

## Lake Mead

Fill in the circle to complete the sentence. Then answer questions 3 and 4.

1. People can't drink too much salt water or they will get \_\_\_\_\_.  
Ⓐ full  
Ⓑ sick  
Ⓒ sad
2. Lake Mead is a \_\_\_\_\_ lake in Nevada and Arizona.  
Ⓐ man-made  
Ⓑ saltwater  
Ⓒ hot and dry
3. What can people do if they need more drinking water?

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4. What problem did Lake Mead solve? Tell how.

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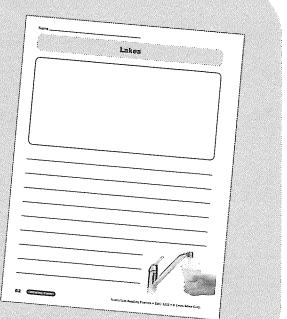
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### Write About the Topic

Use the Writing Form to draw and write about what you read.

Draw a family at Lake Mead. Write to tell how the lake was made and why it's important.



# Exercise

## Level 1

Words to Know list, Reading Selection, and Reading Comprehension questions

**Let's Exercise!**

Fill in the circle to complete... 

**Let's Exercise!**

Exercise helps keep your body healthy. What is exercise? There are many ways you can exercise. You can play basketball with your friends. You can ride a bicycle or do yoga. You can go swimming. You can dance to your favorite songs. You can do push-ups or sit-ups.

Almost every part of your body gets stronger when you exercise. Your lungs and heart will give you more energy. Your muscles will stretch and get stronger. You will even help your brain think and get stronger, too. Exercise even helps your brain think better. The more you exercise, the better you will feel.

Scientists have learned that even simple exercise is good. Walk, skip, or play tag. Ask others to exercise with you. You can help your friends and family stay healthy, too.

**Starting to move may be exercise. Start a healthy habit through your body.**

**Words to Know**

Let's Exercise!

exercise  
body  
healthy  
stronger  
lungs  
heart  
energy  
muscles  
bones  
brain  
scientists

G4 Exercise II  
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## Level 2

Words to Know list, Reading Selection, and Reading Comprehension questions

**A Strong Body**

Fill in the circle to complete... 

**A Strong Body**

Your body needs many things to stay healthy. One of those things is exercise. There are many kinds of exercise. You probably get exercise without even thinking about it. You might go for a walk or a run. You might dance, swim, or skip. You might ride a bike or go rollerblading. All of these activities are good for your body.

Exercise helps your body keep working in the right ways. It makes your heart and other muscles grow strong. Exercise helps your body move in lots of energy. This helps you stay at a healthy weight. Exercise even helps your brain get more oxygen so it can think better. If you exercise each day, it can help you feel your best.

How much exercise do you need? The experts say children should exercise for 60 minutes each day. You don't have to do it all at one time, however. You can do push-ups in the morning, play tag recess, then ride your bike after school. It all adds up! Exercise will help you healthy and happy.

**20 min.**

**Words to Know**

A Strong Body

body  
healthy  
exercise  
activities  
working  
heart  
muscles  
energy  
weight  
brain  
oxygen  
experts

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## Level 3

Words to Know list, Reading Selection, and Reading Comprehension questions

**Aerobic Exercise**

Fill in the circle to complete... 

**Aerobic Exercise**

Exercise is an important way to keep your body healthy. One kind of exercise is called aerobic exercise. For example, running or walking is aerobic exercise. Aerobic means "speeding oxygen." Your body needs oxygen. When you do aerobic exercise, you breathe in a lot of air. The oxygen from that air goes into your lungs. You can feel your heart beat faster. You lungs and heart work together. They carry the oxygen through your whole body. The exercise helps your muscles, bones, lungs, and brain. One hour of exercise can help you grow strong. Most of the hour should be aerobic exercise. You might play soccer or basketball. Jumping rope will build strong bones. Play on a jungle gym to make your muscles stronger.

