



Introduction: A Few Writing Tools

<https://vimeo.com/519057984>

Tool 1: Write to Intrigue with Information and Ideas

<https://vimeo.com/519561335>

Tool 2: Draft with the Voice of Authority

[\*\*A Few Writing Tools-Lesson 3-Tool #2-FINAL\*\*](#)

Tool 3: Begin and End Like a Play: The Intro and the Curtain Call

<https://vimeo.com/522052609>

Write an informative essay explaining how fitness can contribute to specific outcomes.

Be sure to:

Manage your time carefully so that you can

- read the passages;
- plan your response;
- write your response; and
- revise and edit your response.

Be sure to include

- an introduction;
- information from the passages as support; and
- a conclusion that is related to the information presented.

Your response should be in the form of a multiparagraph essay. Write your response in the space provided.

# Source 1 : More kids are giving these less-common sports a try



Rock climbing is one example of a sport for kids who haven't enjoyed traditional team sports. Photo by: Don Mason/Getty Images

Sports like baseball and football are popular in the United States. However, many children want different ways to exercise. The Sports & Fitness Industry Association (SFIA) is a group that looks at participation in different sports. It says youth participation in traditional sports has been going down. Some people say sports are too competitive. Others think kids can get hurt too easily. SFIA president Tom Cove says that many kids and parents do not like "the seriousness of youth sports."

## Kids Say Team Sports Are Not As Fun

Kids have many choices. They can do obstacle course training like parkour, ninja warrior classes and rock climbing. "Some sports may be better suited to some personalities and physical capabilities than others," said JoAnn Yáñez, who leads a group of schools for doctors and wellness professionals.

Olivia Hunt is 16 years old and lives in Burlington, Vermont. She used to like soccer. It became difficult when her teammates talked about winning. She lost interest when she had to try out for the team. "It was no longer fun for me," Olivia said. This is a pattern Cove has seen. He says that intense training and competition "seems to be turning some kids off." Cove says, "Nontraditional sports can be more casual and allow kids to be kids." Nontraditional sports are activities that usually have kids competing on their own instead of playing on a team. Rock climbing is one example.

The local climbing gym, Petra Cliffs, was holding a summer camp. Olivia decided to give it a try. "With climbing I can just go and do it," Olivia said. Olivia has found confidence and satisfaction.

"Climbing is one of those sports that you can track your own progress," she said. Olivia also joined a friend for Little Bellas mountain bike camp. She says that riding different trails lets her see how she is growing and getting more confident.

In these activities, children are in control. They make connections between their bodies and minds. They can set their own goals.

"Sports like climbing, cycling and running allow a child to focus on making one move at a time to achieve a longer goal," said Dr. Michelle Flowers. She studies the minds of athletes. Flowers says these sports are more about "personal growth" rather than beating someone else.

## Individual And Team Sports Have Similar Benefits

In nontraditional sports, kids can learn to dust themselves off and try again. Flowers says that failing is part of learning. Kids can use these lessons in other parts of life. Individual sports can offer similar benefits as team sports. Olivia says she talks with the other girls at the climbing gym. They encourage each other.

Lifelong participation is another benefit to these nontraditional sports. Sabra Davison is one of the founders of Little Bellas. Davison saw what happens in sports when girls get older or get injured and team sports end. Davison says people can do nontraditional sports for longer. Flowers agrees. "The physical benefits of balance, strength and agility can be generalized to multiple activities, including everyday adventures like going to the park or climbing trees," she said.

Some kids are looking for ways of staying active between sports seasons. Some want to enjoy exercise without the stress. Robyn Erbesfield-Raboutou is the owner of ABC Climbing in Boulder, Colorado. She says that kids and parents like what climbing has to offer, including cross training and problem-solving skills.

## Nontraditional Sports Becoming More Popular

The interest in more individualized sports has grown. In 2020, climbing, karate, skateboarding and surfing will be in the Olympics for the first time. Golf came back. Newer events in skiing and snowboarding have been added. Erbesfield-Raboutou said that climbing's popularity has grown fast in the past four years.

