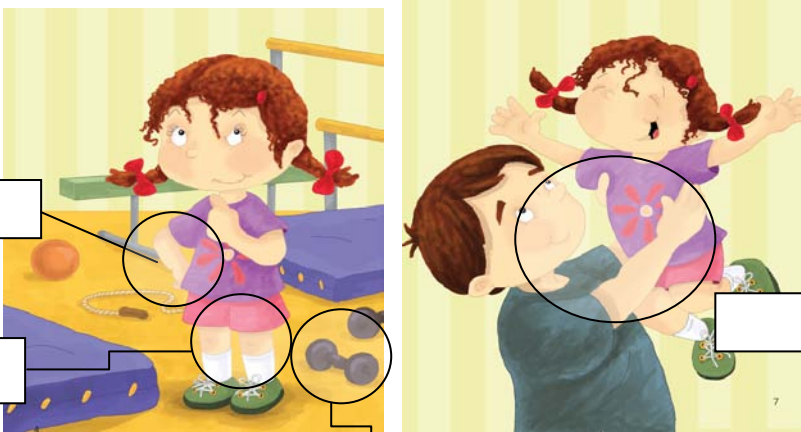


Title: It's Time to Get Strong

Word Study

A. Read and write.



arm

leg

weight

lift

Word Box

weight	arm	leg	lift
--------	-----	-----	------




B. Fill in the blanks using the words.

bend	dance	stretch	strong	weights
------	-------	---------	--------	---------

1. I stretch my body.
to pull something to its full length
2. I can't bend my body to touch my toes.
to curve something that was straight
3. I lift weights.
heavy things to make the body strong
4. My big sister likes to dance.
to move the body to music
5. My friends have strong legs.
having great power in the body

Reading Comprehension

C. Write the missing words in each sentence.

1.	fast, hurt, strong
	<p>My friends have <u>strong</u> legs.</p> <p>They can run <u>fast</u>.</p> <p>Running makes my legs <u>hurt</u>.</p>
2.	weights, lift, arms
	<p>I want to have strong <u>arms</u>.</p> <p>I <u>lift</u> weights.</p> <p>Lifting <u>weights</u> makes my arms hurt.</p>
3.	touch, dance, bend
	<p>My big sister likes to <u>dance</u>.</p> <p>She can <u>touch</u> her toes.</p> <p>I can't <u>bend</u> my body like that.</p>

D. Read and write the correct letter.

1. My friends have strong legs and can run fast!
2. My dad can lift me high!
3. My sister can touch her toes.
4. I stretch my body.
5. Lifting weights is not easy for me.

D
C
A
B
E

A 	B 	C 	D 	E 
--	--	--	---	--