You already know that exercise can help your body better. But exercise can help your mind, too. It can make you feel happier. Forget your troubles. Make time for aerobic exercise today!

**Words to Know**

Aerobic Exercise

exercise  
body  
healthy  
aerobic  
oxygen  
breathe  
lungs  
heart  
muscles  
bones  
lungs  
brain  
mind

G8 Exercise BBB  
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Exercise BBB  
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## Assemble the Unit

Reproduce and distribute one copy for each student:

- Visual Literacy page: Exercising at the Park, page 61
- Level 1, 2, or 3 Reading Selection and Reading Comprehension page and the corresponding Words to Know list
- Graphic Organizer of your choosing, provided on pages 180–186
- Writing Form: Exercise, page 62

## Introduce the Topic

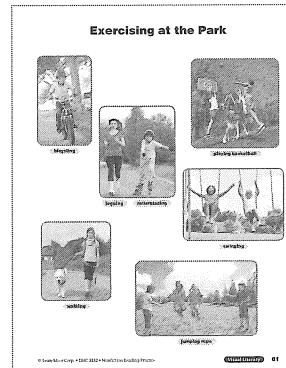
Tell students that exercise is important for everyone. Review each type of exercise shown in the images. Emphasize that exercising is a positive activity, and it makes people feel good.

## Read and Respond

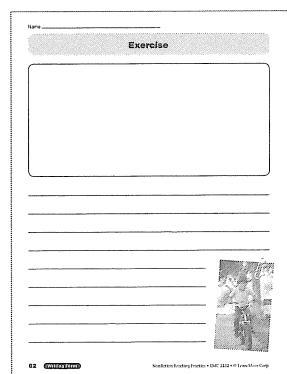
Form leveled groups and review the Words to Know lists with each group of students. Instruct each group to read their selection individually, in pairs, or as a group. Have students complete the Reading Comprehension page for their selection.

## Write About the Topic

Read aloud the leveled writing prompt for each group. Tell students to use the Graphic Organizer to plan their writing. Direct students to use their Writing Form to respond to their prompt.

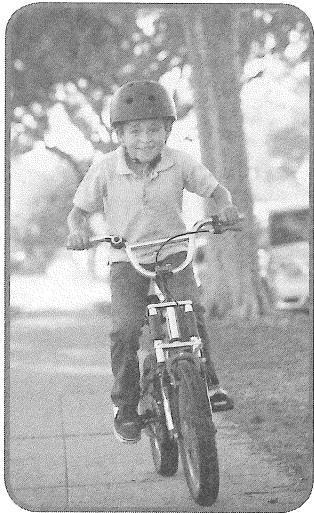


Visual Literacy

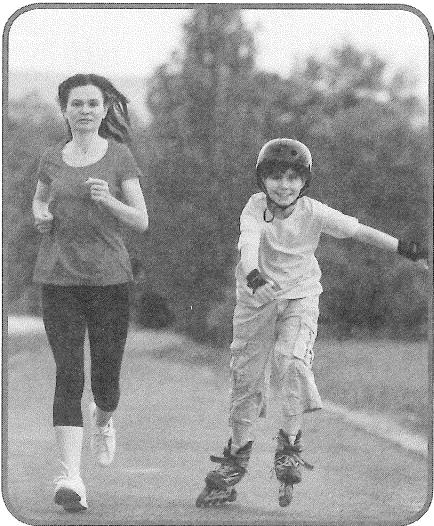


Writing Form

# Exercising at the Park



bicycling

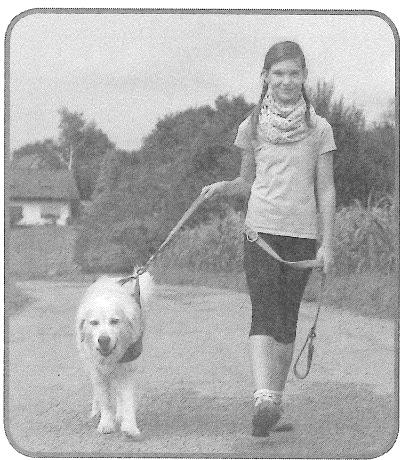


jogging

rollerblading



playing basketball



walking



jumping rope

Name \_\_\_\_\_

## Exercise

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**Words to Know****Let's Exercise!**