Kids can look beyond ball and field sports. Yáñez says that sports that provide children "self-esteem, an understanding of delayed gratification and the benefits of hard work, can have a long-term positive impact on their mental and physical health."

## Source 2: Working up a sweat may one day power up a device



Image 1. Researchers are designing a device that uses sweat to generate power.  
Photo: Ketut Subiyanto/Pexels

**S**weat is the salty wetness your body makes to help keep cool. Now it might be one key to making electronics that are better for the environment. That's because engineers are using sweat to make systems that store energy. One such device is a type of capacitor. It is powered by sweat and can be used to charge a device. Researchers at the University of Glasgow in Scotland developed it.

A capacitor stores energy physically, in a form very much like static electricity. (In contrast, batteries store energy chemically.)

### Supercapacitor Could Charge Wearable Tech

The system recently developed is a supercapacitor. This is a capacitor with two conducting surfaces. The energy it stores can be used later. The energy could power an LED light or a type of electronic.

Wearable technology are electronic devices. They are designed to be worn by people. Today's wearable electronics include gadgets strapped to the body. These include watches or fitness trackers. Yet some researchers are also making electronics that are part of clothing or stuck onto the skin.

### Sweat Replaces Toxic Battery Chemicals

Batteries power most wearable devices. Yet those batteries often contain chemicals that harm the environment.

That's where using a fluid from the body could help.

Electrolytes are minerals in your body that have an electric charge. With the device, the sweat serves as the electrolyte. The electrolytes are an important part of these supercapacitor devices.

Sweat is interesting, not gross, says Mallika Bariya. She is a scientist at the University of California, Berkeley. It can tell you about someone's health. Also, the chemical makeup of sweat can change depending on what part of the body makes it.

### Perspire For Power

The Glasgow team started with a piece of cloth made of polyester and cellulose. Cellulose is a tough material made from plants. On each side of the cloth, the scientists dropped a liquid that had a polymer in it that could carry electricity. Polymers are long molecules. They are made up of chemical units that repeat over and over. Once the solution dried, the polymers became electrodes that could store an electric charge. An electrode conducts electricity.

The cloth soaks up sweat from the skin. Sweat contains salts. Each tiny piece of salt contains a pair of ions. These are atoms with an electrical charge.

One ion has a positive charge. The other has a negative charge. In the device, positively charged ions move to one electrode. Negatively charged ions move onto the other. These ions react with the polymer.

### Sweat Works, But Fake Sweat Works Better

If the electrodes are connected to a device, the electric current produced by the reactions can power it. Over time, this will use up the charge in the capacitor. Replacing the charge takes more sweat.

Some of the scientists strapped a capacitor onto their shirts and ran. The device was able to make enough power to light up some LEDs. The team also tested the device with sweat made in a lab. The device now made about five times more power. That may be because there hadn't been enough sweat on the runners' shirts.

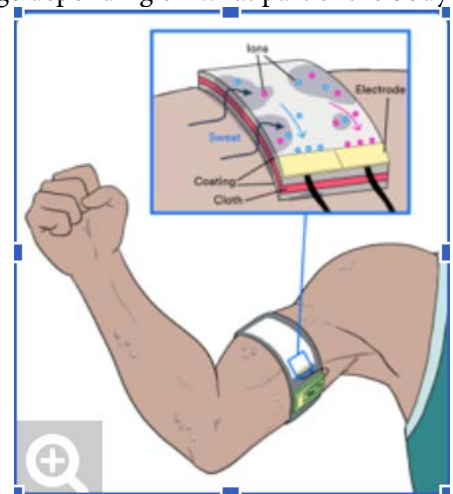


Image 2. With this device, sweat helped create an electrical current. Graphic: Newsela staff

## Source 3: Young stars of table tennis are Maryland middle schoolers



Crystal Wang, 13 (right), and Derek Nie, 14, practice at the Maryland Table Tennis Center in Gaithersburg, Maryland. The teenagers hope to represent the United States at the 2016 Summer Olympics in Brazil. Mark Gail/The Washington Post

By Washington Post, adapted by Newsela staff

Inside the Maryland Table Tennis Center, balls ping, pong, pop and zing. Sneakers squeak on the floor. Young people laugh and shout.

