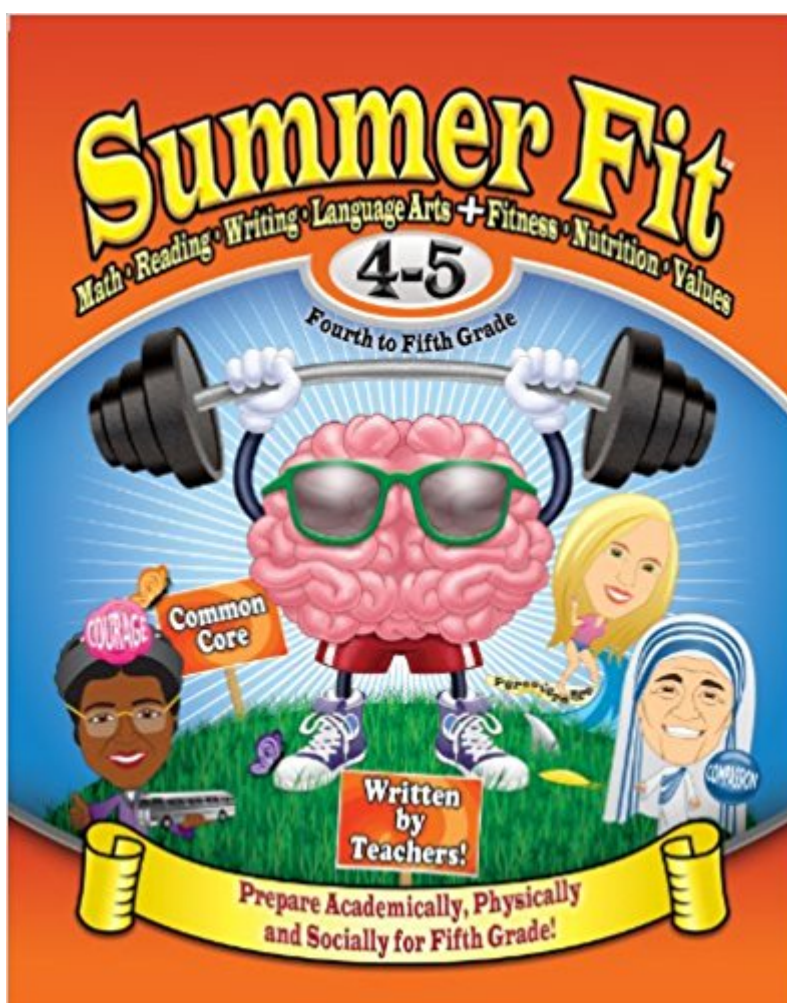


The book was found

# Summer Fit Fourth To Fifth 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 Rosa Parks, Bethany Hamilton and Mother Teresa 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: 0976280000

ISBN-13: 978-0976280002

Product Dimensions: 8.3 x 0.5 x 10.8 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.5 out of 5 stars 45 customer reviews

Best Sellers Rank: #468,652 in Books (See Top 100 in Books) #66 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #105 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #426 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#)

Age Range: 9 - 11 years

Grade Level: 4 - 6

## Customer Reviews

I have been in the entertainment industry making movies for families and young people for over 35 years and it is a rare to run into an educational workbook that is so relevant to both parents and

children and presented in such a fun and engaging way for both. Summer Fit speaks to today's families and uses the world of technology and print to bridge the worlds of fitness and education. It is cool, it is fun and above all will make a difference in the lives of children who use it- -- Tim Nelson, Holy Cow! Productions and Feature Film for Families

Active Planet Kids (APK) is an Active Lifestyle and Educational company that focuses on both cognitive and non-cognitive development to create whole child learning experiences. APK products and resources help parents and children build healthy lifestyles, leadership and social responsibility as part of their overall academic success. Kelly Terrill is an educator and mother of seven who knows what it takes to challenge her children to strive for their unique, personal best. Balancing her life as an educator and mother Terrill is well organized, disciplined and committed to making a positive impact on her students/children. Kelly received her degree in education from the University of Utah and went on to work in Special Education and after-school programs before settling into her role as active parent and educator.

I really enjoyed the breath of activities in this workbook. Lessons reiterated ideas both previously learned in the classroom and in the workbook itself. The pages were easily performed with minimum direction by my student yet created a few challenges as well. Nice combination of "real world fun" (creating stories, short exercise challenges, nutrition info, etc) with drilling the building blocks of late elementary school lessons to promote skills mastery.

This is great as a reviews so your child keeps up with academics over the summer. I really like that there is a contract every 10 days of work completed. I used it as a way to encourage my boy to complete each day. There are also some easy kid-friendly healthy snack ideas in the book. I also liked how values are highlighted in the book and the book offered ideas for students to try to practice those values. I also really liked that most of the activities are challenging. The Exercise activities were fun to choose from. I found that some of the activities my son was initially uncomfortable with, I had to go over a few examples with him. So you do need to provide some guidance. The reason why I gave it a 4 not 5 star is because I thought some of the activities were not explained enough. However, this book is fantastic because it is a way to keep you child engaged in meaningful learning activities over the summer.

We have used a variety of different summer work books but Summer Fit is by far our favorite. My 9

year old, 7 year old and 5 year old go in the backyard with me each day to do the fitness activities. They are bright, engaging and not overwhelming which is exactly the right thing for the summer. The lessons are challenging. Great job!

I bought one of these in the 3-4 level, and this one. I found the same problems in both books. This is a fun summer book, but the answer key and the pages have errors on almost every other page. The curriculum is relevant and the activities are good, but the typos and errors make it hard to correct easily, and causes frustration when it is marked wrong and then is actually correct. I like the fact that it incorporates values and fitness into each day. Just wish someone went through the book and made sure it was all correct before printing it!

Great book for the summer as it did exactly what it advertised. It reviewed 4th grade material and provided a brief introductory to 5th grade. The pages were easy to tear out, so I placed a week's worth of material in a 3 ring binder every Monday so his assignments were easy to complete and review. As noted in other reviews there were minor errors/misspellings that I caught while reviewing with my son, but we kept moving along and learned many facts despite the minor errors. The exercise examples were something new that we enjoyed just as well.

Perfect for summer.

This is a great way to keep your kids mind active for the summer without overwhelming them with work. It usually takes us less than 30min to complete the lessons for the day and gives some fun ideas to keep them physically active as well. Great for the kids going from 4th to 5th grade. There are some challenging pages and at times need further explaining from the parent, but I like that the kids are challenged with the work.

I was looking for an educational book for my struggling student. This book is exactly what i was looking for. It is full of content that is easily understood.

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