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**Let's Learn Backpack—
Grade 4**

This sample includes the following:

Let's Learn Activity Book

- Table of Contents (1 page)
- About This Book (1 page)
- Guiding Questions (1 page)
- Reading (1 page)
- Speaking & Listening (1 page)
- Problem Solving (1 page)
- Social Studies (1 page)
- Science (1 page)
- Mindfulness (1 page)
- Hands-on Activities (1 page)

Reader Sample (47 pages)

Additional backpack resources not included in this sample:

- Parent Tip Card
- Ebook Library Access Card

To Create a World ⁱⁿ which
Children **Love to Learn!**

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About This Book

Welcome to *Let's Learn!* You can use this book at school or home. The activities are based on educational standards. You will practice lots of important skills and concepts.



Guiding Questions

Unit 1:
Pets Around the World
How do pets help us?

Unit 4: Recess
Why is recess an important part of school?

Unit 2: National Parks
Why do we preserve national parks?

Unit 5: Outer Space
How do we learn about outer space?

Unit 3: Music
How does music make life better?

Unit 6: Desserts
What can we learn from food?

Preguntas orientadoras

Unidad 1:
Mascotas alrededor del mundo
¿De qué manera nos ayudan las mascotas?

Unidad 4: Recreo
¿Por qué el recreo es una parte importante de la escuela?

Unidad 2: Parques nacionales
¿Por qué preservamos los parques nacionales?

Unidad 5:
Espacio exterior
¿Cómo aprendemos sobre el espacio exterior?

Unidad 3: Música
¿De qué manera la música mejora la vida?

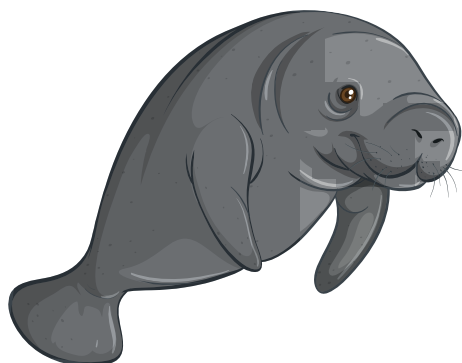
Unidad 6: Postres
¿Qué podemos aprender de la comida?

Directions: Read the text, and answer the questions.

Amazing Manatees

Manatees are large mammals. They live in shallow bodies of water. They are migratory animals. They spend winters in Florida's rivers. In the summer, they move northwest. They have been sighted as far north as Massachusetts! Manatees are gentle herbivores. They eat grass and plants. Manatees can grow to be very large. Adults are about 10 feet long. They weigh 800–1,200 pounds (363–544 kg). That's about the size of a small bus! Manatees are mammals, so they breathe air. They come up to the surface of the water when they need more air. Manatees can hold their breath for 15 minutes!

- 1 What do manatees eat?
 - (A) fish
 - (B) plants
 - (C) snakes
 - (D) sharks
- 2 Which alternate title best fits the text?
 - (A) "The World of Mammals"
 - (B) "Riding on a Mini-Bus"
 - (C) "Living in Florida"
 - (D) "Manatees: Gentle Giants"
- 3 Which word has the same root as *migratory*?
 - (A) migraine
 - (B) migrate
 - (C) great
 - (D) grate
- 4 Migratory animals are animals that
 - (A) move from one place to another.
 - (B) eat other animals.
 - (C) stay in one place all year long.
 - (D) lay eggs.
- 5 What type of text would have a similar tone?
 - (A) a history book
 - (B) a science-fiction novel
 - (C) a science textbook
 - (D) a travel magazine



Directions: Ask a family member to tell you a story about a memorable trip they have taken. Ask questions to clarify information from the story.



Would you do it again?

How long did the trip last?

Where did you go?

How did you get there?

What was the worst part?

Who was with you?

What was the best part?

What did you do?

When did you take the trip?

What did you see?

What do you remember most?

Directions: Two students solved a problem two different ways. Explain what error each student made. Then, complete #2.

- 1 A juicing company purchases 3,849 oranges from a local farmer. The farmer began the day with 8,186 oranges. How many oranges does the farmer have left?

Student 1	Student 2
$\begin{array}{r} 8,186 \\ - 3,849 \\ \hline 12,035 \text{ oranges} \end{array}$	$\begin{array}{r} 8,186 \\ - 3,849 \\ \hline 5,743 \text{ oranges} \end{array}$

Student 1

Student 2

2 Solve the problem. Explain your strategy.

Directions: Read the passage from the Declaration of Independence. Look up any words you don't know. Then, rewrite it in your own words. Be sure to keep the meaning the same. Then, answer the questions.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

1 Why might some words be capitalized?

2 Why do you think Thomas Jefferson included this sentence in the Declaration of Independence?

3 Why do people still think this passage is important?

Directions: Follow the steps in this experiment to discover how fossils are made.

What You Need

- pictures of fossils
- natural objects (no plastic or metal)
- large bowl
- wooden spoon
- soil
- water

What to Do

- 1 Look at the pictures of fossils. How do you think they were formed?

- 2 Make a model of an inland sea by placing soil in the bowl, adding water, and mixing it into mud.
- 3 Drop some natural objects into your inland sea.
- 4 Place the bowl in a sunny place for a few days to allow it to dry.
- 5 Break open your dried-out sea and examine the “fossils” you’ve made. Draw what you see.



Directions: Music can make people feel many emotions. Listen to one of these songs or a song of your choice. Draw while you listen. Then, write about how the song made you feel.

<p>"The Flight of the Bumblebee" by Nikolai Rimsky-Korsakov</p>	<p>"Rhapsody No. 1" by Jessie Montgomery</p>	<p>"Dige-fusion" by William Barton</p>
<p>"West End Blues" by Louis Armstrong</p>	<p>"Pirates of the Caribbean Medley" by Hans Zimmer</p>	<p>"Carnival of the Animals—Torutes" by Camille Saint-Saens</p>



Directions: Focus on your well-being with these hands-on activities. Choose at least two to complete.

