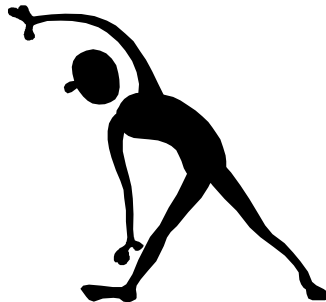


The Fitness Challenge Workbook

Grades 2-3



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Name/Nombre

Message from the Dream Team

Dear Girls and Boys,

To do well in school - and in life - you need to make healthy choices. It's easier than you think!

To stay healthy you have to eat the right kind of food. This gives your body the fuel it needs to run at top speed! Fruits, vegetables, grains, milk or dairy and meat or beans are all good choices. Too many chips, sodas, fried or fatty foods slow you down.

Sleep gives your body time to rest and get ready for the next day. Growing children need at least 8 hours of sleep each night – and sometimes a nap in between!

Exercise is easy – just go outside and play! Running, jumping, skipping, and sports all help keep your heart, bones and muscles strong. Think of all the things you can do outside. Now go and do them!

For a healthier you, remember to eat right, get plenty of rest and exercise daily. That's the Dream Team way!

Your friends,

Slim

Tiny

Bunny

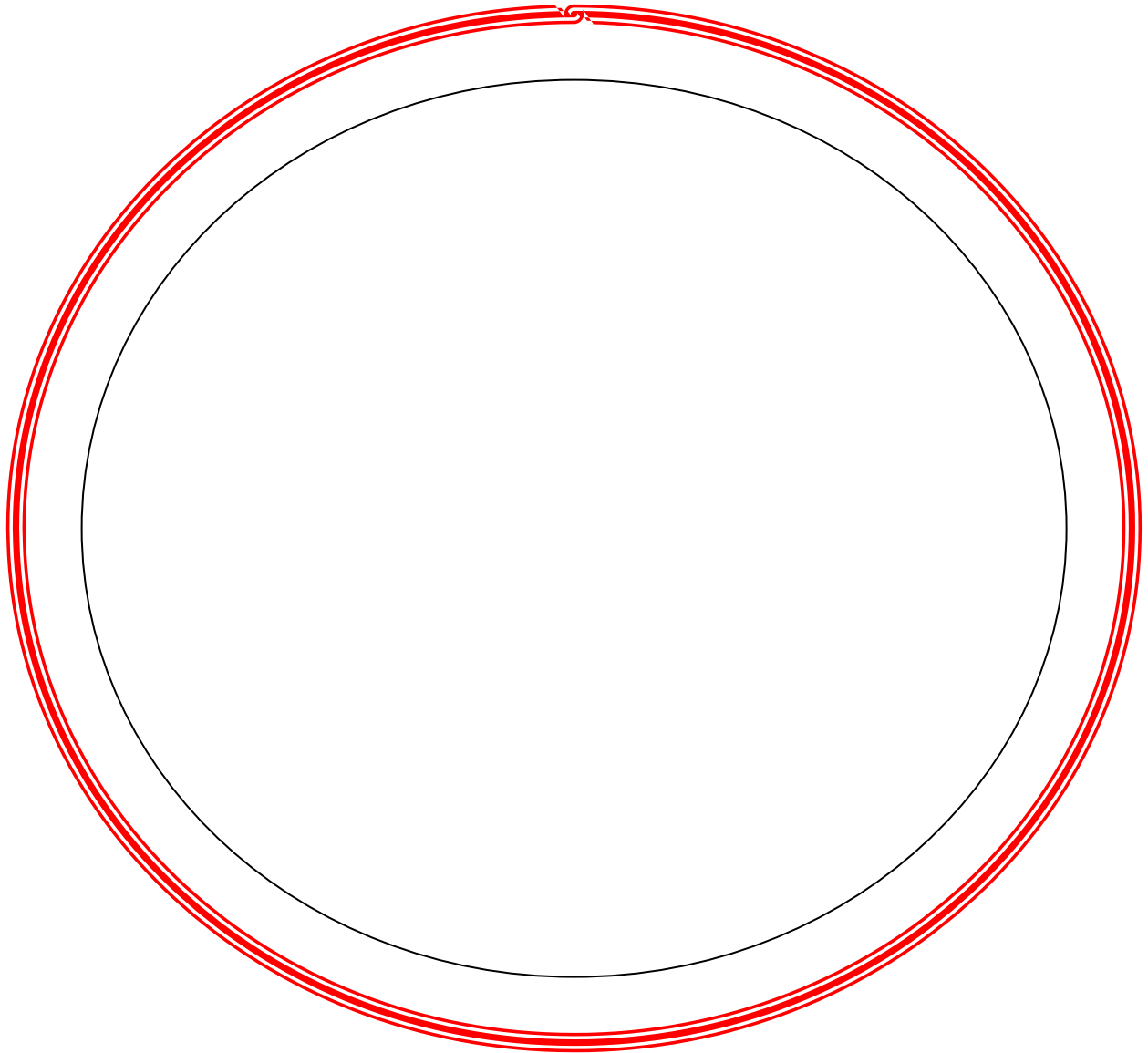
Spike

Goggles

Ace

Fill Your Plate with Healthy Choices

It's your turn to make lunch!
Fill the plate with choices from the Food Pyramid.
Write your menu in the box below.



My Menu:

Get up and
move!

Spike Says:

Exercise is a fun habit!
Keep track of your exercise time each day for one week.
10 minutes of exercise equals one square.
Can you fill six squares a day?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

How many minutes did you exercise each day?

Day 1 _____ Day 2 _____ Day 3 _____
Day 4 _____ Day 5 _____ Day 6 _____
Day 7 _____

Which day did you exercise the most? _____

Exercise Your Memory!

An **action verb** is a word that shows movement! There are plenty of action verbs in The Fitness Challenge. Look at the list of words below. Choose an action verb that tells what happened in the story.

play
flew
kicked
ran
bounced

sprang
climbed
swam
swung
gobbled

1. The Fitness Fairy _____ down to the children.
