

Get Moving!



Exercise is an important activity that does so much for us. It's like a secret ingredient that makes everything better. When we get up and move, our bodies become stronger and healthier, and our minds become sharper and happier.

Let's start with our muscles. They are like rubber bands. The more we use them, the more stretchy and stronger they become. When we play sports, dance, or even help with chores, we're making our muscles happy. And strong muscles mean we can run faster, jump higher, and play longer without getting tired.

Now, let's talk about our bones. They love exercise too! Just like a tree needs the sun to grow tall and sturdy, our bones need exercise to grow strong. This means we can stand taller, and our bodies can carry us through all sorts of fun activities.

But that's not all. Our brains also get a big boost from exercise. It's like a puzzle; the more pieces we put together, the clearer the picture becomes. When we're active, our brains work better. We can solve problems quicker, remember things easier, and even feel more creative.

And guess what? Exercise is also a mood booster. It's like a sunshine on a cloudy day. When we're feeling down or a little bit blue, moving around can chase those feelings away. It's like flipping a switch that lights up our mood.

Lastly, after a day filled with movement and play, our sleep is sweet and deep. It's like being wrapped in a warm blanket, drifting off into dreamland. Good sleep is important because it helps our bodies repair and get ready for another day of learning and fun.

So, let's lace up our sneakers and get moving! Every hop, skip, and jump is a step towards a healthier, happier you. Remember, exercise isn't just something we do; it's a gift we give ourselves every day.

1. Read the passage and underline any word or sentence you struggled with.
2. Answer the questions on the following page.

Answer according to the reading passage:

- 1. What is the main idea of this reading passage:**
 - a. move a lot
 - b. the importance of exercise
 - c. exercise builds strong muscles

- 2. What are muscles compared to in the reading passage?**
 - a. elastics
 - b. rubber bands
 - c. stretchy bands

- 3. Why is exercise described as a mood booster?**
 - a. it keeps us smiling
 - b. it makes you happy
 - c. it lights up our mood

- 4. When we are active, what works better?**
 - a. our legs
 - b. our brain
 - c. our appetite

- 5. According to the passage, exercise isn't something we do, it's?**
 - a. builds muscles and bones better
 - b. movement that pays us back
 - c. a gift we give ourselves

Get Moving!

Open Response Questions

Open Response Questions for Thinking Skills:

1. Inferring
2. Making Connections
3. Summarizing
4. Visualizing

1. How can problem solving skills benefit from exercise?
 2. What would happen if we choose to never exercise?
 3. Explain all the benefits of exercising.
 4. Describe an activity that works your body out well.
- Why is exercise called a gift we give ourselves?
 - Why do we need strong muscles and bones?
 - Do you think it is better to exercise alone or with friends?
Why?
 - What is your favorite type of exercise and why?
 - Describe 3 exercises that will benefit most people.
 - Would you prefer to go to an exercise class, design your own exercise classes or watch a video to exercise? Why?
 - What is another good title for this reading passage?