

Exercise Is Fun

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Suggested Teaching and Learning

Text Type: Non-Fiction

Genre: Description

Suggested Reading Recovery Level: 3

Word Count: 94

ACARA F-1 references

Learning Areas: English; Humanities and Social Sciences

General Capabilities: Literacy; Ethical Understanding

Cross Curriculum Priorities: Sustainability

Understanding Texts

- Introduce the text by talking with students about the many ways they play and exercise. Ensure students know the different types of gross motor movements they will read about particularly crawling, climbing and swinging. *UnT4, UnT5
- After reading, have students recall some of the ways they can exercise. Talk with students about how exercising can help them stay strong and make friends. *UnT4, UnT5
- Talk with students about their favourite sport or game. Have them write about it. *UnT4

Vocabulary: climb, pool, swing, tunnel, wall

High Frequency Words: and, at, can, come, down, go, is, like, look, my, out, run, the, this, to, up, we

Phonic Knowledge and Word Recognition + Phonological Awareness

- Locate the words run and running. Use magnetic letters to make each word and notice the suffix ing. Break the ing off and read the base word. Repeat with other familiar words such as go, look and jump. *PKW5
- Read the repetitive language structures in the text. Use these as a model to have students innovate and create their own, such as up and down and up and down, or in and out and in and out. *PhA2

*National Literacy Learning Progressions

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Running

This is the park.

I like running in the park.

I can run and run
and run.

SAMPLE



Climbing

Look at the **wall**.

We can climb on the wall.

We can go up
and up and up.

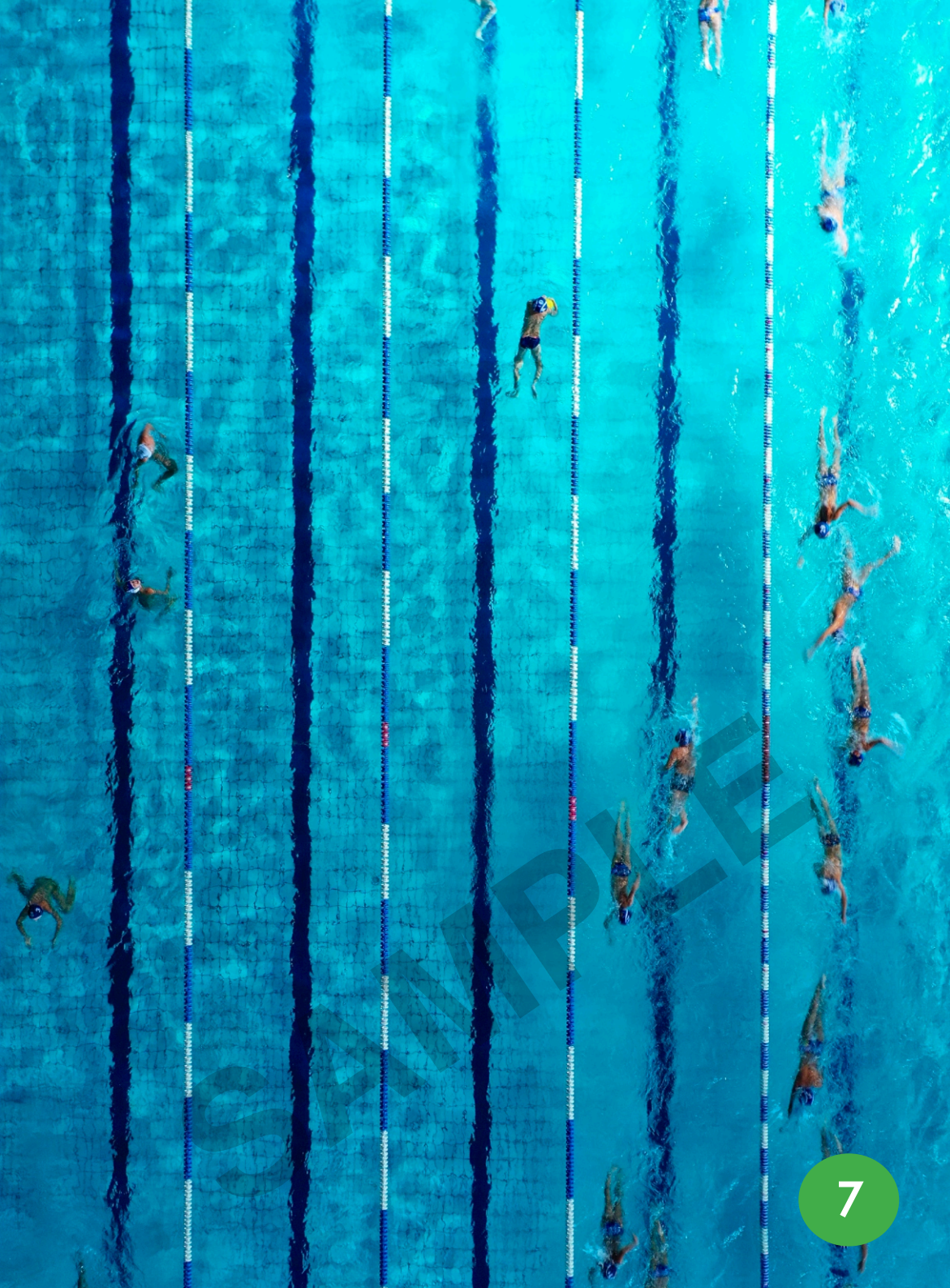


Swimming

Look at the pool.

I can swim up and down
the pool.

SAMPLE



Glossary



swing



tunnel



wall

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Exercise Is Fun

Exercise Is Fun is a simple informational text that illustrates the main gross motor activities that children can engage in to strengthen their bodies.

The Authors

Carole and Suzanne are sisters and educators.

Carole has over 30 years teaching experience. The last 15 years have been spent specialising in early literacy acquisition, training teachers and designing and delivering early reading and writing interventions. Carole has a Master of Education and a Master of Teaching English to Speakers of Other Languages.

Suzanne has 15 years teaching experience 13 of which have been spent teaching ESL students. She has a Master of Education (IT in Education) and a Bachelor of Vocational Education and Training.

