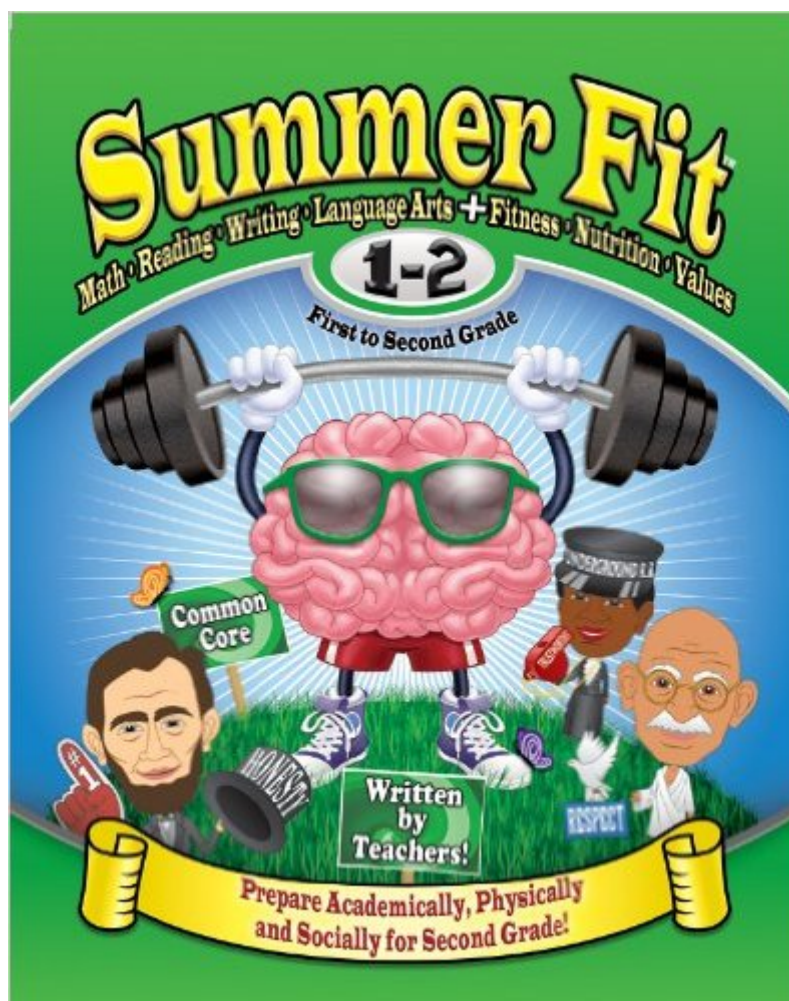


The book was found

# Summer Fit First To Second Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition And Values



## Synopsis

Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core standards and include skills in math, reading, writing, language arts and science. Fitness exercises are designed to jump start the recommended 60 minutes of active play a day that children need to grow up healthy. Role models from throughout the world including Abraham Lincoln, Gandhi and Harriet Tubman help reinforce core values such as honesty, respect and trustworthiness. Summer Fit extends the summer learning experience online with free reading and math digital downloads, book reports, health and wellness activities and fitness videos. \* Based on Common Core: math, reading, writing, language arts and science \* Exercises jump start the recommended 60 minutes of daily movement and play \* Role models reinforce core values, good character and social skills \* Integrated academics and physical activities reinforce the importance of the body-brain connection \* Free digital downloads

## Book Information

Series: Summer Fit (Book 9)

Paperback: 176 pages

Publisher: Summer Fit Learning; 1 edition (March 1, 2013)

Language: English

ISBN-10: 097628006X

ISBN-13: 978-0976280064

Product Dimensions: 8.4 x 0.4 x 10.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #431,123 in Books (See Top 100 in Books) #67 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #92 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #391 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#)

Age Range: 6 - 7 years

Grade Level: 1 - 2

## Customer Reviews

I purchased this workbook for my daughter who is six years old. She is just finishing kindergarten, and the kindergarten to first grade workbook was much too easy for her. The first to second grade