.....

Staying Healthy

Hiking is fun, but you need to be prepared! What would you need to bring in your backpack? Make a list of snacks and supplies that would be helpful for a hike.

Amazing Art

National parks are known for their natural beauty. Look at several photographs from parks around the United States. Compare and contrast them. Which pictures show your favorite parts of the parks?

Making Music

Choose one national park and write a song about it. Jot down a few phrases and feelings the park makes you think of. Use those words to write lyrics.

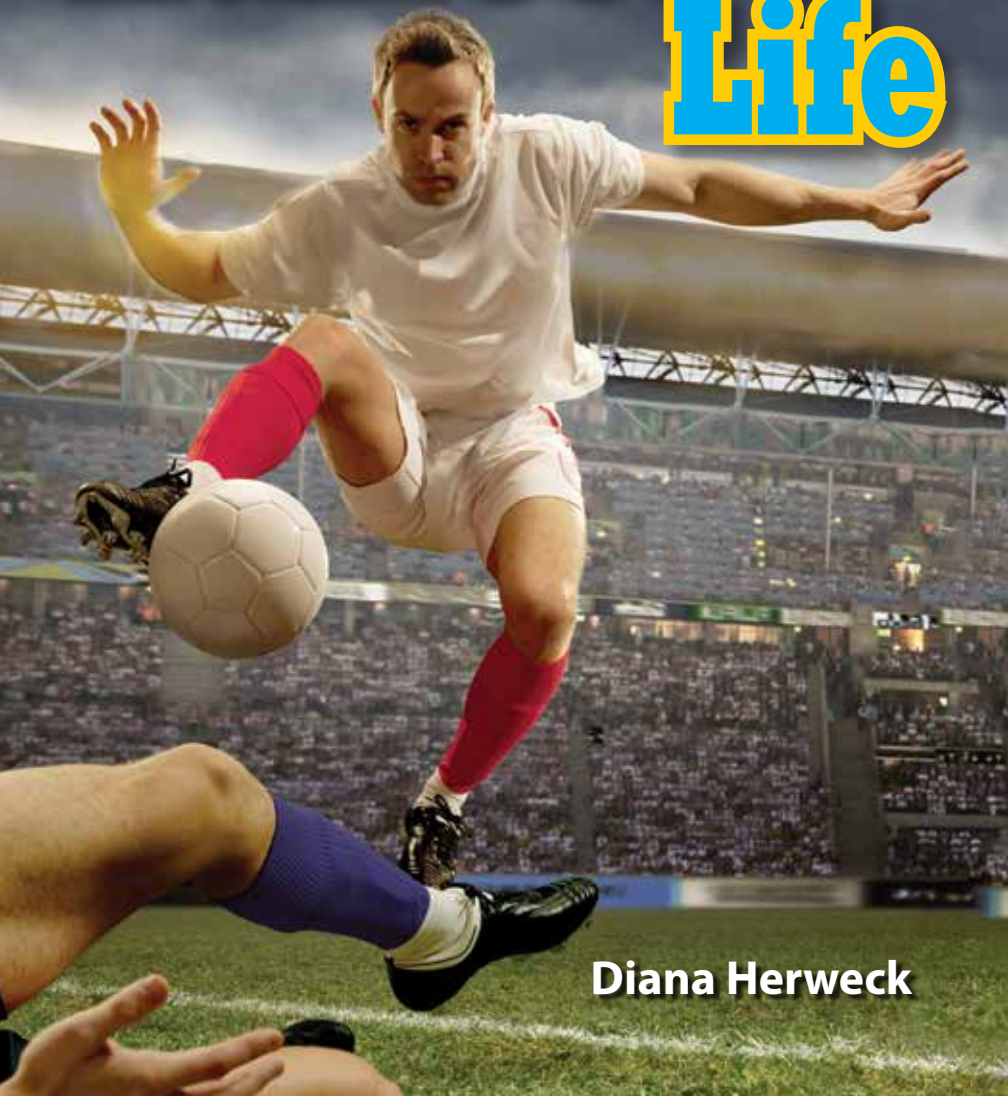
Getting Active

Hiking is a life-long activity you can enjoy with others. Find a local trail and take a hike with family! Or plan a hike around your neighborhood.

TIME
FOR KIDS

IN THE GAME

An
Athlete's
Life



Diana Herweck

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Ready, Set, Go!

Aim for the basket! Shoot!
Run for the base! Slide!
Kick it to the goal! Score!
And the crowd goes wild!

Kids play sports in China, Brazil, France, and Kenya. Kids play sports in every country in the world! Many kids consider themselves to be athletes. It's their passion in life, and they would rather be playing a sport than doing anything else. If you think playing sports is just about the best thing in the world, you are probably an athlete, too.





Imagine you are an athlete.

- What skills do you need to have?
- How do you prepare for a challenge?
- Why is training so important?

