



PAWS
Writing
Grade 6
Released Items
With Data

2009



Grade 6
Expository
Set of Directions or
Procedures
Annotated Anchor Set
“Staying Healthy”
“Play a Game”



Grade 6

Released Writing Prompts

Staying Healthy

Staying healthy is important. Think about the steps a person needs to take to stay healthy. Write directions for staying healthy.

Play a Game

Most people like to play games. Think about your favorite game. Write directions telling how to play your favorite game for a person who has never played it.

Each paper you will score today was written to one of the two above prompts. The footer on each student response indicates the prompt to which the response was written.

Idea Development

Expository

Set of Directions or
Procedures

Presentation

_____ knees began to shake. She stood in front of the class with a poster in her hands. Finally, she began to speak to her peers.

"My presentation for science is about staying healthy," she begins, her heart fluttering faster and faster, "I've divided it into three main steps. The first step is about your diet. As you see on my poster," she says getting more confident, "there is a pyramid we can use to help us have a balanced diet. The smallest section of the pyramid stands for basically all junk food. So we should eat the least of it. We should eat plenty of fruits and vegetables for the vitamins we need, and also eat dairy foods for calcium. But mostly, we should devour breads and grains, because it's at the bottom of the pyramid."

She stopped and flipped her poster over to reveal

pictures of baseballs, basket-balls, volley-balls, jump ropes, soccer-balls, bats, foot-balls...

It looked like she had taken all the sports in the world, and put them in a blender.

"The next step to staying healthy," she began again, "is staying in shape. You don't have to go jogging, or to an exercising gym. Just get your friends together and play your favorite sport or active game! It's tons of fun! If you just get outside and enjoy life, you're probably already following this step."

One of the boys raised his hand. His eyes twinkled mischievously.

"Yes []," [] said, and gave him a nod.

"Does playing video games count?" he asked pretending to be sincere. "I mean your thumbs get lots of exercise that way."

The other 4th graders broke into peals of laughter.

"No," [redacted] replied and took a bar of soap from her back pocket.

"The last step to staying healthy is cleanliness. Washing your hands often is important if you don't want to get sick. When you wash your hands, do it thoroughly. Especially before you eat, or if you're cooking yourself. Just be careful."

"Well, there you have it," she announced, glad it was almost over. "The three steps to staying healthy: a balanced diet, plenty of exercise, and cleanliness."

[redacted] took her seat. She felt like she was having a shower. But instead of in water, in relief. She had done it. With her shaking knees, trembling voice, and fluttering heart, she had given her health presentation, and survived.

Idea Development	31132014820 Staying Healthy	3	The student presents clear and focused steps for staying healthy (a balanced diet, plenty of exercise, and cleanliness) and uses descriptive details (She stopped and flipped her poster over to reveal pictures of baseballs, basket-balls, volley-balls, jump ropes, soccer-balls, bats, foot-balls . . . It looked like she had taken all the sports in the world and put them in a blender).
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Hey! Get off the couch and stop eating junk food. Those are just two things you can do to become healthier.

Eating right is one of the most important things you can do to become healthy. Everyday you wake up tired or late, what do you do? grab a candy bar or not eat. Both of these are what most people do instead of eating a healthy breakfast. One thing you should always do is eat at meals so you don't end up snacking on fattening foods and looking like The Fridge (William Perry). Also, planning ahead reduces the chance of non-healthy foods. If you get the right amount from each food group it is healthier than cutting an entire food group.

Getting enough sleep is also important so each day you wake up you have enough energy.

Everyone wants to be like Iron Man or Wonder Woman, but not everyone knows how. One way is to get lots of exercise. Before exercising always stretch or warm-up. There are different types of exercise and one is called cardio-vascular. This is where you run for periods of time. It trains your heart and lungs. Another is when

you lift weights. This builds up your muscles so you are stronger.

Playing sports is also important. They provide you with fun and exercise. Most also require teamwork.

Also, drugs and alcohol are detrimental to your health.

So, reading this will help start you to get healthier, but only doing them will ensure it.