was much closer to her learning level. The workbook is structured into ten weeks of five days per week lessons, for a total of 50 lessons. Each day, children are asked to complete mind, body, and reading activities and color in a star when they have completed their 20 minutes (total) of work for the day. At the outset of the program, there is a skills assessment test for the child to take, which is about four pages total of reading and math problems. There is an answer key provided at the back of the book. However, no instructions or guidance are provided if a child struggles in a particular area. I really enjoyed the fact that physical activities are part of each day's work. This is a great way to incorporate physical fitness five days a week during the summer break. There is also a mix of cardiovascular and strength training. For example, some of the cardiovascular activities are: playing tag, tree sprints, and jumping jacks. Strength exercises include leg scissors, ankle touches, and push-ups. The Biggest Loser contestants are featured in the book and on the book's website. I also really liked the values lessons each week. The values included in this book are: honesty, compassion, trustworthiness, self-discipline, kindness, courage, respect, responsibility, perseverance, and friendship. Each value is exemplified with a role model, such as Terry Fox, Mother Theresa and Abraham Lincoln. At the close of each week's values lesson, there is a suggested reading list of three, grade-specific books for further reading. There is a three page Summer Journal at the back of the book, where the child has lines to write about: family vacation, favorite outdoor summer activity, and their best friend. There are many references in the books to the company's website: [summerfitlearning.com](http://summerfitlearning.com) for videos, games and additional materials. However, when I accessed the page at the end of May, there was only a countdown to summer clock and preview pages of the workbooks. I am hoping this will change to deliver the promised content. The book has a Summer Reading List, which I was not happy with. Having bought the Grade Two to Three Workbook for my older child, I immediately noticed that the Summer Reading List was exactly the same in both books. The titles range from "The Cat in the Hat" to "Freckle Juice" and "Clifford, the Big Red Dog." I can assure you that asking my third grader to read "The Cat in the Hat" was insulting! The reading list should have been grade-specific and not generic across the workbook series. The workbook asks the children to read the books on the list, complete a book report (which is at the back of the book) for each book they read. The problem is that there is only one book report form and 24 books on the list. You will need to copy or scan and print the book report page. All books on the list should be readily available at your local library's children's section, so you do not have to purchase additional materials. There are other things that are exactly the same across the workbook sets: the values order, the exercise plans are precisely the same down to the same page number, the introductory materials, the Fitness Index (which includes vocabulary

words which should have been modified for age levels), and the values introduction at the opening of each new week is word-for-word identical. The authors clearly re-used content between workbooks. However, this could be a real advantage if you have several children working on this series for the summer, as it will be easier to keep their activities organized down to the same page number. The book refers to many websites that parents will need to visit before letting their children visit: [www.values.com](http://www.values.com), [www.myplate.gov](http://www.myplate.gov), [www.cdc.gov](http://www.cdc.gov), [www.championsforchange.net](http://www.championsforchange.net), [www.stopbullying.gov](http://www.stopbullying.gov), and more. While there are things I did not like about this workbook, on the whole, I am very satisfied with it and look forward to using it, especially the fitness component, with my girls this summer.

This is the second year I've bought these workbooks for my kids. I like that they're geared for transitioning between grades. I'm always afraid my kids will backslide during the summer and these books keep that from happening.

I believe this is a great book for my tutee's summer vacation. His mother is very busy taking care of the home and with my tutee's disability with exercises and taking him to physical therapy to strengthen his right arm and hand that were injured during delivery. My tutee's activity level is high and with the aim of helping him and his mother, I am going to assign him to work on this book. He is a go-getter for books and math. I also have books and educational aids for my tutee's older brother. They can play, but also continue their education. I kidded them as saying I would be the Wicked Witch from THE WIZARD OF OZ. The older brother said he would throw water on me and I would melt. We all laughed about a wet and melting Juana. The boys' mother knows that when it is quiet in the house, she has to discover why. The "why" is that the boys are reading doing some of Juana's homework. In sixth grade, the older brother was the only student in his class who knew about Greek and Roman gods and goddesses via the books given to him. I get so much more out of tutoring than the tutees. They are the future generation, and although I was not a teacher, I was a licensed clinical social worker seeing and working with emotionally and physically abused children. My tutees have love, a nice home, and loving parents. They also have a tutor with high expectations clearly communicated every time I tutor or when they visit me to say hello. There does not seem to be any greater joy than to see my tutees grow and become good human beings and scholars.

This is for summer!!! Or as a good unschool/homeschool book. There's not a lot in them because it was intended for sort summer focuses. Plus, they have timed reading! Put a lot into the books

they're going to spend 20 minutes a day reading. Or add your own chore list, to do star too it. This is a great way to get the kids to spend some time "thinking, reading, and healthy" without jumping through the school's hoops. Summer is short. So make the most of it. Versus the 180s of required 1 hr focus time they're going to spend in school. Be creative on your with this book. I'll be buying this book for my 7th grade going to 8th grade next summer.

Love the Summer Fit series of summertime workbooks to reduce learning loss! These books combine physical, mental and "values" lessons. They are structured to be delivered as 5 daily sessions each week. They aren't overwhelming, a lot of the material is easy for the child to self-direct, and they provide a great sense of achievement when the child finishes. We've tried a number of these types of summer gap lesson books and these are definitely the best.

I purchased this book for my 1st grader so that he would be prepared for second grade. I love the book and they way that it is organized. I did not have to help him much with the layout and activities. He read them and we did them together. There is lots of room for physical and mental work in this book. I love that they give the children different games they can play that help them exercise. Overall, I think this book is a great balance for summer. It includes mental and physical work for kids so they don't have any trouble when entering the next grade. I will be buying this book for each of the next school years.

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Paleo Recipes 15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time  
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