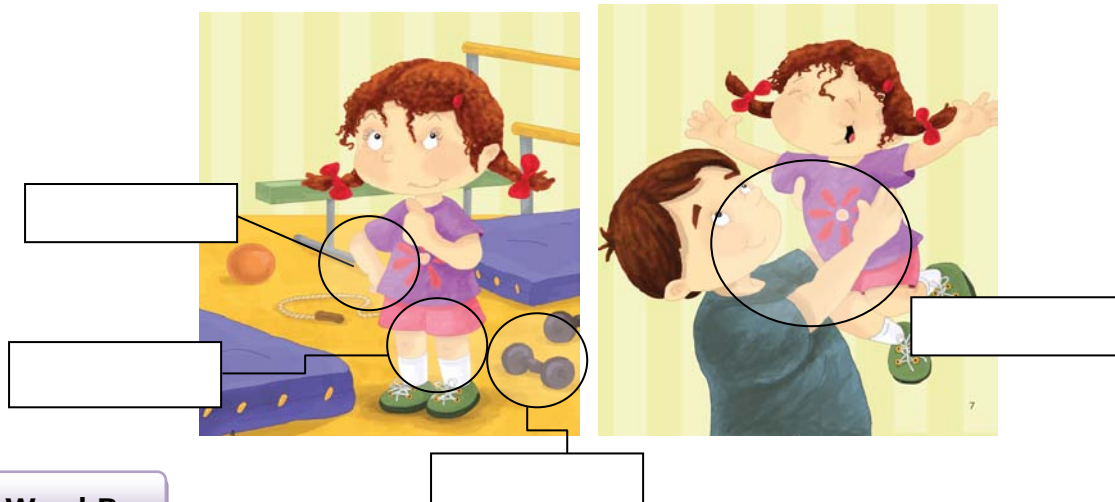


Title: It's Time to Get Strong

Word Study

A. Read and write.



Word Box

weight arm leg lift




B. Fill in the blanks using the words.

bend dance stretch strong weights

1. I _____ my body.
to pull something to its full length
2. I can't _____ my body to touch my toes.
to curve something that was straight
3. I lift _____.
heavy things to make the body strong
4. My big sister likes to _____.
to move the body to music
5. My friends have _____ 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 _____ legs.</p> <p>They can run _____.</p> <p>Running makes my legs _____.</p>
2.	weights, lift, arms
	<p>I want to have strong _____.</p> <p>I _____ weights.</p> <p>Lifting _____ makes my arms hurt.</p>
3.	touch, dance, bend
	<p>My big sister likes to _____.</p> <p>She can _____ her toes.</p> <p>I can't _____ 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.

A	B	C	D	E