Idea Development	35534002780 Staying Healthy	2	The response includes steps for staying healthy (eat right, get enough sleep, exercise, play sports). The response includes relevant details describing each step (<i>One thing you should always do is eat at meals so you don't end up snacking on fattening foods and looking like The Fridge</i>). Some ideas, however, are less developed and do not enrich the main idea (<i>Getting enough sleep is also important so each day you wake up you have enough energy</i>).
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I think people need to stay off junk foods and pops and less TV. I think kids shouldn't have homework because they would stay inside then outside. I think kids need to be in sport. I think people need to exercise everyday. I think kids need to quiet playing computer games.

<p>Idea Development</p>	<p>30108014400 Staying Healthy</p>	<p>1</p>	<p>The student attempts to present directions or procedures in response to the topic (<i>stay off junk food, be in sport, exercise, quiet playing computer games</i>), but details are limited.</p>
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Stay Healthy

To stay healthy there are some things to know to stay healthy. You should not smoke, drink or drugs to stay you can get Alcohol poisoning. And that is not very cool at all so why do some do well, they think that it's cool but not just cool but marvelous, remarkable, striking, astonishing, wonderful, incredible, extraordinary, exceptional, superb, magnificent, miraculous, splendid, and fabulous but it's really trouble, distress, misery, woe, grief, anguish, agony, heartache, desolation, oppression, sorrow, unwise, foolish, uncasual, unsound, senseless, irrational.

Unseenly, improper, Unsu, table, Vulgar
 indecent, offensive, Coarse, Crude, Object
 ionable, Wrong; Unbecoming, Careless, Slovenly
 Slipshod, Negligent, Sloppy, haphazard, messy
 repulsive, ugly, repelling horrible, hideous
 horrid, frightful, disgusting dreadful
 terrible, Revolant, offensive, ghastly
 revolting gruesome, and Bad
 a lot of people And that
 Bad to say hel-
 thy so B
 healthy!

Idea Development	31197002240 Staying Healthy	0	The student attempts to present steps to stay healthy (<i>you should not smoke, Drink, or dug</i>); however details are consistently irrelevant because the response lapses into a list of words (<i>cool, miraculous, heartacheing</i>).
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Organization

Expository

Set of Directions or
Procedures

Volleyball is an American sport in which many people are involved in today. It doesn't take any certain kind of person to play this game, just as long as they're dedicated and willing to work at it.

The purpose of the game is to keep the round, bouncy white ball from touching the ground on your team's side, and to make it touch the ground on the other team's side. You are to hit the ball over a wide woven net in the middle of your playing area. The net divides the two teams. Here are three examples of ways to hit it.

Number one: you can hit it with what is known as a "bump." To bump the volleyball, you bring your hands together with fingers laid on top of each other and thumbs brought in to rest on top of your fingers. However, you must not hit the ball with your hands. You want the ball to hit your wrists. This gives you power and allows you to hit it over the net.

A second way of hitting it is to "set" it. To set the volleyball, first throw it up in the air and catch it, curving your fingers around the form. Can you feel how only your fingertips are touching the surface? Next, throw it in the air again and try to hit it using only your fingertips, the way you caught it in step one. Don't let it touch your palms. You should hear only a light sound as your fingers make contact with it.

The third example is to "spike" it. Spiking is the method most commonly used for overhand serving. This is the hit with the most power and force put into it. To spike the ball, simply throw it up in the air and put your arm up with it. When the ball falls down to the level of your hand in the air, bring your arm forward and smack the ball with the heel of your hand. Avoid contact with your palm or fingers.

To make a point, try to hit the ball to the ground on the other team's side of the net. If it hits the ground,

you've made a point! However, if they manage to hit it back to your side, your team must not hit it back to theirs.

If the ball is coming down far in front of you and no one's there to hit it, you dive to keep it from hitting the ground. All volleyball players wear knee pads to protect them when they dive. To dive, throw yourself forward on the ground, letting yourself slide if necessary, and bump the ball up into the air. If it doesn't go over the net, leave it to one of your teammates to get it over for you. You can't hit the ball twice in a row.

Volleyball is fairly simple once you get the hang of it, but if you're a beginner—watch out! You're in for some bruises.

