

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.

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.