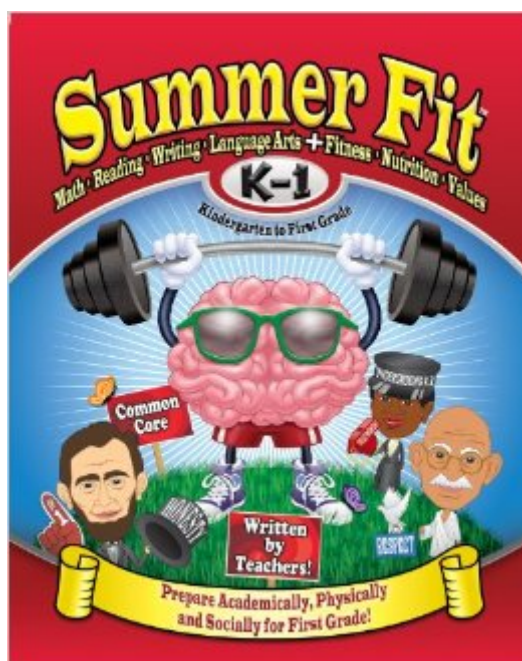


The book was found

# Summer Fit Kindergarten To First 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 (April 1, 2011)

Language: English

ISBN-10: 0976280078

ISBN-13: 978-0976280071

Product Dimensions: 8.4 x 0.4 x 10.8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #360,417 in Books (See Top 100 in Books) #52 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #80 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #327 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#)

Age Range: 5 and up

Grade Level: Kindergarten - 1

## Customer Reviews

How often do we as parents hear this from kids: "I'm bored. There's nothing to do." I've heard this the day after school ends! It really makes me laugh. But then I think about it. Kids have spent the

last nine months with a tight schedule: a time to be up; a rush through breakfast and dressing to get to school on time; the same routine on a nearly daily basis for school subjects and activities; home to do homework, extra-curricular activities, play with friends, dinner, and bedtime. Rinse and repeat. Something I've used in the past to help alleviate the boredom during the summer has been booklets created to bridge the months between school grades with daily math and English work. My children have enjoyed this sort of thing in the past, so I seized the chance to review the Summer Fit books. Thank you to Media Guests who is touring this workbook series and provided my copy of the 1-2 grade book. I love the Summer Fit program! This five book series works with children who have (or are) finishing Kindergarten to Fourth grade, focusing on basics that will keep students involved with math and English activities so they won't be behind when school starts up again. But it offers more than that. Here's what makes this program stand out: In addition to a page of writing and a page of math activities for each day of the week, these authors have also incorporated daily physical activity to help children stay fit. These exercises are rotated between aerobic, strength, and sports activities, so children won't feel like it's "work". The authors have also found a great way to teach and reinforce core values with a weekly theme. The children learn about someone well known whose life activities have given the world an example of that value.

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