

Name \_\_\_\_\_

Date \_\_\_\_\_

## Draft Full-Length Essays

**Use the following structure to plan your essay.**

**Background Information:** Exercise is important for kids because it helps them stay healthy, improves their focus and mood, and teaches them discipline and teamwork. It improves physical health by strengthening muscles, reducing obesity, and keeping their heart healthy. Exercise also boosts mental well-being by reducing stress and improving focus, helping kids perform better in school. Additionally, group activities like sports teach kids discipline, teamwork, and how to work toward shared goals.

### Step 1: Introduction

Objective: Write an introduction that grabs attention, introduces the topic, and presents a thesis.

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### Step 2: Body Paragraphs

Objective: Write one body paragraphs, each focusing on one supporting point with examples.

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Name \_\_\_\_\_

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## Draft Full-Length Essays – Answer Key

**Use the following structure to plan your essay.**

**Background Information:** Exercise is important for kids because it helps them stay healthy, improves their focus and mood, and teaches them discipline and teamwork. It improves physical health by strengthening muscles, reducing obesity, and keeping their heart healthy. Exercise also boosts mental well-being by reducing stress and improving focus, helping kids perform better in school. Additionally, group activities like sports teach kids discipline, teamwork, and how to work toward shared goals.

### Step 1: Introduction

Objective: Write an introduction that grabs attention, introduces the topic, and presents a thesis.

**Did you know regular exercise keeps kids healthy, boosts their mood, and teaches important life skills? Exercise isn't just fun—it's essential for growing strong and focused. This essay will explain how exercise benefits kids' health, mental well-being, and teamwork skills.**

### Step 2: Body Paragraphs

Objective: Write one body paragraphs, each focusing on one supporting point with examples.

**Exercise helps kids stay physically healthy. Activities like jumping rope or swimming strengthen muscles and bones. Regular exercise also reduces the risk of obesity, keeping kids fit and their hearts healthy.**