Directions: Print and cut these sample thesis statements into strips, and have students work in small groups to sort from strongest to weakest.

| Physical exercise is very important. |
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| Physical exercise is important because it keeps you healthy, helps relieve stress, and can be fun. |
| Physical exercise is important because it helps you build muscles. The best exercise to build muscles is weight lifting. Weight lifting is hard, but it also is rewarding. |
| My favorite forms of physical exercise are dancing and playing soccer. |