

LEVELED BOOK • A

# Muscles



Written by Edie Evans

[www.readinga-z.com](http://www.readinga-z.com)



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## Focus Question

What do muscles help you do?



Words to Know

jump

kick

lift

muscles

pull

push

run

smile

stretch

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Correlation	
LEVEL A	
Fountas & Pinnell	A
Reading Recovery	1
DRA	A-1





Muscles help me run.





Muscles help me push.





Muscles help me jump.





Muscles help me lift.





Muscles help me stretch.





Muscles help me pull.





Muscles help me kick.





Muscles help me smile.



# Muscles

*A Reading A-Z Level A Leveled Book*

*Word Count: 32*



## Connections

### Writing and Art

Think of something else muscles help you do. Draw a picture and write about it.

### Science

Why is it important to use your muscles? Share your ideas with a partner.

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