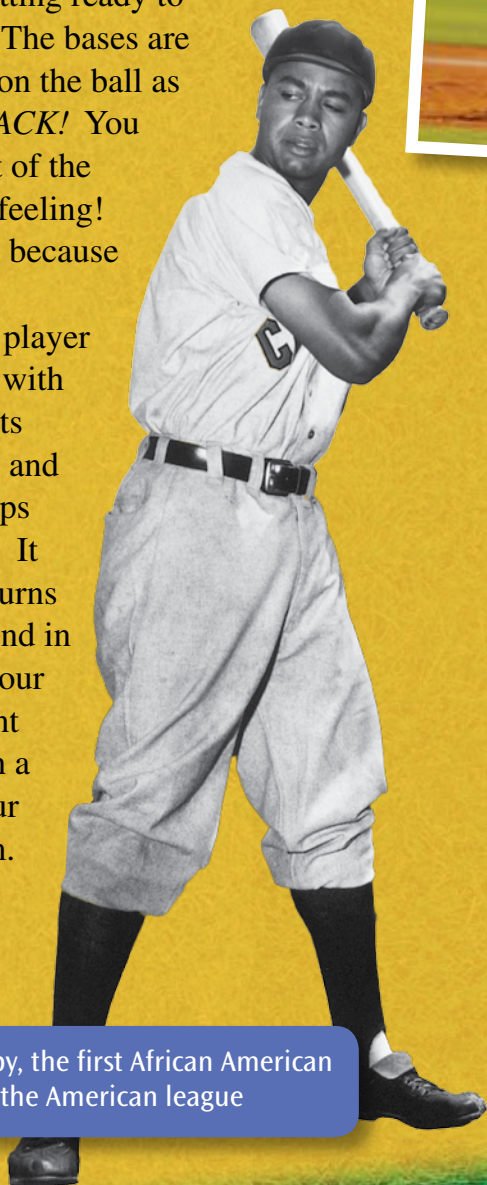


Love of the Game

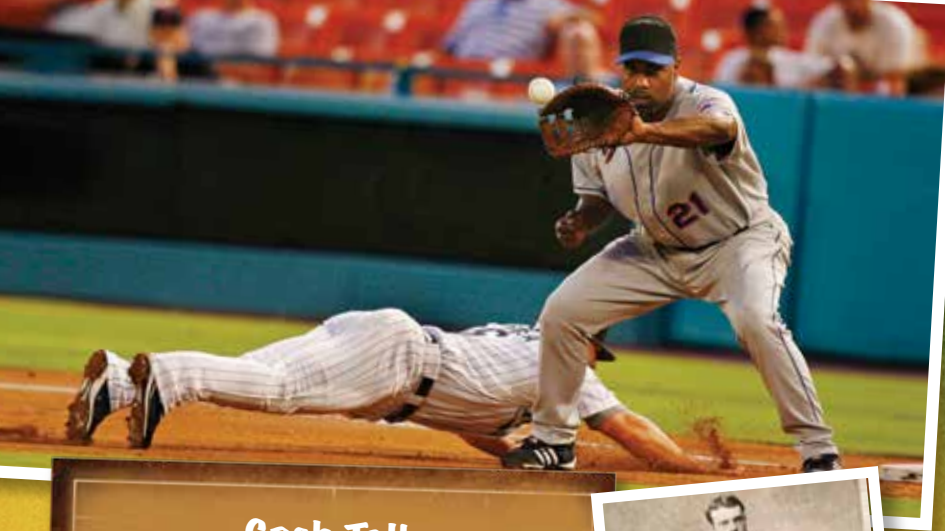
You feel the sun on your back as you grip the bat. The pitcher is getting ready to throw the ball your way. The bases are loaded. You concentrate on the ball as it soars toward you. *WHACK!* You hit the ball, sending it out of the park. What an awesome feeling!

Some kids love sports because it makes them feel good.

Whether you are the best player on the team or the player with the most team spirit, sports are healthy for your body and mind. Playing sports keeps your body in good shape. It tones your muscles and burns fat. It also keeps your mind in good shape by building your **confidence**. It's important to learn how to work with a team and predict how your **competitors** will perform. With so many sports to choose from, you're sure to find one you like!



Larry Doby, the first African American player in the American league



Cash Talk

Baseball was the first professionally played team sport. In 1869, players earned about \$800 for the season. Today, the lowest amount a player earns is about \$300,000 a year. And some players earn as much as \$30 million!



Billy Sunday, one of the first professional athletes

Up to Bat!

Can you picture your face on the front of a baseball card? It could happen! Some kids start playing baseball as early as four years old. They work their way up from T-ball to the big leagues—the big leagues for kids, that is! When kids are between 9 and 12, they can play in the major **division** of Little League Baseball. They might even make the league's All-Star Team and play in an international **tournament**. That means they will play against kids from other countries. The very best teams go to the Little League Baseball World Series.



On the Road

Major League baseball players play 162 games a season. That's about three or four games a week from the months of April to October.

Many of those games are at the home stadium. But many of them are not. That means the players are traveling to different cities and states—sometimes even countries—to play ball!

How many miles did this team travel in 4 days?



1,822 miles

A



Angel Stadium

Extreme Experts

Some teams take buses to get from game to game. Other teams fly. They sleep in a new hotel every few days, sometimes every night. The only belongings athletes can bring from home are the ones that fit in a suitcase. They travel often and miss their families. Some athletes use a webcam to talk to their families. Or they stay in touch over the phone.

Yankee Stadium



206 miles

D

981 miles

C

B

Fenway Park



Busch Stadium



The Balancing Act

You have your arms out to your sides, and you look like a bird in flight. You are trying not to fall onto the mats below. It has taken a lot of practice to stand on the **balance beam** without falling, and now you are a pro. You might even win some competitions.

Some kids start **gymnastics** when they are three or four years old. They start with tumbling class and learn how to do forward and backward rolls, handstands, and cartwheels. Then they learn the **vault** and bars. Floor exercises involve dancing and tumbling to music.



uneven bars



floor exercise



parallel bars



pommel horse



Triple Gold

In 1976, Nadia Comaneci, a gymnast from Romania, was only 14 years old when she won three Olympic gold medals.



On the Floor

Boys and girls compete in different types of gymnastics. Girls do the uneven bars, balance beam, vault, and floor exercises. Instead of the uneven bars, boys do the high bar and the parallel bars. They also do the **pommel horse** and still rings.

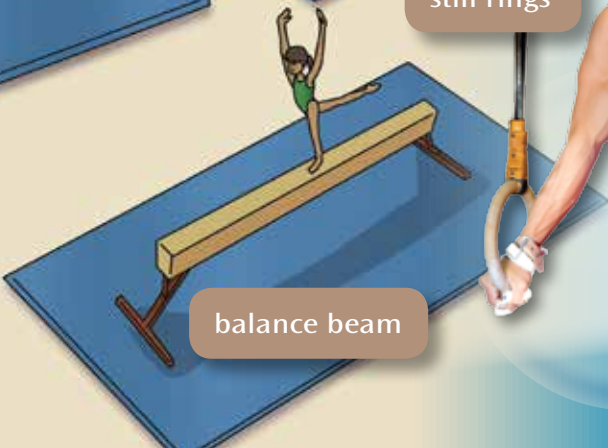
vault



still rings



balance beam



Long Days

Young athletes always have a lot to do. They do all the things other kids do—and more. Their days begin early, sometimes before 6:00 A.M. This lets them start training before school starts. The most serious athletes don't go to school at all. They hire **tutors** instead. That way, they can train in the morning and study later in the day.