exercise

body

healthy

stronger

lungs

heart

energy

muscles

bones

brain

scientists

**Exercise ■****Words to Know****A Strong Body**

body

healthy

exercise

activities

working

heart

muscles

energy

weight

brain

oxygen

experts

**Exercise ■ ■****Words to Know****Aerobic Exercise**

exercise

body

healthy

aerobic

oxygen

breathe

lungs

heart

muscles

bones

lungs

brain

mind

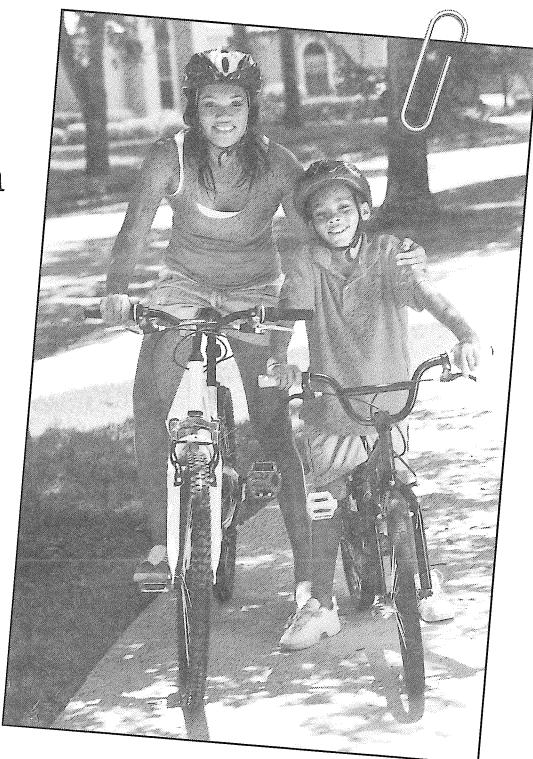
**Exercise ■ ■ ■**

# Let's Exercise!

Exercise helps keep your body healthy. What is exercise? There are many ways you can exercise. You can play basketball with your friends. You can ride a bicycle or do yoga. You can go swimming. You can dance to your favorite songs. You can do push-ups or sit-ups.

Almost every part of your body gets stronger when you exercise. Your lungs and heart will give you more energy. Your muscles will stretch and get stronger. Your bones will grow and get stronger, too. Exercise even helps your brain think better. The more you exercise, the better you will feel.

Scientists have learned that even simple exercise is good. Walk, skip, or play tag. Ask others to exercise with you. You can help your friends and family stay healthy, too.



Riding a bicycle can make your legs stronger.



Stretching is one way to exercise.  
It helps blood move through your body.

## Let's Exercise!

Fill in the circle to complete the sentence. Then answer questions 3 and 4.

1. Exercise helps to keep your body \_\_\_\_\_.  
Ⓐ hungry  
Ⓑ sleepy  
Ⓒ healthy
2. Exercise can help your lungs and heart to \_\_\_\_\_.  
Ⓐ give you more energy  
Ⓑ think better  
Ⓒ stretch
3. Name someone you could help to get exercise. Tell how.  
\_\_\_\_\_  
\_\_\_\_\_

4. Is walking your dog a good way to exercise? Which paragraph tells you?  
\_\_\_\_\_  
\_\_\_\_\_

### Write About the Topic

Use the Writing Form to draw and write about what you read.

Draw yourself exercising. Write to tell why exercising is good for you.