Organization	30108003880 Play a Game	3	The student develops an effective introduction, body, and conclusion by carefully leading the reader step-by-step through a detailed explanation of how to play volleyball. Directions are sequenced logically and coherently throughout both within and between paragraphs (<i>To set the volleyball, first throw it up in the air and catch it, curving your fingers around the form. Can you feel how only your fingertips are touching the surface? Next, throw it in the air again and try to hit it using only your fingertips, the way you caught it in step one</i>). Sentences are varied and correct throughout.
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How do we stay healthy? This is the question most people ask. We can stay healthy by exercising every day, eating healthy foods, and not watching too much television.

In the first place, exercising every day is healthy. We need to jog and swim at least five minutes every day. Ride a bike around a block or two around your neighborhood.

In the second place, eating healthy foods can help you stay healthy. Do not eat too much sugars, you will not gain a lot of pounds. You should also use the five food groups.

In the third place, not watching too much television is good for your health. Too much television is bad for

your eye sight. Too much television can make you gain a few pounds.

In conclusion, not watching too much television, eating the right foods, and exercising is healthy for you. Therefore, in many ways, being healthy is a great way to lose pounds.

Organization	35534002810 Staying Healthy	2	The response includes an introduction, body, and conclusion. Sequencing is logical (<i>In the first place, In the second place, Therefore</i>). Similar ideas are grouped together within paragraphs, and appropriate indentations are used. The student uses varied and correct sentences.
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Steps to Twister

First, you lay the Twister mat on a level floor. Next, you spin the spinner. Then, you follow the arrow, right foot blue, left hand yellow etc. Also, if you fall down, you have to sit out until the round is over. Finally, the last person that didn't fall wins the game, and then you start over at the beginning. That's how you play my favorite game Twister.

Organization

30224027660
Play a Game

1

The response lacks an introduction but has a simple conclusion. Ideas are logically sequenced (*First, Then, Also*), but are not organized using appropriate spacing or indentation. Although the response is brief, the student uses varied sentences.

To stay healthy you must eat 2 or more fruits a day. Don't eat to much junk food. You should get alot of exercise to burn calories off you. Jogging is the best way to burn caloreis off you. Playing basket ball is good to. Dont drinks to much PoP ether.

Organization	31849017010 Staying Healthy	0	There is no introduction or conclusion. The student lists ways to stay healthy with no logical sequence.
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Voice

Expository

Set of Directions or
Procedures

Stay Healthy: The Key to Living Large

In this day and age where fast food and microwave dinners rule with an iron hand, or should I say fatty hand, healthy is as hard to come by as an Ivory-Billed Woodpecker in the Arkansas forest. Yet there are a few brave ladies and gentlemen who refuse to become a "new age American", overweight and terrorized by the thought of lifting a dumbbell. Who are these brave people you ask, my answer is no, they are not Jennifer Aniston or Charlize Theron, but everyday American citizens leading the fight against the stereotypical American by simply staying healthy.

As I mentioned before, lifting dumbbells is a very effective way of staying healthy and exchanging some of that flab for muscle mass.

Fear not women with French manicures there are other ways of getting that must have fitness fix. For example Wimbledon, the Olympics or the Iron Man Triathlon are always available. I apologize if this seems extreme and if you feel this is too much, you can always walk your dog. What I'm trying to say is I don't care how you get your exercise just get some preferably 60 min. a day but I may be pushing it. Just remember 60 min. a day keeps obesity away!

"Would you like to supersize that?" Sound familiar anyone? Of course it does! Exercise is not the only key to healthy living eating healthy is another large part. Do you remember your mother nagging you to eat your broccoli? Well it hasn't changed any, either have the facts, green beans do the trick, well not green beans specifically basically

all fruits and vegetables together. So the next time you are forced at gun point to eat McDonalds get a salad. ~~WITHOUT~~ fried, baked, or battered chicken and get the dressing on the side.

Now that I have covered exercise, healthy eating, and everything in between I send you out into the world my young grasshoper. Share your new knowledge with the rest of the world, do not be afraid.

Voice

31197020970
Staying Healthy

3

In this response, the student consistently informs and engages the audience (*Who are these brave people you ask, I apologize if this seems extreme, Sound familiar anyone?*). The student uses a variety of precise words and phrases to clearly communicate the information (*... everyday American citizens leading the fight against the stereotypical American by simply staying healthy*).

