How to Write Paragraphs Using ACED

ACED stands for Answer, Cite, Explain, Done

Whenever you write a paragraph, you are going to begin by ANSWERING the question being asked or stating what the main topic will be.

A—Answer or restate the question and add your answer/opinion (topic sentence)

C—Cite an example or specific pieces of the text that support or prove your answer.
   Set up phrases leading into your citation. . .
   • For example, the text states,
   • Nicklas Kristof [use actual author here] states,
   • As stated in the text,
   • For instance, the story tells us,
   • We are informed that,
   • The author explains,

E—Explain by giving a detailed explanation (minimum 2 or 3 sentences) about how what you cited supports what you wrote for your answer. Explanation should cover two areas:
   1. Why you chose the quotation from your cite
   2. How the information from the cite proves your answer

D—You’re done, but you can’t just quit. You need a wrap up sentence that re-words your answer

The Fosbury Flop
by Rich Wallace

Dick Fosbury raced across the infield, planted his foot, and leaped into the air, straining with every muscle to propel himself over the high-jump bar. But as he soared into the air, his knee hit the bar, and it fell to the ground with a clang.

The tall, lean high-school kid from Medford, Oregon, sat up in the pit and looked at the bar in frustration. There had to be a better way to do this.

Fosbury had been trying to succeed with the straddle-and-roll style, in which a jumper rolled over the bar foot-first and face-down. But the highest jump he’d ever cleared was 5 feet, 4 inches. That wasn’t good enough to place in most track-and-field meets.

"The roll is so complicated," Fosbury said years later. "I just never had the coordination for jumping that way."

He began to experiment during practice sessions, bending various ways as he jumped. He discovered that by turning his back to the bar as he leaped, he could flatten his body more and could thrust his legs higher into the air. The first time he tried the backward style in competition, he cleared 5 feet, 10 inches!

His coach had never seen such an odd style, and he tried to convince Fosbury to go back to the standard way of jumping. But the coach soon realized that the new style was working, so he decided to let Fosbury stay with it.
After high school, Fosbury entered Oregon State University, where Coach Berny Wagner also tried to get him to return to the traditional jumping style. He even tried to convince him to switch to a different event—the triple jump.

But Fosbury worked hard at his high jumping and began to lift weights to increase his strength. In his first meet during his sophomore year of college, he cleared 6 feet, 10 inches.

“I showed great coaching genius by realizing right then and there that suddenly I didn’t need another triple jumper,” Coach Wagner joked later.

Within a year, Fosbury’s unique style of jumping had been dubbed “The Fosbury Flop,” and his string of successes brought great excitement to the sport of track and field. He cleared 7 feet for the first time early in the 1968 season, then won the league championship and the National Collegiate Athletic Association title.

That summer he competed in the trials to select the United States team for the Summer Olympic Games. He soared over the bar at 7 feet, 3 inches to qualify for the team.

Fosbury was a smashing success in the United States, but he would be facing much better competition at the Olympics in Mexico City. Fourteen entrants had cleared 7 feet or higher, and the pressure of the Olympic Games was an added factor.

But Fosbury easily made the qualifying jumps to advance to the next day’s final round. Then, with 80,000 spectators gathered to watch the final, he cleared the opening height of 6 feet, 8 inches.

The long competition wore on, and Fosbury cleared each height as the bar rose higher. Soon only three jumpers remained.

Fosbury studied the bar at 7 feet, 3 3/8 inches. He concentrated as he never had before, raced across the field, and leaped over the bar on his first attempt. A jumper from the Soviet Union missed on all three of his tries, so just Fosbury and teammate Ed Carruthers remained to compete for the gold medal.

The bar was raised to 7 feet, 4 1/4 inches. It was higher than Fosbury had ever jumped, and it would be a new Olympic record. Both jumpers missed on their first two attempts. With the gold medal on the line, Fosbury got ready for his final try. He shut his eyes for a moment, rocked back and forth, then sprinted toward the bar.

“I just thought about floating over the bar,” he said later. And with a great surge of strength, he did it. The Fosbury Flop was more than an oddity now. It had earned him an Olympic gold medal!

Fosbury’s Olympic success had an immediate effect on high jumping throughout the world. Athletes everywhere began trying to “flop.”

“We weren’t really sure if it was a hard style to learn or an easy one because it was such an individual technique just for Dick,” said Coach Wagner. “But as we learned more about the flop and as stronger athletes learned to handle the style, we realized it was a viable technique.”

Today it is rare to find a successful high jumper anywhere who doesn’t use the flop style. The world record is now over 8 feet.

Fosbury later became a partner in an engineering firm. He realizes the significance that his jumping style had in changing the sport. “That has helped to motivate me in everyday life,” he said, “to take the drive behind those athletic achievements and translate it into other areas.”

By not being afraid to experiment, Dick Fosbury changed the sport of high jumping forever.
Use the ACE method to respond to this prompt: Answer, Cite, Explain, Cite, Explain. Cite, Explain, Done.

Identify at least one trait Dick Fosbury possessed. Explain how this trait helped him become a successful high jumper. Use three examples from the passage to support your response.

<table>
<thead>
<tr>
<th>Answer</th>
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<th>“Done” - Connect Back</th>
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Transitions: also, again, as well as, for example, for instance, at first, first of all, to begin with, after all, all in all, to summarize, finally.