The next time you are at the circus, pay close attention to the trapeze artists. Most of them have also been trained in gymnastics.



Women's gymnastics wasn't an Olympic sport until 1928.

A Serious Sacrifice

What does it take to be a top athlete? Athletes of every age and sport know it takes long hours, sweat, and even some blood and tears. Find out more from collegiate and professional athlete Tony Acosta.

What sacrifices did you make as an athlete?

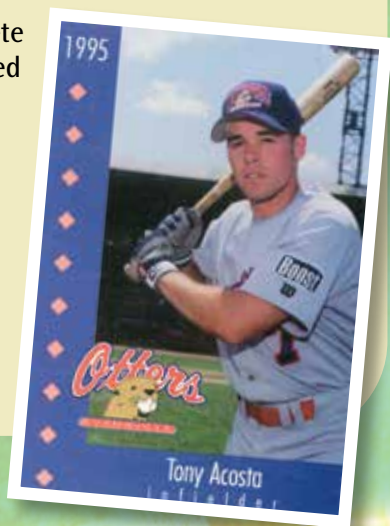
Competing at the highest level required many hours of practice, lots of time in the gym spent getting stronger, and a strict diet. I had less time to do homework and very little time with my friends and family.

Was it worth it?

There is no question my sacrifices paid off. I received a college scholarship and became a professional athlete for a short time. Being an athlete improved my work ethic and leadership skills. It made me constantly want to improve myself. I still have these values today, whether I'm playing a sport or working in the office.

What would you tell a young athlete who wants to be the best?

Often you'll find the best athlete isn't the most naturally talented athlete. The best athlete is usually the person who chose to put in the time and the effort needed to be the best. Being the best comes down to making a decision to be the best, and keeping that commitment—even when you feel like giving up.



High Score

Sports play a huge role in the lives of many high school students. Athletes in high school train hard to develop their skills. They build muscles so they can play harder and faster. Competitions heat up, and athletes work hard to improve their performance.

“Do not let what you cannot do interfere with what you can do.”

—John Wooden, legendary coach





Shooting Hoops

A high school basketball player needs to be in great shape. Every player must run up and down the court. **Dribbling**, blocking, passing, and catching the ball take a lot of energy.

Being a basketball player isn't easy. First, players attend class all day. They may have to squeeze in homework at lunchtime. Then, there are more classes. After school, players rush to the lockers to gear up for basketball practice.



No Time to Waste

Athletes in high school must learn to study as hard as they train. Here's how they do it.

DAYS	8:00-12:00 P.M.	12:00-2:00 P.M.	2:00-4:00 P.M.
SUNDAY			
MONDAY	<i>school</i>	<i>school</i>	<i>weight lifting</i>
TUESDAY	<i>school</i>	<i>study</i>	<i>study</i>
WEDNESDAY	<i>school</i>	<i>school</i>	<i>weight lifting</i>
THURSDAY	<i>school</i>	<i>school</i>	<i>study</i>
FRIDAY	<i>school</i>	<i>school</i>	<i>study</i>
SATURDAY		<i>study</i>	

Lettering

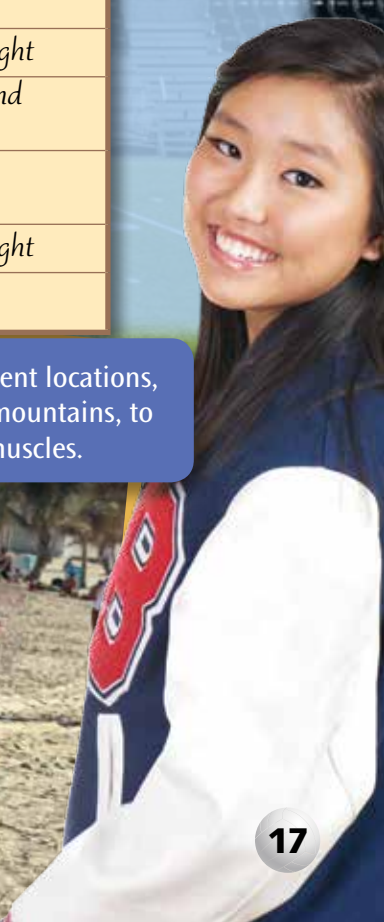
Getting a letterman jacket is special. First, you need to train long hours to become a great athlete. Next, you need to make it onto a varsity team. You'll show off your skills, and with hard work, you'll earn your letter. The letter is the initial or initials of your school. Anyone who sees you wearing your letterman jacket will know you are a great athlete!





	4:00–6:00 P.M.	6:00–7:00 P.M.	7:00–9:00 P.M.
practice with the team	dinner	study	
nap and snack	game night	game night	
practice with the team	running, jumping, squats	study and dinner	
practice with the team	dinner	study	
nap and snack	game night	game night	
beach run	dinner		

Athletes train in different locations, such as the beach or mountains, to strengthen different muscles.



