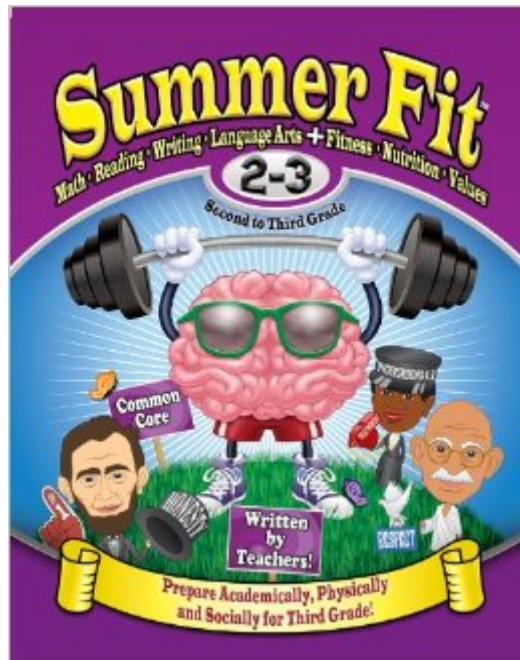


The book was found

Summer Fit Second To Third Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition And Values



Synopsis

Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core standards and include skills in math, reading, writing, language arts and science. Fitness exercises are designed to jump start the recommended 60 minutes of active play a day that children need to grow up healthy. Role models from throughout the world including Abraham Lincoln, Gandhi and Harriet Tubman help reinforce core values such as honesty, respect and trustworthiness. Summer Fit extends the summer learning experience online with free reading and math digital downloads, book reports, health and wellness activities and fitness videos. * Based on Common Core: math, reading, writing, language arts and science * Exercises jump start the recommended 60 minutes of daily movement and play * Role models reinforce core values, good character and social skills * Integrated academics and physical activities reinforce the importance of the body-brain connection * Free digital downloads

Book Information

Series: Summer Fit (Book 9)

Paperback: 176 pages

Publisher: Summer Fit Learning; 1 edition (April 1, 2011)

Language: English

ISBN-10: 0976280051

ISBN-13: 978-0976280057

Product Dimensions: 8.3 x 0.5 x 10.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (47 customer reviews)

Best Sellers Rank: #310,253 in Books (See Top 100 in Books) #46 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #73 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #279 inÂ Books > Education & Teaching > Schools & Teaching > Parent Participation

Age Range: 7 - 8 years

Grade Level: 2 - 3

Customer Reviews

I purchased this workbook for my daughter who is eight years old. While she is completing third grade now, the third to fourth workbook had materials she had not learned in her school yet, so I

opted for the second to third grade workbook instead. The workbook is structured into ten weeks of five days per week lessons, for a total of 50 lessons. Each day, children are asked to complete mind, body, and reading activities and color in a star when they have completed their 20 minutes (total) of work for the day. At the outset of the program, there is a skills assessment test for the child to take, which is about four pages total of reading and math problems. There is an answer key provided at the back of the book. However, no instructions or guidance are provided if a child struggles in a particular area. I really enjoyed the fact that physical activities are part of each day's work. This is a great way to incorporate physical fitness five days a week during the summer break. There is also a mix of cardiovascular and strength training. For example, some of the cardiovascular activities are: playing tag, tree sprints, and jumping jacks. Strength exercises include leg scissors, ankle touches, and push-ups. The Biggest Loser contestants are featured in the book and on the book's website. I also really liked the values lessons each week. The values included in this book are: honesty, compassion, trustworthiness, self-discipline, kindness, courage, respect, responsibility, perseverance, and friendship. Each value is exemplified with a role model, such as Terry Fox, Mother Theresa and Abraham Lincoln. At the close of each week's values lesson, there is a suggested reading list of three, grade-specific books for further reading.

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