

Name: \_\_\_\_\_

### **5 Paragraph Essay Worksheet**

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**Directions:** You must use what you have learned. Please pay close attention to what is being used in the paragraphs. After reading the essay, you will show me examples of an adjective clause, complex sentence, simple sentence, transitions, thesis, and an opinion.

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Many people do not like playing sports. They think it's boring and requires too much energy. However, playing sports has many benefits. Playing sports is important because it makes you healthy, allows you to make new friends, and helps you develop important skills that you will use throughout life.

One reason playing sports is important is because it makes you healthy. Playing sports such as soccer, baseball, and football require people to run all over the place. Running makes your heart healthy, and at the same time, helps burn fat. Burning fat can lead to less pressure on your bones. Another reason playing sports is healthy is because you sweat a lot. Sweating helps clean your skin pores; removing waste and dirt. Healthy skin is very important to people. Playing sports makes people healthy; this is important. However, it is not the only reason why playing sports is important.

Making new friends is another reason why playing sports is important. While we are growing up, we begin to develop our personalities. The environment molds our personalities. We want to have good friends around us so we can have a good environment. The friends that you make now will be your friends for a very long time.