

Let's Get Fit!

GOALS

Comprehension

Retell the text using the pictures on each page as a guide. Discuss how each person gets fit.

Vocabulary

High-frequency Words: and, get, let, play, run, she, walk, we

Content Words: baby, crawl, dance, flowers, football, fun, garden, grass, stretch, swing

Phonemic Awareness

Identify syllables in words and clap as they are spoken.

Phonics

Letters and Sounds: -et

Words to Blend and Segment: get, let, net, pet, wet

Fluency

Students practise reading the book on their own and then to the teacher (orally).



The people in this community get fit in different ways.

Before Reading

- Ask: What do you know about getting fit? What does getting fit mean? How can you get fit? For more ideas look at the back cover. Talk about how the children are getting fit.
- Read the title to students and then read it together. Discuss what the children are doing on the front cover. From the cover photo and title students predict what the text might be about.
- Discuss if this will be a fiction or nonfiction text.
- Look at the title page. Talk about what the girl is doing in the picture. Notice the Contents. Talk about how this tells you what the text will be about. Read the contents page together.
- Talk/walk through the pictures. Notice the shape on each page number. Discuss what is happening on each page. Bring words like *baby, crawl, dance, flowers, football, fun, garden, grass, stretch, swing* into the conversation.
- Before turning to page 16 ask students how they think the book might end.

Reading the Text

- Read the cover and the title page together. On pages 2–3 discuss what the men are doing. Are they getting fit? Read the words together, pointing to them as they are read. Ask: What is Tom doing?
- On pages 4–5, Maria is at the gym. Read the words together.
- Follow this pattern for each page discussing the pictures and the kind of exercise before reading each page.
- Predict the ending before turning to page 16. Read the words and then discuss the Index. This is another feature of nonfiction like the Table of Contents. Model how to use this, then ask students to find the page about the gym. They ask each other questions in pairs about what page to find things using the Index.

After Reading

Invite students to discuss the information. Prompt if needed.

- Retell the text using the pictures on each page as a guide. Discuss how there are many different forms of exercise that help us get fit.
- Discuss the ending. Ask students what activities they want to do to get fit. Do we sometimes use more than one way to get fit? What do they think the author's purpose was for writing the book? What have they learnt from this book?

Phonemic Awareness

- Students listen and identify syllables in words and clap as you read them, e.g. *gar/den*, *get/ting*. Together find one-syllable words in the book to clap, e.g. *fit*, *fun*.
- Have students clap two syllable words, e.g. *play/ing*, *foot/ball*.

Phonics

- Recognise words that have the same rime: -et Write the words *get*, *let*, *net*, *pet*, *wet* on the board to practise blending and segmenting the onsets and rimes together as a group.

Word Study

- Talk about the words *and*, *get*, *let*, *play*, *run*, *she*, *walk*, *we*. Copy and print the flash cards from the inside front cover. Read the words together. Ask students to locate and read these words in the book, then discuss their meaning in context.
- On a piece of paper, students draw a picture of one of the pages in the book. They write the matching sentences from the text.
- Have students make a web with examples of ways to get fit branching out from the web. They can use the back cover for ideas. They label and illustrate and share your web with the class.
- Talk about words ending in -ing. Students list these and say what the root verb is. Make a chart matching these, e.g. *crawling/crawl*, *dancing/dance*, *gardening/garden*, *chopping/chop*. Discuss rules for words ending in e and words that need the last letter doubled before the -ing.

Fluency

- Students practise reading the book on their own and then to the teacher (orally).

Writing

- Have students write a new text using the pattern of the text, e.g. Everyone gets fit at the gym.
- Students draw a picture of themselves and label their fitness activity. They share this with a partner.

Home/School Link

Take the book home and any related activity done in class to share with family.