The noise does not seem to bother Crystal Wang. She is used to it. The 13-year-old finishes her homework in a corner, then heads over to the blue table.

Crystal picks up a paddle, bends her knees and leans forward. She looks at the boy across from her. Then she hits the ball and sends a great shot over the net.

Derek Nie is ready. In a flash, the 14-year-old sends the ball back to Crystal.

Crystal and Derek are not just having fun. They are two of the best young table tennis players in the country.

### Players Think Fast!

Table tennis is also known as Ping-Pong. It is played indoors on a table that looks just like a small tennis court. The table even has a net that goes across the middle.

Playing table tennis takes lots of small, quick moves. Players' hands and feet move at the same time and they have to think fast and thinking fast requires brain power. "It feels like a rush," Derek says.

Crystal and Derek both live about 10 miles from the center. It is located in Gaithersburg, Maryland. They train there almost every day.

### The Teens Are "Amazing"

Derek started playing table tennis when he was 7 years old. His older brother was learning how to play, so Derek joined him. Crystal's grandparents taught her how to play. She started when she was just 5 years old.

Now Crystal and Derek work with coach Larry Hodges. Coach Hodges says they are "amazing" because they work hard day after day. They push themselves to get better and they never complain.

Hodges says Crystal and Derek also do very well in school.

"Somehow they balance it all," he said.

Derek does more than just homework and table tennis. He is on the math team and plays the violin.

Crystal makes excellent grades even though tennis keeps her very busy. She has competed in places like Japan, Canada, India and Austria. Every summer, she travels to China for extra training.

### Olympic Dreams

Crystal has won matches against women almost twice her age. In 2014, she became the youngest woman ever to make the USA National Team.

Derek plays in big matches all over the United States. He even won his age group at last year's U.S. Open.

These days, both players are training hard to make it into the 2016 Olympic Games.

"My dream is to make the Olympic team," Crystal says. She also hopes her table tennis skills will help her earn a college scholarship. She wants to become a doctor.

### Win, Lose, Learn

Derek and Crystal are both very talented, but they do not win all the time.

Earlier this year, Crystal lost a big match. She was nervous and had trouble concentrating. "I did really bad, but I just tried to learn from the experience," Crystal says.

Table tennis helps Derek and Crystal to grow in other parts of their lives. Derek used to get nervous when he had to get up in front of his whole class. Now he says it is no big deal compared with playing in a big match.

Crystal and Derek take their sport very seriously, but they also have fun along the way. Crystal says she loves making new friends at her matches. "And she really likes to win," Derek adds with a laugh.

## Tornadoes 101: National Geographic

<https://www.youtube.com/watch?v=aacHWoB7cmY>

They begin life as ghosts, gently coursing through a solitary existence. But slowly, their gentility turns to rage. They grow larger and larger, hurling and twisting, and desperately reaching down from the sky. And what began as an invisible shade is turned into a monster. Tornadoes are powerful spinning columns of air that stretch from the ground to the clouds. Most are relatively weak, but the few that grow into large events are extremely violent and cause immense destruction.

Tornadoes occur on 6 of the 7 continents. The country with the most tornadoes based on land size is the United Kingdom with an average of about 33 tornadoes reported each year. But the country with the greatest number of overall tornadoes and the most intense is the United States with over 1,000 reported annually.

Tornadoes, no matter where they occur, are classified as either supercell tornadoes, which form within supercells, the most powerful class of thunderstorms, or non-supercell tornadoes, which are smaller and weaker and form within non-supercell storms.

There are many theories surrounding the formation of tornadoes. One key component they share is the presence of both high and low-pressure air in a given space. Air particles from the area of high pressure move toward an area of low pressure, a movement that creates wind.

Non-supercell tornadoes such as waterspouts and landspouts, begin with cool high-pressure air and warm low-pressure air are present, particularly near ground level. As air particles move horizontally from the high-pressure area to the low-pressure area, wind begins to pick up. Winds blowing at different speeds and in different directions and altitudes begin to blow cyclically. In the case of non-supercell tornadoes, they turn into an upright spinning vortex.