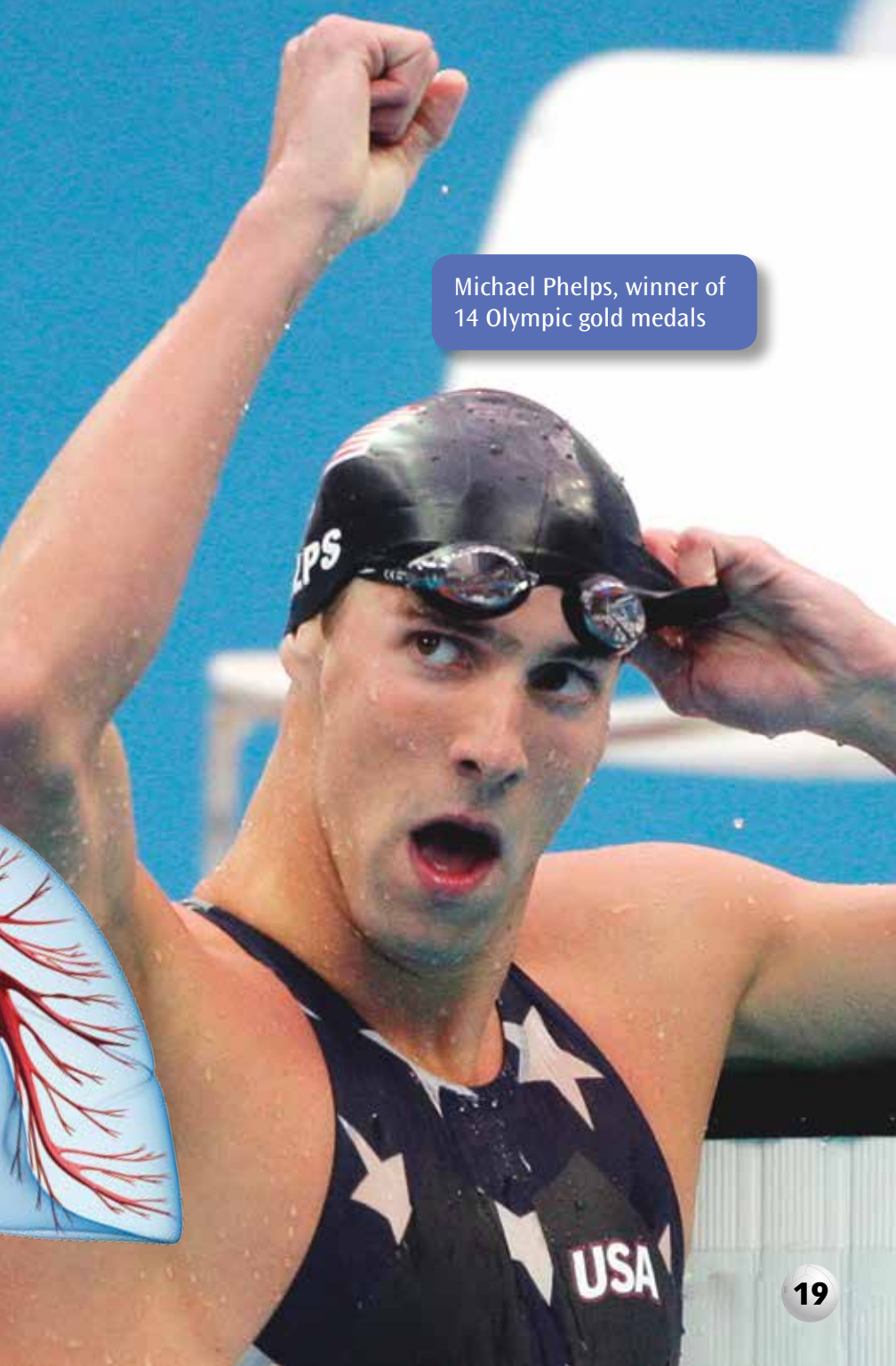
Deep Breaths

How long can you hold your breath underwater? Now, think about how long you can hold your breath while swimming as fast as you can. Swimmers are able to hold their breath underwater much longer than the average person can. Part of a swimmer's training is to develop strong lungs. The fewer breaths a swimmer takes during a race, the faster the finish.

Filled to Capacity

Total lung capacity is the amount of air your lungs can hold in a single breath. An average person can breathe in six liters of air in a single breath. Michael Phelps, an Olympic swimmer, can breathe in 12 liters of air in a single breath.



A close-up photograph of Michael Phelps, a professional swimmer, celebrating a victory. He is wearing a black swim cap with "PHPS" on the side and a black swimsuit with white stars and "USA" on the chest. He has a determined expression with his mouth open, and his right arm is raised in a fist. Water droplets are visible on his face and cap. A blue rounded rectangle contains text in the upper right. A red and white anatomical diagram of a human torso is overlaid on the left side.


Michael Phelps, winner of
14 Olympic gold medals

Dive In

It's still cold and dark outside when the swim team gets to school in the morning. Luckily, the water in the pool feels warmer than the temperature outside. The swimmers are in the pool for 90 minutes before school even starts. After practice, they eat a quick breakfast. Then, it's off to class for the rest of the day. A couple days each week, they train on land. They do strength training and **core** work. They run on the track and work their legs.

Eye on the Time

Competitive swimming is timed using a very precise stop-clock. The timer tracks the time by hundredths of a second. Swimmers work hard to improve their times by tiny amounts. A fraction of a second could mean the difference between first and second place.

A female swimmer with a prosthetic right leg is sitting on a wooden pool deck. She is wearing a dark blue swimsuit, a white swim cap, and orange goggles. Her prosthetic leg is a light tan color and appears to be made of a smooth, synthetic material. She is looking down at her prosthetic leg.

Even someone with special needs can enjoy sports for life.



In 2008, Michael Phelps won an Olympic gold medal by $\frac{1}{1000}$ th of a second.

Swim season runs from February to May. Teams have swim **meets** once or twice a week. During the off-season, many swimmers compete in clubs or play **water polo**.




Water polo teammates give each other high fives after scoring a point.




In the Pool



The swim team is in the water almost every morning and afternoon. Below, each swimmer is practicing a different type of swimming or **stroke**.



Freestyle swimming is the easiest stroke to use when swimming long distances. Swimmers face forward, pulling their arms through the water. They breathe to the side as their arms move away from the head.



In the **backstroke**, swimmers are face up in the water and try to keep their bodies as flat as possible. The arms reach above and behind the head to move through the water. The legs kick up and down.





