

My Exhausting But Epic Gym Block

Lead that captures the reader's attention (question, sound effects)

Interesting Title

Have you ever felt sweat dripping down your steaming, hot forehead? Well that happened to me yesterday during my gym block. **First, we lined up silently for gym class. After that, we entered the gym and began our locomotor warm-up moves by jogging, skipping and leaping all around the perimeter of the gym. A few minutes later, we went to the big black circle in the middle of the gym for our stretches. Next, we did our heart healthy stations.** We did the Valentine V, burpee mountain climbers and skipping. My favourite was skipping. **Lastly, we did our cool down before heading back to class.** My gym time was exhausting but epic.



Time
order
words



events

Closing that tells the reader how you felt