

Name _____ Date _____

1. Exercise can make you _____.
 - Ⓐ swim
 - Ⓑ sweat
 - Ⓒ stretch
2. Exercise can help your **mood** because it can make you _____.
 - Ⓐ feel great
 - Ⓑ move fast
 - Ⓒ look strong
3. Which of the following is exercising?
 - Ⓐ sweating
 - Ⓑ drinking water
 - Ⓒ riding a bike
4. Before you exercise, you should _____.
 - Ⓐ jump
 - Ⓑ dance
 - Ⓒ stretch
5. Which of the following is the best main idea for this book?
 - Ⓐ Exercise is good for you.
 - Ⓑ Exercise is hard to do.
 - Ⓒ Exercise is done outside.
6. **Extended Response:** Have students draw a picture on the back of this sheet showing themselves doing one exercise from the book. Then, have them write or dictate sentences telling what they will do before they exercise and how they will feel after they exercise.

Instructions: Sit next to the student and read the first question as you run your finger under the words. Ask the student to wait to answer until you have read all the choices. Repeat them if necessary. Have the student choose the best answer. Repeat with the remaining questions.

Quick Check Answer Sheet

Why Exercise?

Main Comprehension Skill: Cause and Effect

1. Ⓑ *Cause and Effect*
2. Ⓐ *Make Inferences / Draw Conclusions*
3. Ⓒ *Classify Information*
4. Ⓒ *Sequence Events*
5. Ⓐ *Main Idea and Details*
6. Answers will vary. Example: *First, I will stretch. Then, I will drink some water. After I exercise, I will feel great and tired.*

Instructions: Sit next to the student and read the first question as you run your finger under the words. Ask the student to wait to answer until you have read all the choices. Repeat them if necessary. Have the student choose the best answer. Repeat with the remaining questions.