The **breaststroke** is very useful in the rough, choppy water of the ocean. The arms scoop the water away while the legs kick like a frog. The face stays out of the water.

- What stroke do you think requires the most energy?
- What do you think is the difference between training in a swimming pool, the ocean, or a lake?
- In what ways do you think timing is important for these strokes?

The **butterfly** is similar to the breaststroke but is only used in competition. Instead of pushing the arms through the water, the arms come out of the water and scoop the water down and away. The legs kick together in the same way that a dolphin uses its tail to swim.

College and Beyond

If you thought there was a lot of training in high school, wait until you get to college. No matter what sport interests you, chances are you can find a team in college. There are bowling teams and golf teams. There are even handball and **roller derby** teams. Some people play on **curling** teams. If you are good enough, you may be able to make a living at playing a sport after you graduate!

Football

The college football season runs from September to January. The training schedule lasts much longer, though. College football players arrive on campus before most students. While most students come to school in September, players are ready in August. Before the season starts, they spend a month at camp. They spend their days training and discussing **strategies**.



Hungry?

Did you know a college football player can eat as much as 10,000 calories a day? That's like eating more than a dozen eggs, a pound of bacon, four burger-and-fry combination meals, three large chocolate shakes, a rack of ribs, a gallon of milk, four sodas, and a large popcorn. Of course, the best athletes choose healthy foods to power their bodies.



Football players use tackling pads to practice.

Volleyball

Volleyball is an exciting sport to play. It can be played all year long. It can be played on an indoor court or on the beach. Beach teams have only two players. Court teams have six players. One team serves the ball to the other team. Players try to keep the ball from touching the ground on their side of the net. And they try to make it touch the ground on the other team's side. They serve, **rally**, and pass the ball. They block, jump, and **dig**. The game moves very fast, and the players must be in excellent shape. When volleyball teams compete, it is called a *match*.



World Match Up

Volleyball was invented in the United States, but it is popular around the world. In 1964, Japan's women's volleyball team became Olympic champions. Today, Cuba has a very strong volleyball team.



Stand Tall

Tall players have an advantage in many sports, and volleyball is one of them. Olympic champion Kerri Walsh is known as Six Feet of Sunshine. She has won two gold medals.

Going Pro

The sports you love can lead to a **career**. Have you ever dreamed of becoming a major league baseball player? You can start training as a **professional** athlete right now! Or you may compete in the Olympics, the biggest competition in the world.

Of course, it's not all fun and games. Training as an athlete takes time and **dedication**. It takes a lot of hard work and **sacrifice**. When some kids are watching TV or playing video games, an athlete is training. When other kids finish their homework and get to relax, an athlete is rushing off to the field. If you ask an athlete, though, the hard work and sacrifice are worth it.

Jump-Start Your Career

If you want to be a professional athlete, you'll need to start training now. Many schools have teams for football, track, soccer, baseball, basketball, and tennis. Large schools might even have swimming and water polo, golf, wrestling, volleyball, and hockey. Many have cheerleading and dance teams, too. If you like sports, you'll be able to find a team to join.





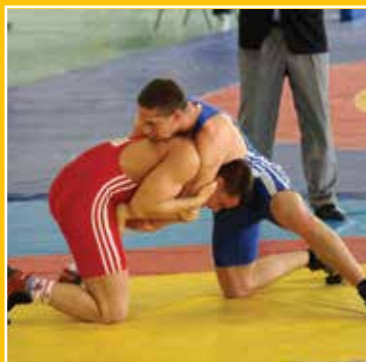


The Ultimate Challenge

The Olympics are the ultimate event for any athlete. They are held every two years in a different country. Olympic athletes are honored to represent their countries and show off their skills. Check out some of the most popular sports below.

SUMMER OLYMPICS

The Summer Olympics require warm weather outdoors.



Wrestling features two opponents testing their strength against each other on a soft mat.



Archery requires a bow, an arrow, and excellent aim.



Fencing is an old sport that is practiced with a sword.



WINTER OLYMPICS

The Winter Olympics include sports that take place in the ice and snow.



Speed skating is an exciting form of racing on an oval ice rink.



Ice skating is one of the most beautiful Olympic sports.



Snowboarding is like skiing on one wide ski.

Tennis

Professional tennis is a very popular sport. But just because athletes like a certain sport, it doesn't mean that's all they do. Professional tennis players do more than play tennis. Like other athletes, they need to develop strength, **endurance**, power, and **stamina**. They can do this by practicing tennis with others, which they'll usually do a few hours a day. They also do **cardio** and strength training an hour or two every day. They walk and run as much as possible, taking stairs instead of elevators. And they might do **yoga** for overall training.



**"If you're not a competitor,
you've just got to go home."**

—Venus Williams

Young Professionals

Many professional athletes started playing sports when they were very young. Tennis stars Serena and Venus Williams started playing tennis before they were even five years old. The sisters each went pro at 14 years old.



Pedal to the Metal

Have you ever watched a **motocross** racer fly through the air? You might think the racers practice riding their motorcycles over dirt trails and jumps all day. They do much more than that, though. Like other athletes, motocross racers have to condition their bodies. They do this by weight training, running, biking, and more. They focus on developing their strength and speed. They also build their **coordination** and power.

Motocross racers don't just hop on their motorcycles and go, though. They stretch and take a walk first. This loosens up their bodies so they aren't stiff. A stiff body can make for an uncomfortable ride! Motocross racers have to watch what they eat, too. Eating healthy and being fit will make it easier to breathe while they're riding. The best riders keep their bodies in top form.



Start Your Engines

If you want to race fast but you don't want to ride a motorcycle, you can race cars. While you might be too young to drive a car right now, you can practice in a go-kart.



Marvin Musquin celebrates after winning a motocross race.



A motocross race is usually about 30 minutes long.

Get in the Game

So you've decided you want a career as an athlete. It's never too early to start training. Join a team, and start practicing regularly. You don't need to play every day, but you need to play often. It's important to try other sports, too. Run. Hike. Try something new.

