

Assessment Criteria

		Superior	Good	Average	Needs Improvement
1.	Student has selected primary, significant sources related to topic.	4	3	2	1
2.	Student has brainstormed ideas and developed a reasonable thesis about the physical activity.	4	3	2	1
3.	Student has taken comprehensive notes, recognizing important supporting details.	4	3	2	1
4.	Student has used a graphic organizer to chart pros and cons of the activity.	4	3	2	1
5.	Student has chosen specific pieces of primary information important or useful to the activity researched.	4	3	2	1
6.	Student has supported or rejected the thesis by using a sufficient amount of information.	4	3	2	1
7.	Student has given an oral report that is well-organized and logical.	4	3	2	1
8.	Student has given an oral report that maintained audience interest.	4	3	2	1
9.	Student's oral report shows evidence of practice and is delivered with good eye contact, speaking volume, and articulation.	4	3	2	1

FCAT Reading Assessment

Running is among the best aerobic exercises for physical conditioning of your heart and lungs. Studies have shown the health benefits to be enormous, reducing the likelihood of everything from the common cold to cancer. Your stamina will increase; you'll lose weight; and as important, running—like many forms of exercise—is a great cure for stress, emotional strain, even mild depression. You'll likely find yourself with fewer headaches and more energy, patience, humor, and creativity. Studies have found that healthy adults who exercise regularly are generally happier than those who don't. And running, quite simply, is convenient. You don't need any elaborate gear. No special playing field or apparatus. No need to juggle the schedules of others. Just a pair of shoes and the inclination to get out the door.

One of the most important keys to successful jogging or running is laying the proper groundwork. You need to build your body up gradually to the point where you can jog or run at a comfortable pace for at least 30 minutes.

- Begin with a program of walking at a pace that's slightly faster than a stroll. Do this at least three times a week for 45 minutes until you can do it easily.
- Walk briskly for 30 to 60 minutes at a time until you can also do that easily.
- Begin JOGGING. Walk briskly, then jog every third or fourth block.
- When jogging every other block becomes comfortable, begin to jog two blocks and walk one, adding more jogging until you are jogging all the time. Keep it at a comfortable pace; don't go too hard.
- Eventually, you may want to increase your pace and begin to run. Your body should be your guide. Don't overdo it!

READ
THINK
EXPLAIN

What are some of the benefits of jogging or running? Use details and information from the passage to explain your answer.

Short Response 2-point rubric

A top-score response will include the following details: conditions the heart and lungs; weight loss; lessens the likelihood of illness; increased stamina; reduction of stress, emotional strain and mild depression; fewer headaches; more energy, patience, humor, and creativity.