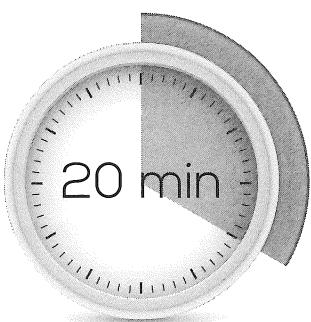
# A Strong Body

Your body needs many things to stay healthy. One of those things is exercise. There are many kinds of exercise. You probably get exercise without even thinking about it. You might go for a walk or a run. You might dance, swim, or skip. You might ride a bike or go rollerblading. All of these activities are good for your body.



Dancing is a great way to exercise with your family. Play music you all enjoy and move your body.

Exercise helps your body keep working in the right ways. It makes your heart and other muscles grow stronger. Exercise helps your body turn food into energy. This helps you stay at a healthy weight. Exercise even helps your brain get more oxygen so it can think better. If you exercise each day, it can help you feel your best.



You can set a timer to make sure you exercise for at least 20 minutes.

How much exercise do you need?

The experts say children should exercise for 60 minutes each day. You don't have to do it all at one time, however. You could do push-ups in the morning, play tag at recess, then ride your bike after school. It all adds up! Exercise will help you stay healthy and happy.

## A Strong Body

Fill in the circle to complete the sentence. Then answer questions 3 and 4.

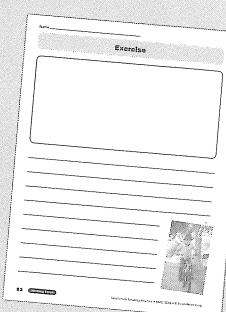
1. One type of exercise is \_\_\_\_\_.  
Ⓐ listening to music  
Ⓑ eating food  
Ⓒ going for a walk
2. Kids should exercise at least \_\_\_\_\_.  
Ⓐ every other day  
Ⓑ 60 minutes a day  
Ⓒ three times a day
3. How does exercise help you stay at a healthy weight? Which paragraph supports your answer?  
\_\_\_\_\_  
\_\_\_\_\_

4. What could you do to make sure you exercise long enough?  
\_\_\_\_\_  
\_\_\_\_\_

### Write About the Topic

Use the Writing Form to draw and write about what you read.

Draw a person exercising. Write to tell why exercise is important.



# Aerobic Exercise

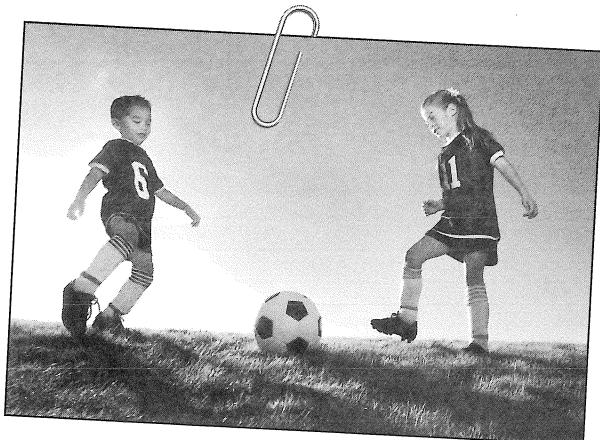
Exercise is an important way to keep your body healthy. One kind of exercise is called aerobic exercise. For example, running or walking fast is aerobic exercise.

The word aerobic means “needing oxygen.” Your body needs oxygen. When you do aerobic exercise, you breathe in a lot of air. The oxygen from the air goes into your lungs. You can feel your heart beat faster. Your lungs and heart work together. They carry the oxygen through your whole body. The exercise helps your muscles, bones, lungs, and brain.

One hour of exercise a day can help you grow strong. Most of the hour should be aerobic exercise. You might play soccer or basketball. Jumping rope will build strong bones. Play on a jungle gym to make your muscles stronger.



**Running with your friends is a great way to exercise. It is fun, too!**



**You can play many different sports. Playing a sport is a great way to get aerobic exercise.**

You already know that exercise can help your body feel better. But exercise can help your mind feel better, too. It can make you feel happier and forget your troubles. Make time for aerobic exercise today!