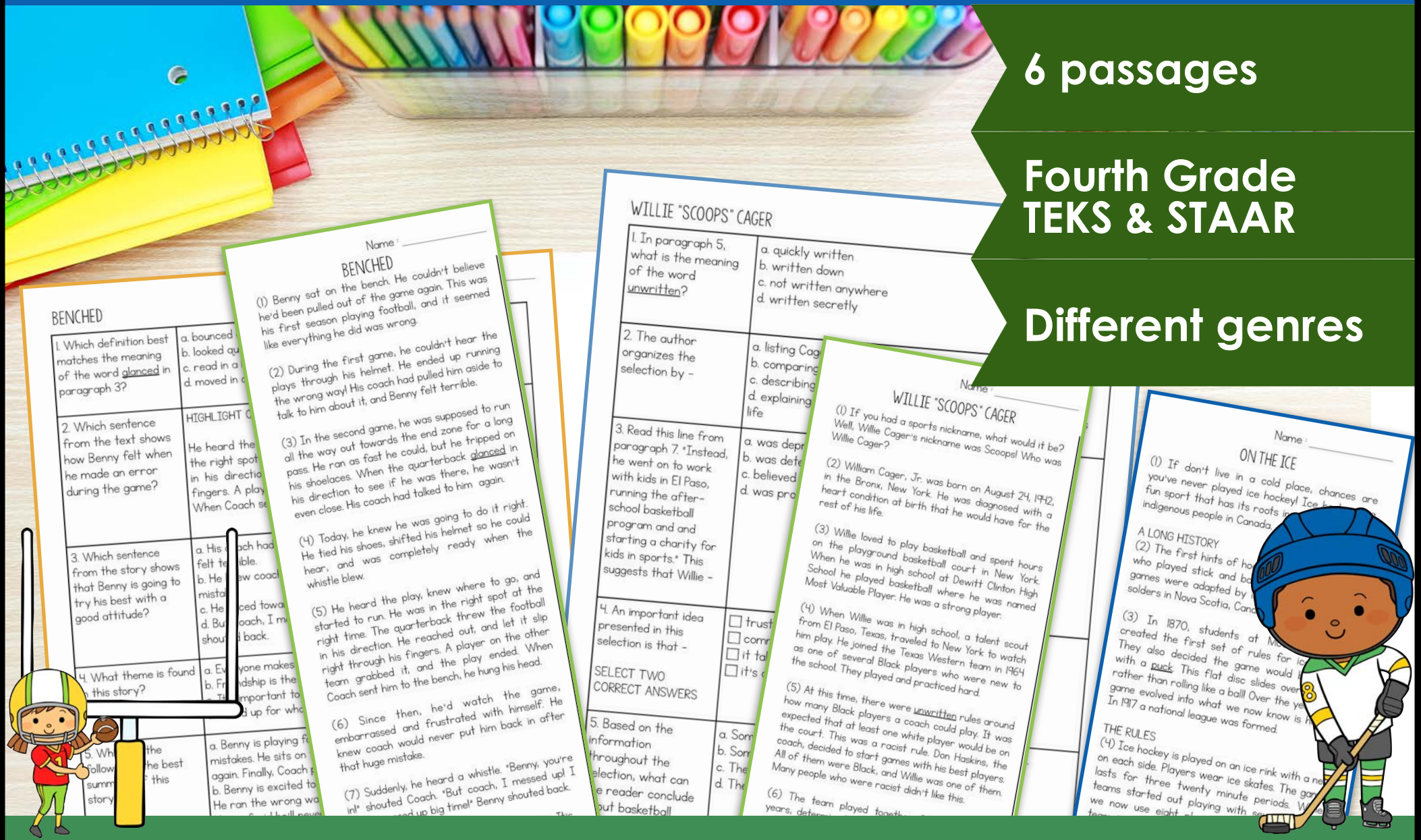
SPORTS READING PASSAGES

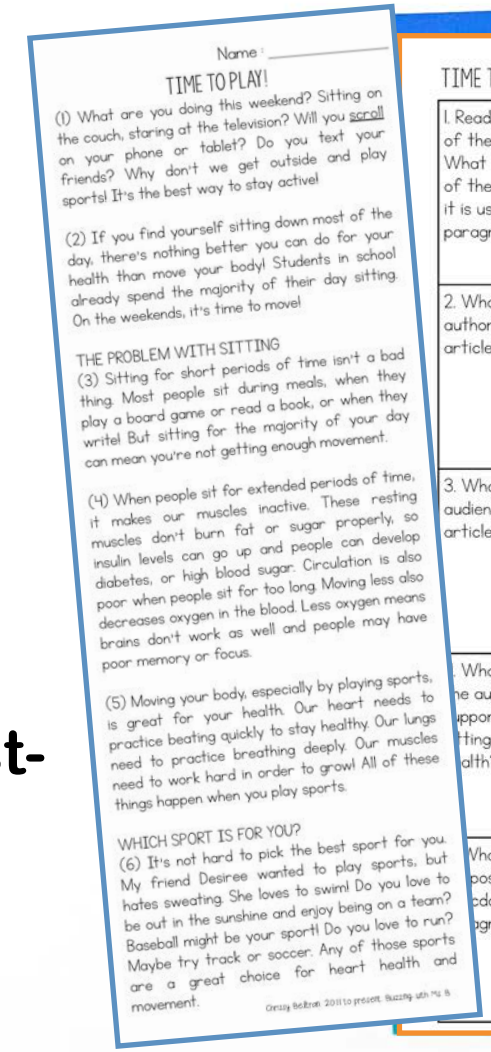


PRACTICE READING COMPREHENSION

SHORT PASSAGES HELP YOU COVER MORE SKILLS



- ✓Read a variety of genres
- ✓Choose topics your kids enjoy
- ✓Review all important standards they need to practice.
- ✓Reinforce TEKS and STAAR skills
- ✓Practice reading and test-taking strategies



Name : _____

TIME TO PLAY!

(1) What are you doing this weekend? Sitting on the couch, staring at the television? Will you scroll on your phone or tablet? Do you text your friends? Why don't we get outside and play sports! It's the best way to stay active!

(2) If you find yourself sitting down most of the day, there's nothing better you can do for your health than move your body! Students in school already spend the majority of their day sitting. On the weekends, it's time to move!

THE PROBLEM WITH SITTING

(3) Sitting for short periods of time isn't a bad thing. Most people sit during meals, when they play a board game or read a book, or when they write! But sitting for the majority of your day can mean you're not getting enough movement.

(4) When people sit for extended periods of time, it makes our muscles inactive. These resting muscles don't burn fat or sugar properly, so insulin levels can go up and people can develop diabetes, or high blood sugar. Circulation is also poor when people sit for too long. Moving less also decreases oxygen in the blood. Less oxygen means brains don't work as well and people may have poor memory or focus.

(5) Moving your body, especially by playing sports, is great for your health. Our heart needs to practice beating quickly to stay healthy. Our lungs need to practice breathing deeply. Our muscles need to work hard in order to grow! All of these things happen when you play sports.

WHICH SPORT IS FOR YOU?

(6) It's not hard to pick the best sport for you. My friend Desiree wanted to play sports, but hates sweating. She loves to swim! Do you love to be out in the sunshine and enjoy being on a team? Baseball might be your sport! Do you love to run? Maybe try track or soccer. Any of those sports are a great choice for heart health and movement.