2. The Dream Team _____ into action.
3. Goggles _____ under water.
4. Slim grabbed the Orb and _____ it between his legs.
5. Meanwhile, the Guardians _____ the junk food.
6. Tiny _____ the tree to free Bunny from the wires.
7. Spike _____ the Orb to pass it to Ace.
8. Ace lined up the Orb and _____ her golf club.
9. Now the children could _____ in the park.
10. They _____ until they were tired and ready for lunch.

You're the Coach!

Write a paragraph about your favorite sport. Give three reasons why it is your favorite.

[illegible]

What's the Problem?

Slim needs help finishing his homework so he can play outside. Help him find the missing digits.

$$\begin{array}{r} 171 \\ 112 \\ + 215 \\ \hline 49\boxed{} \end{array}$$

$$\begin{array}{r} 23 \\ 18 \\ + 45 \\ \hline 8\boxed{} \end{array}$$

$$\begin{array}{r} 63 \\ 24 \\ + 24 \\ \hline \boxed{}11 \end{array}$$

$$\begin{array}{r} 21 \\ 13 \\ + 33 \\ \hline \boxed{}7 \end{array}$$

$$\begin{array}{r} 35 \\ 453 \\ + 211 \\ \hline 79\boxed{} \end{array}$$

$$\begin{array}{r} 242 \\ 37 \\ + 324 \\ \hline \boxed{}0\boxed{} \end{array}$$

Word Play with Ace

Use a dictionary to find the part of speech and a meaning for each word from the story.

parade	kick
athlete	healthy
vegetable	winner

Word	Part of speech	Meaning
parade		
athlete		
vegetable		
kick		
healthy		
winner		

Dream Team Riddle

Cross out every other letter to find the answer.

Why did the basketball court get wet?

B R E O C Q A P U T S M E M T O H C E P Y C D N R L I Y B J B S L W E X D
K A R L X L Z O F V K E M R P I Y T !

Build Your Vocabulary Muscle!

How many words can you make from the letters in

FITNESS CHALLENGE

1.	6.	11.
2.	7.	12.
3.	8.	13.
4.	9.	14.
5.	10.	15.

Rate Yourself!

1-5 words: Player
6-10 words: Athlete
11-15 words: All Star

PLAYER ROSTER

Find **WORDS** from the story. Look left, right, up, down and sideways.

ORB
PARK
TEAM
PICNIC
RECYCLE
FUN

M	C	L	B	M	A	E	T
F	Y	F	U	P	S	E	S
B	S	U	N	I	L	G	E
R	P	N	N	C	I	G	L
O	I	S	Y	N	M	Y	G
Y	K	C	E	I	K	N	G
A	E	P	C	C	E	I	O
R	K	R	A	P	M	T	G

ACE
SLIM
GOGGLES
TINY
BUNNY
SPIKE