Schools should give time to get up and move because sitting too long can be harmful.

The outcome of sitting too long is being obese, unhealthy. In addition you can have high blood sugar levels and type 2 diabetes with a higher chance of heart disease, and other factors of poor health said the article (¨The risk of sitting too much Don’t just sit there¨). This is probably saying that there are many bad side effects of sitting too long, so you should not sit too long and move or else your body will be more likely to get sick and one way to prevent this is by watching less than 2 hours of TV said (¨The risk of sitting too much Don’t just sit there¨). Another reason sitting too long is a bad idea is because I know someone who sits all day and eats a lot so he is obese and he can’t walk properly. In conclusion it is a bad idea to sit too long because you will become obese and after a while you will not be able to walk because your legs will be weak and not able to support your weight. In conclusion that is why you should not sit too long, and that’s why schools should give time for students to get up and move.

Citing sources/source
http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/is+your+health+at+risk/the+risk+of+sitting+too+much

Comment [1]: Although the writer makes a strong claim and includes a “because” statement, he does not really summarize his evidence in the topic sentence.

Comment [2]: Attempted to explain the evidence in his commentary, but it ends up being a bit redundant and by the end, comes across as another piece of evidence rather than a true explanation.

Comment [3]: Transitions from one idea to the next.

Comment [4]: The writer attempted to include anecdotal evidence, but there is not commentary to connect it clearly back to his claim.

Comment [5]: Argument would have been stronger had the writer used his commentary to explain how these pieces of evidence about the problems with being sedentary connected to students in school.

Comment [6]: Incorrect citation format
### Teacher Comment:
This piece of writing was the first formal argument that students wrote during their 7th grade year that required them to integrate evidence from multiple sources, both factual and anecdotal. With more practice and support, this writer can improve his commentary, a skill which is notoriously difficult for 7th grade writers to master. Although he writes a strong debatable claim, the lack of a brief evidence summary hinders his overall organization. This is an example of an on-target 7th grade argument paragraph.