

Read the following passage and answer the questions that follow.

How to Stay Fit for Life

by Rita Upadhyay

Getting the right amount of exercise is key to staying healthy.

You know this fact better than anyone else does: kids are busier than ever before. The amount of homework has increased, and so has involvement in after-school activities. Kids feel pressure to do well in school and to keep up with music lessons and other activities. But health experts say most kids' hectic schedules leave out one of the most important activities: exercise.

2 "It's a myth that kids get enough physical activity," says gym teacher Andy Schmidt, who was named Teacher of the Year by the National Association for Sport and Physical Fitness. "Kids' lives are busy, but they don't get the exercise time needed to stay healthy."

Alarming reports released last year by the U.S. Department of Health and Human Services show that nearly half of all young people in America are not vigorously active on a regular basis. This trend is a big factor in the rising rate of obesity among kids. School budget cuts and more emphasis on preparing for tests have led many schools to cut down on gym and recess time. Now

more than 25% of students get no physical education in school.

GOOD FOR YOUR MIND AND BODY

Staying fit is a key element to maintaining your health. "We only get one body, so we have to learn to take care of it at an early age," says Dr. Charles Capetta, a pediatrician at the Dartmouth Hitchcock Clinic in Nashua, New Hampshire. Exercise helps build and maintain healthy bones, muscles, and joints. It also prevents or delays the development of health problems that affect adults, including high blood pressure and heart disease.

Besides yielding medical benefits, staying fit means you have more energy to keep up with your packed daily schedule. Exercise can also help you relax, respond better to stress, and build self-confidence.

It's not necessary to be involved in competitive sports to stay in shape. The good news: riding bikes or Rollerblading with your friends count too. "Have fun, and do what you enjoy," says Schmidt. "If you find an activity you really enjoy, you will stick with it."

A formula for staying fit

Different parts of our bodies require different types of exercise. Read below to find out what combination you need to stay strong and flexible.

EXAMPLE	BENEFIT	AMOUNT
<p>Aerobic Exercise Jumping rope, basketball, running, biking</p> 	<p>Aerobic exercise increases your heart rate, making you breathe harder. This strengthens your heart and lungs and improves the delivery of oxygen and blood throughout your body.</p>	<p>Thirty minutes a day, five days a week.</p>
<p>Strength Training Pull-up, sit-up, weightlifting, tugs-of-war, push-ups</p> 	<p>Muscle strength refers to the amount of work your muscles are able to do without getting tired. Endurance is the amount of time your muscles can work. Building both improves overall fitness.</p>	<p>Two or three days a week.</p>
<p>Flexibility Training Sit and reach, yoga, Tai Chi, gymnastics</p> 	<p>Flexibility is important because it allows you to move joints and stretch muscles in a full range of motion. Stretching before and after exercise helps protect you from injury.</p>	<p>Before or after any workout.</p>

1. According to the chart, how often should you do aerobic exercises?

- A. five days a week
- B. three days a week
- C. twenty minutes a week
- D. thirty minutes a week

2. According to the chart, which of the following is a benefit of strength training?

- A. greater flexibility
- B. increased heart rate
- C. protection from injury
- D. improved overall fitness

3. Which idea from the passage lets the reader know that some students are leading less active lives than ever before?
- A. Exercise can build self-confidence and help you relax.
 - B. We only get one body, so we have to learn to take care of it.
 - C. Kids’ hectic schedules leave out one important activity: exercise.
 - D. It is important to stretch before and after you exercise to help protect you from injury.

4. A main idea supported by this passage is that kids should
- A. prepare more for tests at school.
 - B. make time to exercise five days a week.
 - C. spend more time after school doing homework.
 - D. read reports about the rising number of kids who are overweight.

5. As used in paragraph 2, the **best** definition for the word myth is
- A. a type of exercise.
 - B. a way to stay healthy.
 - C. something that is a fact.
 - D. something that is untrue.

6. According to the passage, why are children so busy?
- A. They exercise all the time.
 - B. They play competitive sports.
 - C. Their homework has increased.
 - D. Their parents give them chores.

7. In which category of the chart below would “How to Stay Fit for Life” **best** fit?

Letter	Instructions	Journal Entry	Magazine Article

- A. Letter
- B. Instructions
- C. Journal Entry
- D. Magazine Article

8. The author **most** likely wrote this passage in order to
- A. teach kids how to do aerobic exercises.
 - B. tell an interesting story about exercise and our bodies.
 - C. compare strength training and flexibility training exercises.
 - D. inform kids about the many ways that exercise is good for the body.

RUBRIC FOR READING OPEN-RESPONSE ITEM A

- A. The author says that “kids are busier than ever before,” so they do not have enough time to exercise.
1. Identify two reasons why kids are busier.
 2. Describe two effects of kids **not** exercising.

Use information from the passage to support your answers.

BE SURE TO LABEL YOUR RESPONSES 1 AND 2.

Score	Description
4	The response clearly and thoroughly describes two or more reasons why kids are busier and correctly relates at least two effects of kids not exercising using accurate and relevant information from the passage. The response demonstrates comprehensive understanding of the task.
3	The response adequately describes ways in which kids are busier as well as the effects of not exercising. The response uses relevant information from the passage but may omit some details or contain minor misinterpretations demonstrating general, but not thorough, comprehension. OR The response demonstrates comprehensive understanding of one part of the task but does not address the other part or does so inadequately.
2	The response uses limited information from the passage to address the questions of why kids are busier and the effects of not exercising. There is little or no detail, and the response may contain major misinterpretations demonstrating only basic understanding of the questions. OR The response demonstrates general understanding of one part of the task but does not address the other part or does so inadequately.
1	The response inadequately addresses the questions of why kids are busier and/or the effects of not exercising. It contains little relevant information from the text, and some information may be incorrect. OR The response provides limited, basic information to address one part of the task, but does not address the other part.
0	The response is totally incorrect and shows no evidence that the student understands the task. The response may be off topic or completely irrelevant.
B	Blank – No Response. A score of “B” will be reported as “NA.” (No attempt to answer the item. Score of “0” assigned for the item.)

LITTLE ROCK

Reading: Content / Grade 4 / Stay Fit for Life

Answer Key and Alignment

<u>Answer</u>	<u>Source</u>	<u>Core Reading Skill</u>	<u>SLE</u>	<u>CC-Standard</u>
1. A	AR	Article Details	R.9.4.5	
2. D	AR	Article Details	R.9.4.5	
3. C	AR	Inference	R.9.4.10	
4. B	AR	Main Idea	R.9.4.10	
5. D	AR	Vocabulary	R.11.4.1	
6. C	AR	Article Details	R.9.4.5	
7. D	AR	Genre	R.9.4.1	
8. D	AR	Author's Purpose	R.9.4.7	