Christy Beltran 2011 to present. Buzzing with Mr. B

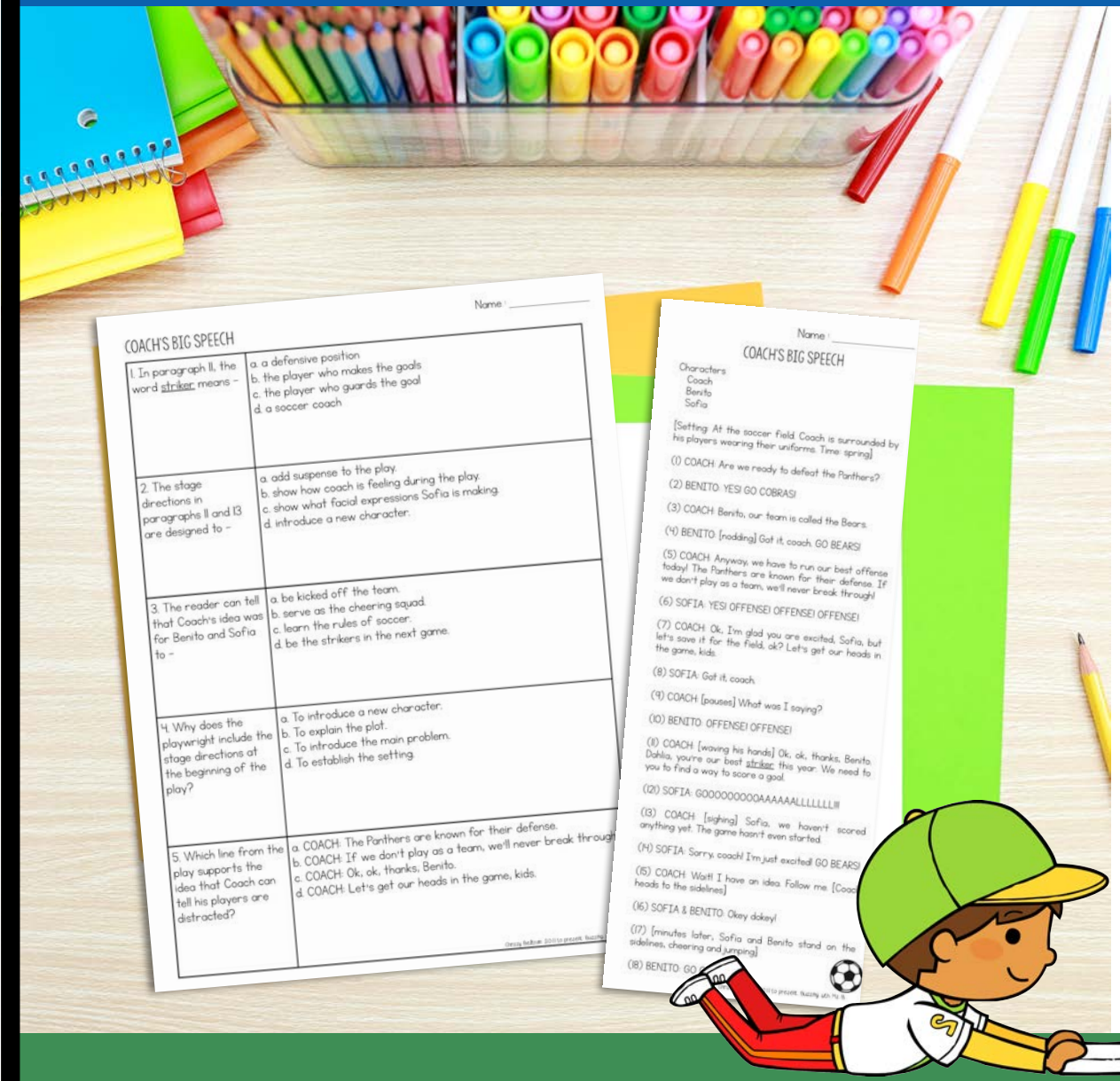
Name : _____

TIME TO PLAY!

1. Read the definitions of the word scroll. What is the meaning of the word scroll as it is used in paragraph 1?	1. /n/ a roll of paper for writing on 2. /n/ a decorative piece of trim with curves 3. /v/ to roll back 4. /v/ to move graphics or text on a screen a. Definition 1 c. Definition 3 b. Definition 2 d. Definition 4
2. What claims is the author making in this article?	SELECT TWO CORRECT ANSWERS ☐ Most Americans have heart problems due to sitting. ☐ Sports are a good way to move your body. ☐ Movement is beneficial to our health. ☐ Sitting is the biggest problem kids face today.
3. Who is the audience for this article?	a. Students who sit during the week and on weekends. b. Students who already play sports. c. Students who want to play sports but don't know where to go. d. Students who are active during the week.
. What facts does he author use to pport the idea that tting is bad for our alth?	SELECT TWO CORRECT ANSWERS ☐ Too much sitting increases your risk of high blood sugar. ☐ Too much sitting means you're scrolling on your phone too often. ☐ Lack of movement decreases oxygen in our blood. ☐ Lack of movement is important for sports.
What is the pose of the cdote in graph 6?	a. To show that sports are hard to find in some area b. To explain how one person found the sport she enj c. To show that people who swim enjoy sports. d. To demonstrate soccer is a good sport for people v run.

Christy Beltran 2011 to pres

REVIEW SIX GENRES WITH COMPREHENSION QUESTIONS



This set of passages includes:

- ✓Fiction
- ✓Poetry
- ✓Drama
- ✓Literary Nonfiction
- ✓Informational
- ✓Argumentative

QUICK, RIGOROUS PRACTICE