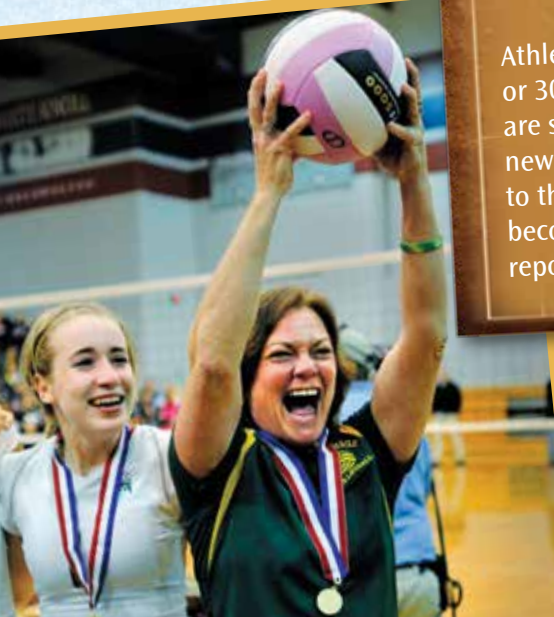
Take care of your body by giving it the fuel it needs to perform. Eat healthy foods, and get enough sleep. If you study hard and practice often, you just might find yourself with a career in sports!





End Game

Athletes often retire in their 20s or 30s. Many retire because they are seriously injured. Many find a new career that is closely related to the sport they love. They can become coaches, sportswriters, reporters, or **agents**.





Meet an Olympian

TIME For Kids talks to Olympic speed skater Apolo Anton Ohno

By TFK Kid Reporter Gabe Roy

Imagine trying to prepare for a 40-second race that could change your life. Apolo Anton Ohno is a world-famous speed skater. With eight medals, he holds the record for a U.S. Winter Olympian. Ohno won a silver medal and two bronze in the short-track speed skating event in the 2010 Olympics. Ohno also participated in the 2002 and 2006 Olympics, where he took home gold, silver, and bronze medals. Being a speed skater means you have to practice a lot—8 to 12 hours a day, Ohno says. Find out more about what it takes to live the Olympic dream in this exclusive interview.

TFK: How did you first become interested in speed skating?

Ohno: I saw speed skating when I was 12 years old on the Olympic Games with my father, and I thought it was the coolest thing I had ever seen in my life. I didn't think it was real. I thought it was little superheroes racing on a track on blades. That's when I first got hooked.

TFK: As a kid, did you speed skate? If not, what activities did you enjoy when you were a kid?

Ohno: I didn't speed skate. I played sports. I was a swimmer. I did inline skating, but I jamskated [a mix of dancing, skating, and gymnastics]. I don't know if that counts.

TFK: When was your first national speed skating race, and how did you feel about it?

Ohno: My first true national championship was when I was 14 years old. I felt pretty good because I won!

TFK: Before a race, how do you overcome being nervous, or are you not nervous at all?

Ohno: I don't know if I get nervous anymore. I think it is more that I get anxious. But it happens every time, and I try to use it to my advantage. You know, I tell myself it's a natural function, and it just means I'm getting ready for the race.

Speed Skater Apolo Anton Ohno has skated in three winter Olympics.





TFK: What would you like to tell the young athletes of America?

Ohno: I would say to follow your dreams, and to realize whatever path you want to do. Whether you want to be an athlete, you want to focus full time on school, and to really dedicate 100 percent of yourself to that. I know it's hard, you're so young, but try and realize you guys have an opportunity to be the best you can be every single day. Believe in yourself and don't listen to anybody who says you can't do it.

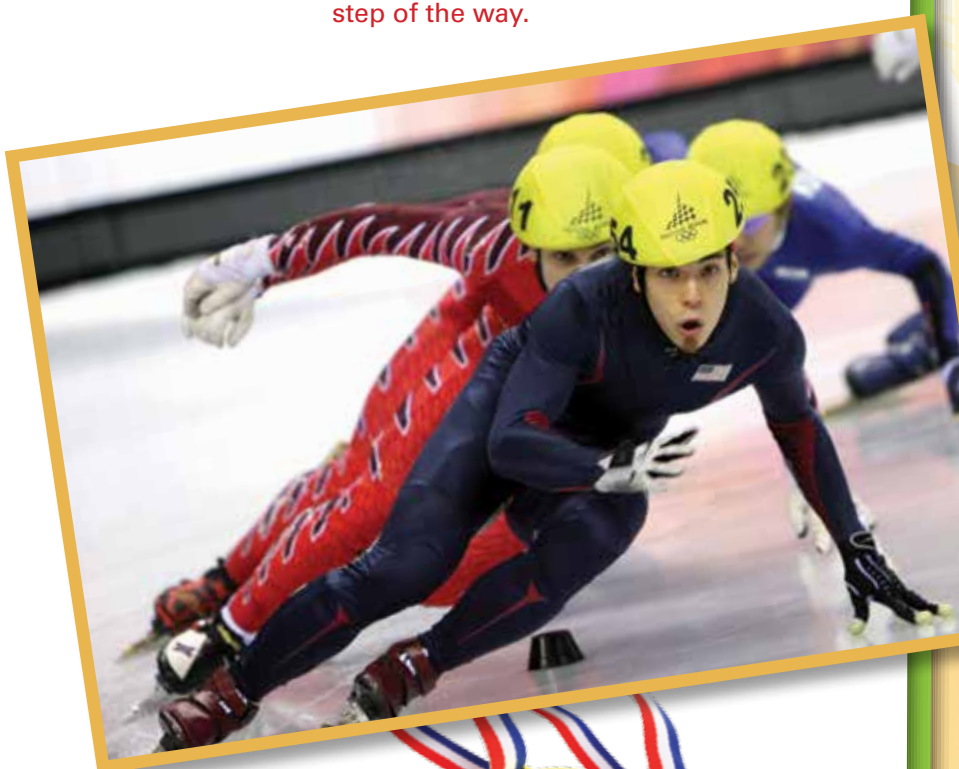
TFK: What do you enjoy doing when you're not speed skating?

