

Why Exercise?

A Reading A-Z Level F Leveled Book
Word Count: 128

Connections

Writing and Art

What is your favorite way to exercise?

Draw a picture and write about it.

Share your work with your class.

Health and Art

Make a poster for your school that shows how exercising is good for you.

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LEVELED BOOK • F

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Focus Question

What is exercise?

Words to Know

exercise

mood

healthy

stretch

hungry

sweat

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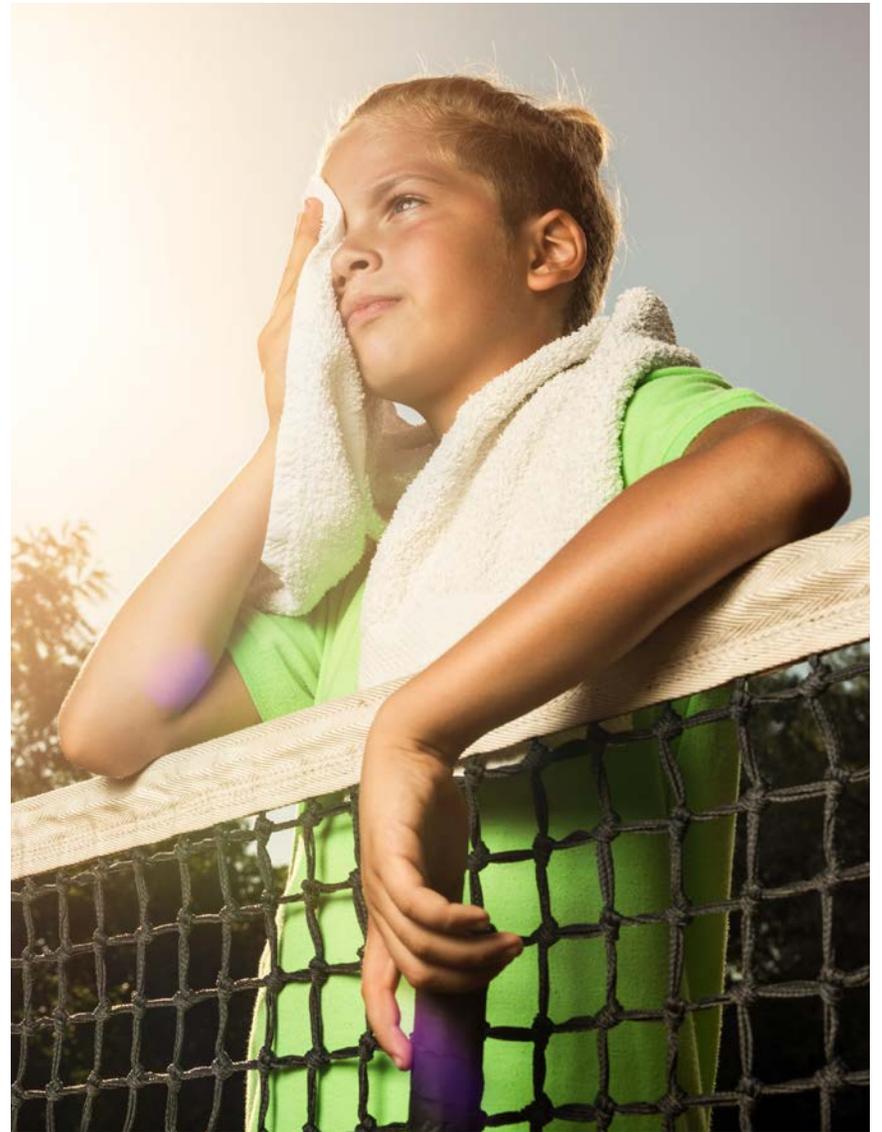
Correlation

LEVEL F

Fountas & Pinnell	F
Reading Recovery	9-10
DRA	10



Get ready to move your body and exercise!
Exercise is when you push your body to work hard.



Exercise makes you sweat.
It makes your heart beat fast.
It makes you breathe quicker.



You are exercising when you ride a bicycle.
Exercise can be fun.



You are exercising when you jump rope.
Exercise can help your mood.



You are exercising when
you swim.
Exercise can make you strong.



You are exercising when
you dance.
Exercise can help you
make friends.



You are exercising when you play hockey.
Exercise can make you hungry.



You are exercising when you run.
Exercise can make you tired.



Remember to stretch before
and after you exercise.
Also, be sure to drink water.



Exercise helps you stay healthy.
It also makes you feel great!