

1. Do I have a title page?
2. Is my font “Times New Roman” Size 12 ?
3. Is my writing double spaced?
4. Is my full report 3 pages? (no more than 3 pages please)
5. Do I have headings and subheadings?
6. Do I have complete paragraphs for the report introduction, P.E. and report conclusion?
7. Do I have complete paragraphs where else? (i.e. your data analysis may need a paragraph)
8. Do I have spelling errors?
9. Have I ensured all titles and words that need capital letters have them?
10. Everytime I say P.E. I have written : Physical Education
11. Everytime I write a number I spell it i.e. one not 1.

### **Introduction Workshop**

**Sentence 1-3:** a general statement introducing the context and what you have been doing this term.

I.e.

At Mission Heights I have learned a lot so far. For term one our context is called “The Body and Mind Challenge” which includes: maths, science, English and physical education. In physical education we have learned.... This links to science where we have done a scientific investigation about...In maths we learned to display our data with ... Finally that leaves us with English and the reason that I have created this report. In this report I will be discussing ....

Sentence 5-6: your thesis aka main point of writing

## **P.E. Paragraph Response Workshop**

***Question 2.*** Describe the important features of the respiratory system in your own words, and **explain** WHY we need to breathe. Link this to the cardiovascular system. (You may include a hand-drawn diagram to help you answer this question).

Through science and physical education I have learned how essential the respiratory system is to the human body and the large role it plays in physical fitness. The most important features of the respiratory are..... Blank 1, blank 2, and blank 3. Blank 1 is an important feature because it functions to....

It is essential that humans breathe because...

This links to the cardiovascular system because....

The respiratory system is therefore very significant in our overall health and survival.

## **Conclusion Workshop**

For term 1 I have learned a lot about the human body and my own personal fitness. I have learned skills and concepts that will help me beyond the classroom and help in maintaining a healthy life style. From the graph I made in maths I learned that ... (quickly summarize results of lung capacity experiment in a sentence or two).

In physical education I could see the respiratory system come to life as I used it in my FITT training program. My goal was to.....

I think that I used FITT principles to create a realistic plan for improving upon this.

Moving forward I must now implement all of this knowledge and plan to improve my fitness and reach my goals.