Steps for Staying Healthy

Hello, I'm here today to tell you how to stay healthy, which is very important for everyone. Some of the many ways to stay healthy are exercise, good food, attitude, and performance. I will be teaching you all these things that will help you throughout your entire life.

The first step to staying healthy is exercise. Every day you should exercise for ~~at least~~ 30 min. When you exercise, it gets your muscles pumping and your body ready for anything.

The second step is eating food that is good for you. If you eat junk food like hamburgers and french fries all the fat in them might clog an artery, but if you eat food that's good for you like apples and carrots you are

promised to get sick a lot less often.

Also, a very important step is attitude. Attitude can result in good or bad things depending on how you use it. If you use it the right way your brain will be healthier than a person who uses attitude the wrong way.

The last step is performance which can help you in many ways. One example is drugs. If you do drugs you're going to be as sick as a dog.

I hope you learned the steps I have given you and follow them. Health is a very important thing that we must take care of and cherish forever, so if you're smart use these steps.

Voice	30725021720 Staying Healthy	2	The response reveals voice appropriate for communicating to an audience (<i>Hello I'm here today to tell you how to stay healthy</i>). The student often uses precise words and phrases (<i>important, exercise, attitude, performance, gets your muscles pumping, might clog an artirie</i>), although at times, language becomes less precise (<i>good or bad things, right way, wrong way, there is many ways</i>).
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To avoid stomach flu, wash
your hands and stay away
from someone with stomach flu.
To avoid a cold, stay away from
someone with ~~stomach~~ cold and germs.
To avoid getting a stomach ache,
don't be too excited or nervous
and watch what you eat
and drink all. Stay healthy.
Don't lick the bottom of a
receiver on a payphone.
Don't clean a bathroom
with your tongue. Don't
drink and drive. Don't cough
or sneeze with your mouth
uncovered so germs won't
spread. Don't smoke or
chew and don't know

about the girls that do.

Voice

30126014480
Staying Healthy

1

The directions in this response reveal limited voice because of repetitious words and phrases (*to avoid stomach flu, to avoid a cold, to avoid getting a stomachache*).

To be better ^{you} you must
eat healthy foods
exercise and
think good thoughts. 13

Voice

31212003440
Staying Healthy

0

The response lacks voice and style appropriate to the purpose and uses an extremely limited range of words.

Conventions

Expository

Set of Directions or
Procedures

Millions of lives are taken every year. Most are from heart disease and other obesity-related illnesses. Others are common colds that crossed some imaginary line. Almost all of these deaths could've been prevented. By simply staying healthy, your life can be saved. There are only a couple of steps that need to be followed to stay in shape.

Probably the most important step to watch that will keep you out of the hospital is your diet. There are thousands of products in the supermarket that have way too much fat and sugar. It is important to stay away as much as you can from that food, which we call "junk" food. Staying away from those unhealthy treats is also very easy. Instead of having some chips after school, have a carrot or apple. You'll have more energy and maybe you'll even want to do your homework instead of watching a

sponge live in a pineapple on television. Fruits and vegetables will even make you happy. Juice is a simple healthy alternative to soda. It will give you vitamins that soda can't compare with.

A good diet is very significant to a healthy lifestyle, but exercise is just as an important step to staying healthy. There are two types of exercises that are good to do daily. Their names are aerobic and muscular strength and endurance. Aerobic exercises include running and jogging. Muscular exercises include bench pressing and lifting weights. Both help you stay fit and healthy.

While you're exercising, it is necessary to stay hydrated. Dehydration, if it is serious enough, can be fatal. Water is the best weapon to use when fighting dehydration. Water gives you energy to play sports and other activities. If it

were't for water, I wouldn't be able to write this and you wouldn't be able to grade it. Some people may ask how much water you need to drink to stay healthy. The answer is not a can of soda or 16 ounces a day, but half of your body weight in ounces every day is enough to keep you healthy.