But to create supercell tornadoes, the circumstances are slightly different. Violent supercell storms draw warm low-pressure air up to a higher altitude, leaving behind cool high-pressure air near the ground. Air particles attempting to bring the two levels of air pressure into balance creates wind that blows vertically. The wind increases and starts to blow in a cyclical fashion, creating a pipe of wind that rolls along the ground.

In both cases an upward current of wind, called an updraft, provides the final ingredient for creating a tornado. In a budding non-supercell tornado, an updraft stretches its vertical vortex until it reaches the clouds. To create a supercell tornado, an updraft lifts the rolling pipe of wind upward until it stands upright. Then it pulls condensation from the skies and into the spinning vortex. As soon as the vortices, supercell or non-supercell, connect the ground to the clouds, they are officially classified as tornadoes.

All tornadoes are rated on a system called the Enhanced Fujita Scale. The Enhanced Fujita, or EF Scale, classifies tornadoes from a rating of EF0 to EF5. The rating is based on a number of factors such as the damage a tornado causes and the Doppler radar estimates of its wind speeds. EF0 tornadoes are the weakest with wind speeds between 65 to 85 miles per hour. EF5 tornadoes are the strongest, with the wind speeds exceeding 200 miles per hour.

One of the strongest tornadoes recorded occurred in Oklahoma City, Oklahoma in 1999. Born from a supercell thunderstorm, the EF5 tornado had wind speeds of over 300 miles per hour. It resulted in 36 fatalities, injured nearly 600, and caused about one billion dollars in damages.

While tornadoes cannot be prevented, measures are being taken to protect communities. Meteorologists closely monitor storm fronts in high-risk areas and try to forecast possible tornadic events. In doing so, they help mitigate damages to neighborhoods and save countless lives, even in the face of nature's most formidable.



Go Big and Go Bold

<https://vimeo.com/527277469>

Develop Parallel Reasons that are Distinct & Organized Logically

<https://vimeo.com/527477949>

Use the Opposing Claim to Make Your Opinion Stronger

<https://vimeo.com/528805593>



**Basic: Should/Yes/For**

**BOLD!**

wonderful  
marvelous  
magnificent  
superb  
glorious  
sublime  
lovely  
delightful  
tremendous  
awesome  
fabulous  
smashing  
divine  
swell  
wondrous  
fantastic  
absolutely  
certainly  
definitely  
positively  
undoubtedly  
without a doubt  
unquestionably  
assuredly  
truly  
have to  
must  
need  
ought to  
shall  
“Hang in there” (don’t give up)  
“No pain no gain” (work for what you want)  
“On the ball (doing a good job)  
“Hit the nail on the head” (get something exactly right)  
“A piece of cake” (it’s easy)  
“The best thing since sliced bread” (a really good decision)  
“You can’t judge a book by its cover” (person or thing may look bad, but is good inside)  
“As right as rain” (perfect)  
“We see eye to eye” (we agree)  
“Like riding a bike” (something you never forget how to do)

**Basic: Should Not/No/Against**

**BOLD!**

terrible  
awful  
appalling  
horrific  
shocking  
hideous  
ghastly  
grim  
intolerable  
pathetic  
pitiful  
absolutely not  
most certainly not  
of course not  
under no circumstances  
by no means  
not at all  
never  
frightful  
monstrous  
useless  
lousy  
unnecessary  
not compelled  
not forced  
oughtn’t  
ought not  
absolutely must not  
absolutely cannot  
not recommended  
avoid  
prevent  
“A kick in the pants” (something awful)  
“A kick in the teeth” (something awful)  
“Add insult to injury” (to make things worse)  
“Call it a day” (stop doing something)  
“The perfect storm” (worst possible situation)  
“Rain on someone’s parade” (to spoil or ruin something)  
“Take it with a grain of salt” (don’t take it too seriously)  
“The elephant in the room” (the problem everyone is avoiding)  
“Go down in flames” (fail spectacularly)  
“That ship has sailed” (it’s too late)

Write an article for the school newspaper in which you give your opinion about whether selfies are an act of self-love or a cry for attention. Use information from the passages in your article.

