

Name Pretend Student Date 10/6 Period 3

TIDE

Graphic Organizer

Topic How can physical activity affect school performance?

Topic sentence	<i>Physical activity helps improve mental and physical health.</i>
Important evidence	<i>Students who exercise regularly tend to sleep better and feel less stressed.</i>
Detailed explanation	<i>Exercise releases endorphins, which are natural mood boosters, and it also helps regulate sleep cycles.</i>
Ending sentence	<i>Making time for physical activity can help students feel and perform better in school.</i>
Paragraph <i>Physical activity helps improve mental and physical health. For example, students who exercise regularly tend to sleep better and feel less stressed. This is because exercise releases endorphins, which are natural mood boosters, and it also helps regulate sleep cycles. Therefore, making time for physical activity can help students feel and perform better in school.</i>	