Water, diet, and exercise are all very important to staying healthy. All of those things help you fight off harmful bacteria and disease and give you the energy to do it. The steps to staying healthy (diet, exercise, and drinking water) are easy to do but may, one day, save your life.

Conventions

31885020100
Staying Healthy

3

Despite a few errors, the student consistently uses grade-appropriate spelling, capitalization and punctuation.

I'm going to help you stay healthy so you don't feel bad about yourself, because you are over weight or you just can't stop eating. So come with me and I'll guide you to being healthy again.

First, just because you are over weight doesn't mean you have to live like that. That's why I'm here to help you make you body something to brag about. You need to cut low on the carbs and sugar that you eat, so you can look on the Nutritional Facts on every package or box you buy so you know how much carbs and sugar you're really eating. Because when you eat too much carbs and sugar it intends to make you feel better, but you just made your body fat increase.

Next, I'm going to tell you what happens to you if you can't stop eating. Most people when they're over weight they can increase the risk of heart attack, heart failure or you can get diabetes. Also when you eat too much your fat can get larger and larger until you can't walk any more, and you might have to be in a wheel chair because you can't walk, run, or do anything.

Now, there is one more thing I need to tell you. Sweets, they are the number one no no you need to watch out for because they are packed and packed with sugar. They are the most cancer cause food group. Have you ever seen a food pyramid? If you haven't

There are four different sections one is the breads and the natural foods, the next one is the veggies, and fruits, and the last one is the gum, candy, pop, and popcorn. You need to stay away from gum, pop, candy, and popcorn because it has the most sugar as you can get, because that's the bad section.

Well I hope that you learned why and how you need to stay healthy and I hope that you follow these rules that I provided you with, and I hope you get that body that you've always wanted, and remember stay healthy, stay away from sugar carbs, remember the Nutritional Facts, and also remember the food pyramid.

Conventions	30959010720 Staying Healthy	2	The student demonstrates grade-appropriate spelling (<i>sections, nutritional, pyramid</i>), capitalization, and punctuation. The student also uses grade-appropriate grammar and usage (<i>I hope that you've followed these rules that I've provided you with, and I hope you get that body that you've always wanted...</i>)
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The writing prompt is about Staying Healthy. Well staying healthy is about eating right. First step is to get enough sleep. Well getting enough sleep will help care you through the day. Sleep and exercise are the most things you need.

Step number two is to eat right.

Eating is what most people do in the world to make them not sad, depressed, and fill like no one wants them. Eating is what causes obesity in the world. They have kids that are T and they way more than a fool sisy adatt. If you eat right, obesity want happen to you our your children.

Obesity can make you have a hearti-toic and that is why people don't eat a lot.

Step number three is to exercise enough. Exercise is really good for you. If you exercise right and eat right you will stay healthy. Staying healthy makes you be kind, caring, and be positive.

Step number four is to put all the steps together at the end of the day. The end of the day if you put them all together you will be a better person yourself. You will succeed in everything you have wanted to do better in.

Never ever remember to put yourself down or your people and your family down to because they

might not think they could do it.
That is all for now. By

Conventions	29161014420 Staying Healthy	1	The student misspells grade-appropriate words (<i>eatting, fool, adalt, care, exerise, carring, sisied</i>) and uses limited grade-appropriate grammar and usage (<i>Sleep and exerise are the most things you need, won, to,</i>).
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The game still the beckin is a fun game to
play with your friends or at home to play
with brother or sister you get to play the
game how ever you want to play the
play tricks on peple to play the game.
On your brother or sister or family member
you can play the game of still the
banken you have to get to the beckin
frist to play and get a point.

then the team cheers when you
get the point they will go all
around the team by hitting the
teams hands because they win the
still the back in is fun to play
the game with friends and brothers
and sisters you slide on the
floor and you can get tuck by a
ponent and you get wiped by
ponent and you don't get a point.

of friend some wone to beate

all the time we play redrover:

My hows some times that we play

redrover send some person of or

and hay had to brack thur hand on the

chan to set throw if you can get

throw you have to stay right here

to what for some wone to come

throw to brack the chane.

Conventions

30298001580
Play a Game

0

The student misspells many common words (*whant, trikes, peple, famill, becuse*). The response contains usage errors and missing periods.