Manage your time carefully so that you can

- read the passages;
- plan your response;
- write your response; and
- revise and edit your response.

Be sure to include

- an introduction;
- support for your opinion using information from the passages; and
- a conclusion that is related to your opinion.

Your response should be in the form of a multiparagraph essay. Write your response in the space provided.

## Source 1: Are selfies an act of self-love or cry for attention?



Are selfie-takers attention-seekers or just active sharers? Is posting a selfie on social media a sign of low self-esteem -- or a way to shape and improve your self-confidence? Taking and sharing selfies is a popular way to show your friends and family what you are doing and feeling in the moment. Not everyone agrees on whether the effects of selfies are positive or negative, though. In the next two sources, two high-school students share their opposing views on selfies.

## Source 2: Self-Love Doesn't Come From Likes, by Joi Gillette

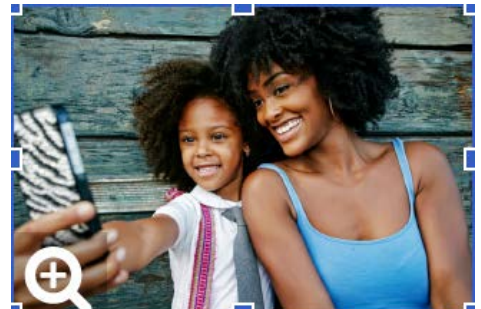
When someone posts a selfie on Instagram with the caption "I'm bored," I find it really uncalled for. To me, it's a cry for attention. It is a need for affirmation.

No one should ever get to a point where they feel the need to share pictures of themselves just to get attention. I understand that when a person doesn't get enough attention, they can look to social media as a way to feel good about themselves. They know someone out there will give them the attention they're craving.

Instagram can boost a person's self-esteem because, of course, Instagram is primarily for photos. This generation has a lot of self-esteem issues, and since technology is more prevalent than ever, people look at social media as a way to seek validation from the whole world.

Some may argue that posting these selfies isn't a cry for attention, but an act of "self-confidence." But how can flaunting your body on social media be an act of confidence? When a person posts a selfie, people may express judgment, put them down or call them out. A better way to express self-love is to feel comfortable with your body and everything you use it for — not count the number of favorites it gets on Instagram.

*Joi Gillette attends Harold L. Richards High School. She is a correspondent for The Mash. The Mash is the Chicago Tribune's newspaper and website written for teens, by teens.*



Students have different opinions about whether selfies are a good thing or a bad thing. Photo: Peathegee Inc/Getty Images



*A girl takes a selfie with her dog. Photo: Yellowdog/Getty Images*

### **Source 3: Selfies Shape Confidence, by Katie Karmin**

Growing up in an age where our social media presence defines us, our personalities begin to emerge through the eyes of our followers. On apps like Instagram and Facebook, I'm able to tailor my posts to appear a certain way. While at school I may be the quiet girl, on my iPhone I transform into the person I want to be on and off screen.

In reality, I'm not the kind of student who can show up to school in bold red lipstick. However, I don't have a single fear posting a selfie of an outfit or even a pose that I'm proud of. It's an uncomfortable concept for humanity — showcasing individual pictures of ourselves for the world to see. It may be self-indulgent, but it's not self-loathing.

There's no shame in sharing a picture that you feel accurately captures whatever message you wish to send to your followers. Especially for adolescents, self-esteem roller coasters are all too familiar. Posting a flattering selfie isn't a cry for attention; it's a statement. It's saying, more to yourself than to your followers, that you're proud of the face that stares back at you from your screen.

I don't need a million likes or a dozen compliments for that extra motivational push. What I do need is the strength to say, "I don't care what you think. I know I look good." And for those of you who do have a problem, simply unfollow said selfie offender. Case closed.

*Katie Karmin attends North Shore Country Day High School. She is a correspondent for The Mash. The Mash is the Chicago Tribune's newspaper and website written for teens, by teens.*