



STUDENT RESPONSE

How Much Should We Sleep and When?

There is a feeling that hits people sometimes: being exceptionally sleepy, having minimal energy, and the day feels like trash. Luckily, there are studies made on how much people should sleep, and when they should take naps. Sleeping enough is vital for daily performance in activities and health, and so is sleeping at the right time. Taking short naps would also increase focus and health. To tremendously boost daily performance and health, people should get enough sleep based on their age, find time to take naps, and ensure the biological clock is consistent by sleeping at the right time.

Sleeping during the night is important for mental energy and health, and one should sleep enough based on his or her recommended age. Newborns should sleep around sixteen to eighteen hours every day, preschoolers should get eleven to twelve hours of sleep every week, elementary school children should get at least ten hours a day of sleep, teens should get at nine to ten hours of sleep, and adults should get seven to eight hours of sleep (How Much Sleep is Enough?). Every night, one

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RATIONALE AND EVIDENCE

This response demonstrates an adequate command of conventions. Capitalization and punctuation are consistently correct. Commas and apostrophes are used correctly and effectively throughout, and there are no spelling errors. The student forms a variety of sentence types correctly. There are very few minor errors, such as the one resulting of integrating a quotation without making needed grammatical adjustments (e.g., "... that 'affect people ...'"). However, these errors are minor and infrequent, and do not detract from the response overall.



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should get the amount of sleep they are recommended to be more energetic and alert. Missing too much sleep every night will add up to a sleep debt and soon “sleep loss will affect your health,”(How Much Sleep is Enough? 2). But if there is enough sleep, the sleep “primes the brain to function at a higher level”(Allegra 2). Reducing the sleep debt and getting enough sleep is important for a higher everyday performance.

Besides having a good night’s sleep, another way to boost performance is to take naps. Although naps may be regarded as for little children, naps are actually helpful for mood, health, alertness, creativity, focus, and many more important aspects of everyday life. Even great minds like Einstein, Leonardo Da Vinci, and Edison still took naps (Allegra). Despite the common negative thoughts about naps, scientists think that naps could still help with performance. If a person has a troubled career with shifts at night, naps could help them renew energy. If an astronaut doesn’t get as much sleep, taking a twenty six minute nap could help as much as boosting the mental performance by thirty-four percent! (Allegra) Naps also could improve health tremendously, and “people who took 30 minute naps at least three times a week were 37% less likely to die of heart disease,”(Allegra 3) which is the biggest cause of death in the

CONTINUED ON PAGE 3



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United States! If taking naps could fight the top killer in our country that well, then taking naps has great potential.

It isn't just important to get enough sleep, you also have to sleep at the right time to ensure the sleep has decent quality. A good sleep cycle is important for getting good sleep. Everyone has a biological clock, which helps them determine when they should go to sleep. (Allegra) Sleeping is difficult if the biological clock is mixed up, and is not as effective. Keeping the biological clock in sync is important to health and sleep. Getting good sleep schedules is not only important for falling asleep, but it also matters for the quality of sleep. A mixed up biological clock could even cause sleep deficiency that "affect people even when they sleep the total number of hours recommended for their age group"(How Much Sleep Is Enough? 2). Sleep deficiency could affect people with the right amount of sleep if they don't sleep when their body needs to sleep. Therefore, sleeping at the right time is just as important as sleeping for the right amount of time.

Ultimately, sleeping the right amount, sleeping at the right time, and taking quick naps is necessary for exceptional health and excellent mental performance. To prevent the groggy, drowsy, and moody feeling, getting good sleep will refresh one's body and improve daily life. To improve everyday performance, sleeping well will be one of the best options.

2-Point Explanatory Performance Task Writing Rubric (Grades 6–11)

SCORE	2 POINTS	1 POINT	0 POINTS	NS
CONVENTIONS	<p>The response demonstrates an adequate command of conventions:</p> <ul style="list-style-type: none"> adequate use of correct sentence formation, punctuation, capitalization, grammar usage, and spelling 	<p>The response demonstrates partial command of conventions:</p> <ul style="list-style-type: none"> limited use of correct sentence formation, punctuation, capitalization, grammar usage, and spelling 	<p>The response demonstrates little or no command of conventions:</p> <ul style="list-style-type: none"> infrequent use of correct sentence formation, punctuation, capitalization, grammar usage, and spelling 	<ul style="list-style-type: none"> Insufficient (includes copied text) In a language other than English Off-topic Off-purpose

Holistic Scoring:

- **Variety:** A range of errors includes sentence formation, punctuation, capitalization, grammar usage, and spelling.
- **Severity:** Basic errors are more heavily weighted than higher-level errors.
- **Density:** The proportion of errors to the amount of writing done well. This includes the ratio of errors to the length of the piece.