Ohno: I enjoy food tremendously! When I was training for the last Olympic Games, I had to sacrifice a lot of food.



TFK: If you could make any wish come true, what would it be?

Ohno: Oh, I'm living a dream, man! I'm living my own personal dream. I wouldn't change anything for myself right now. Everything has happened for a reason. Win, lose, or draw, it's all part of the process. So I try to enjoy every single step of the way.



Speed skaters train hard to build strong muscles in their legs.



Glossary

- agents**—people or businesses that act on another's behalf
- backstroke**—a swimming stroke in which the arms reach above and behind the head to move through the water while the legs kick up and down
- balance beam**—a raised beam used to perform balancing exercises
- breaststroke**—a swimming stroke in which the arms scoop the water away while the legs kick like a frog
- butterfly**—a swimming stroke in which the arms come out of the water and scoop the water down and away while the legs kick together in the same way a dolphin uses its tail to swim
- cardio**—short for *cardiovascular*; exercises that strengthen the heart
- career**—a profession or occupation
- competitors**—people on the opposite team; those trying to perform better than you
- confidence**—trust and belief in yourself
- coordination**—making parts work together smoothly
- core**—the muscles around the stomach, back, and pelvis
- curling**—a game played on ice in which teams slide a large stone toward a mark in the center of a circle
- dedication**—being devoted, loyal, or committed to something
- dig**—a defensive play made on a hard-driven ball
- division**—a section or category
- dribbling**—moving a basketball forward by bouncing it on the ground
- endurance**—the power to withstand stress or hardship
- freestyle**—a swimming stroke in which swimmers face forward, pulling their arms through the water and breathing to the side as their arms move away from the head

gymnastics—a competitive sport in which athletes perform feats of balance, strength, and control

meets—competitions

motocross—a timed motorcycle race over a closed course of a winding dirt trail with hills, jumps, sharp turns, and often muddy terrain

pommel horse—a padded piece of equipment used in gymnastics for swinging and balance

professional—engaged in an activity as a job and source of income

rally—to exchange several hits before a point is won

roller derby—a sport played on roller skates

sacrifice—the act of giving up something important

stamina—having energy and strength

strategies—plans for success

stroke—any one of the repeated movements of the limbs and body used for swimming

total lung capacity—the amount of air your lungs can hold in a single breath

tournament—a competition in sports in which athletes play a series of games

tutors—private teachers

vault—a gymnastics event in which the athlete runs down a runway, jumps, and twists over a padded block

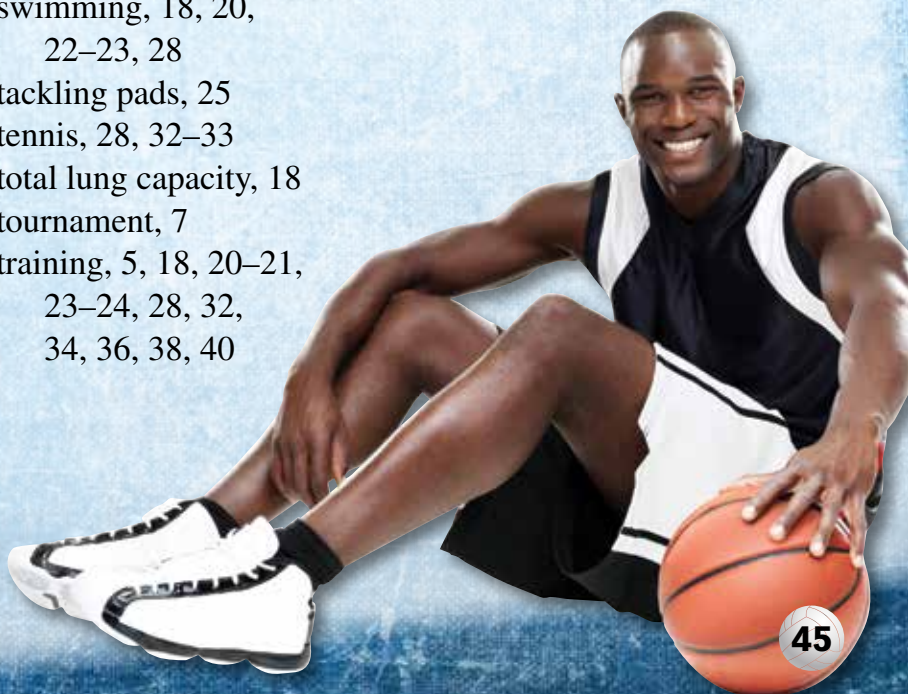
water polo—a water sport played in a pool; similar to soccer, but the ball is moved by hands, not feet

yoga—an exercise that promotes control of the mind and body

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This book explains the basics about nutrition, exercise, and health. It will help you understand how to make healthy choices, and it is filled with fun and interesting facts.



More to Explore

PBS Kids

<http://pbskids.org/kws>

Kids World Sports is a website that has information about many different types of sports and athletes.

Sports Illustrated for Kids

<http://www.sikids.com>

The Sports Illustrated for Kids website provides stories, photos, news, and activities about your favorite sports and athletes. They also publish a magazine.

Official Olympic Website

<http://www.olympic.org>

The official website for the Olympic Games provides international news and events related to the upcoming Olympic Games as well as the organization in general.

Exploratorium

http://www.exploratorium.edu/explore/staff_picks/sports_science

The Exploratorium is more than just a museum. It's an ongoing exploration of science, art, and human perception. This site has a collection of links on the science of sports from baseball and hockey to skateboarding and cycling.

About the Author



Diana Herweck has always been interested in the things people do, including their jobs. She works as a teacher and a counselor, helping people of all ages decide what they want to do when they grow up. Her favorite sport is baseball. She also loves working with children and spending time with her family. She enjoys playing with her kids, reading, music, movies, and crafts of all sorts, especially scrapbooking. Diana lives in Southern California with her husband, two wonderful children, and three dogs.

