students.

(Transition) Numerous studies support this link and indicate strong benefits for students.

(Evidence #1) As Nauert states, “Moderate exercise… and participation in team sports also correlated

to higher leadership and empathy scores.” (Commentary for Evidence #1) This indicates students

glean social skills from team sports that will continue to benefit them throughout their lives.

(Transition) Not only are kids gaining social skills, but they are also increasing other healthy

behaviors. (Evidence #2) Dr. Jackson, in the article, is quoted, “Health behaviors are tied to other

behaviors, so we can consider schools an excellent place to help children start caring for themselves

and others.” (Commentary for Evidence #2) Thus, schools have a significant responsibility to support

school sports and, in turn, help cultivate these healthy behaviors. (Transition) The influence of the

healthy behaviors referenced can be seen many years after students leave school. (Evidence #3)

“These findings suggest that children who develop leadership and empathy toward others are more

likely to care about their own health, perhaps adopting life-long healthy behaviors that can prevent

heart disease. (Commentary for Evidence #3) The long term impact of sports on healthy behaviors

can be seen for decades to come, even improving longevity for these students. (Conclusion)

Consequently, as schools support the development of all aspects of a child, from leadership skills to

long term health, sports play an extremely significant role in educating students.

**Works Cited**

Nauert, Rick. "Physical Activity Helps Improve Social Skills." Psych Central. University of Michigan, 15 Mar. 2010. Web. 8 June 2016.