STUDENT RESPONSE

The Truth about Sleep

Over the course of our lives many people throughout the world think that grown ups are too old to nap or sleep on a regular basis, and **there** wrong. All people, young and old should rest their eyes for at least eight hours a day. Sleep is very good for a **persons** health and it gives people a good boost in their academic and or physical activities. But here is simple question, are people napping correctly?

Many people think naps are just a way to deal with loss of sleepiness. **But they are actually just to give people a wakeup call or to get there energy back. However sleeping can't replace your loss of sleep.** Once **its** gone then **its** gone forever. "Bad sleep habits and long-term sleep loss will affect your health" says Maria Allegra in the article "How Much Sleep Is Enough" She also recommends that people with bad sleep habits should recommend getting a sleep diary. So consider making sleep a habit for your daily schedule.

Napping affected history over the course of years because many historical figures took naps on a regular basis. This

CONTINUED ON PAGE 6

RATIONALE AND EVIDENCE

This paper exhibits a number of basic errors, particularly with sentence formation ("But they are actually just to give people a wakeup call or to get there energy back. However sleeping can't replace your loss of sleep.") and commonly confused words ("it's"/"its" and "they're"/"there"). Awkward sentence structures, such as the beginning of the second paragraph, tend to muddle the clarity of the response overall. The severity and density of errors do not reach a level 0, as there are several properly constructed sentences (for example, "If he takes a 30-40 minute nap each day before work, he can get a full six hours of boost."). The ratio of errors to writing done correctly is moderate, resulting in an overall score of 1.



CONTINUED FROM PAGE 5

affected history because one of those people was the famous Albert Einstein. What if one day he was too tired to invent the lightbulb then it might have never been discovered. But it was, all because he took naps and was prepared for the inventions ahead of him. Yet another reason why naps are so important is because they can benefit people with an unusual work schedule. An example can be a night time security worker. He has to work over his sleeping schedule. But naps can help him out. If he takes a 30-40 minute nap each day before work, he can get a full six hours of boost. In the article “The Secret Truth About Napping” it clearly states that “A 45 minute nap can give roughly the same mental boost that can last more than 6 hours”

On nights people don’t get enough sleep, napping is a good charge up for a persons loss of sleep. Adding a little nap into your daily schedule may be very helpful, especially if you have an important event that day whether it’s a big test or just a sports practice. In the article “Ask the Sleep Doctor” it states that “Studies show that taking a short nap after learning new information may help you remember that information better”

Now many people over the United States, even grown ups, have considered taking naps on an regular basis. Once people

CONTINUED ON PAGE 7



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start to add napping to their schedules they will be guaranteed improvement on their lives. So not only does napping help you feel better and more energized, it helps people with their academic grades and physical sports. Are you ready for improvement?



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Grade 7 / Conventions

SAMPLE C * SCORE 0

Explanatory Performance Task

Focus Standards

Grade 7: W.7.5; L.7.1; L.7.2



STUDENT RESPONSE

Hello Today i will be talking about sleep and things that might affect your hours of sleep each night. From source 1 it says i am suppose to have 9-10 hours of sleep but thats just what your suppose to have i really have about 8 or 9 hours which is sort of healthy but i never take a nap so it leads up to being unhealthy Source 3 says that naps are a really good thing for your mind and body and that it can be unhealthy also like if you have a 2-3 hour nap it will damage your amount of sleep during the night but if you have a 25 minute nap you will be well rested and refreshed and it says in Source 2 that some famous people that took naps were Bill Clinton, John F Kennedy and Leonardo Da Vinci it also says naps are not just for kids and if a NASA astronaut took a 45 minute nap he got a 6 hour boost.

RATIONALE AND EVIDENCE

Density, variety, and severity of errors in this response all result in a score of 0 for conventions. The writing includes a number of basic errors in capitalization ("I," "Today") and apostrophes ("thats"). The second sentence is a long run-on that omits necessary punctuation in multiple places. Since there are only two sentences to look over, the density of errors is very high, which is compounded by the basic level of the errors. This sample is a clear example of a level 0 for conventions.

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