Writing • Argument/Persuasive Essay

Key Features of Argument/Persuasive Essay

- states the writer's opinion, or claim
- tries to influence the reader's opinion by developing an argument
- provides evidence that is supported by facts and examples
- provides a conclusion that is related to the opinion
- urges the reader to take action

Exercise: It's Good for You!

Have you ever had one of those days when you just sit around? How do you feel at the end of a day like that? Most people feel groggy and restless after spending a day doing nothing. That's because they didn't get enough exercise. We need exercise to feel good and stay healthy. Everyone should get plenty of exercise every day.

Exercising is important for a strong, healthy body. When you work your muscles, they become stronger. And remember that your heart is a muscle, too! Running, dancing, playing sports, and many other activities give your heart a workout, making it stronger and more efficient.

Exercise also just makes you feel better. Getting out and moving even a little bit every day makes a person more alert. When you burn up some energy on the playground, it's easier to sit in the classroom and pay attention to the teacher. Best of all, you can avoid that groggy, uncomfortable feeling that comes after a day of doing nothing.

In conclusion, every "body" really should make a commitment to exercise. It's not that hard to do. Any time you get up and move your body, you're exercising. You can do jumping jacks or play baseball. You can play tag or jump rope. Even if you're just dancing around your room to your favorite music, you're exercising. So let's all get up and move!

1. Reread the selection. Write one sentence telling what the writer wants the reader to believe.

2. In paragraphs 2 and 3, underline the supporting facts.

LIVEWORKSHEETS