

# Fit to finish

## Worksheet 1: Phonics

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Words with /ai/.
- Read the words below with /ai/.
  - Count the sounds on spelling fingers.
  - Write the different sounds in the boxes.

**For example: rain**

r	ai	n
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**raining**

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**aimed**

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**aim**

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**wait**

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# Fit to finish

## Worksheet 1: Phonics - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

2. Words that end with er.

Read the words that end with er. The er sounds like /u/.

**better**

**fitter**

**under**

**winners**

Think of four other words that end with er.

You might like to think about things you do and describe yourself with that word. For example:

I like to camp. I am a camper.

I like to paint. I am a painter.

Write your words here:

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# Fit to finish

## Worksheet 2: Comprehension

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Complete the sentences by choosing one of the words given below:

**aim, hoops, winner, rain, top**

Kit and Liz cannot go to the park in the \_\_\_\_\_ .

Liz will kick and will \_\_\_\_\_ for the box.

Kit needs to get better to be a \_\_\_\_\_ .

Kit will do tap-the- \_\_\_\_\_ .

Dad says Liz cannot shoot \_\_\_\_\_ .

2. Kit says to Liz's dad: "Thanks, we will not get under your feet!" What does this mean? Write a sentence to explain.

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# Fit to finish

## Worksheet 2: Comprehension - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

3. Make a list of five things you like to do when it is raining. Draw pictures to illustrate the list.

Things to do when it is raining	Picture
1.	
2.	
3.	
4.	
5.	

# Fit to finish

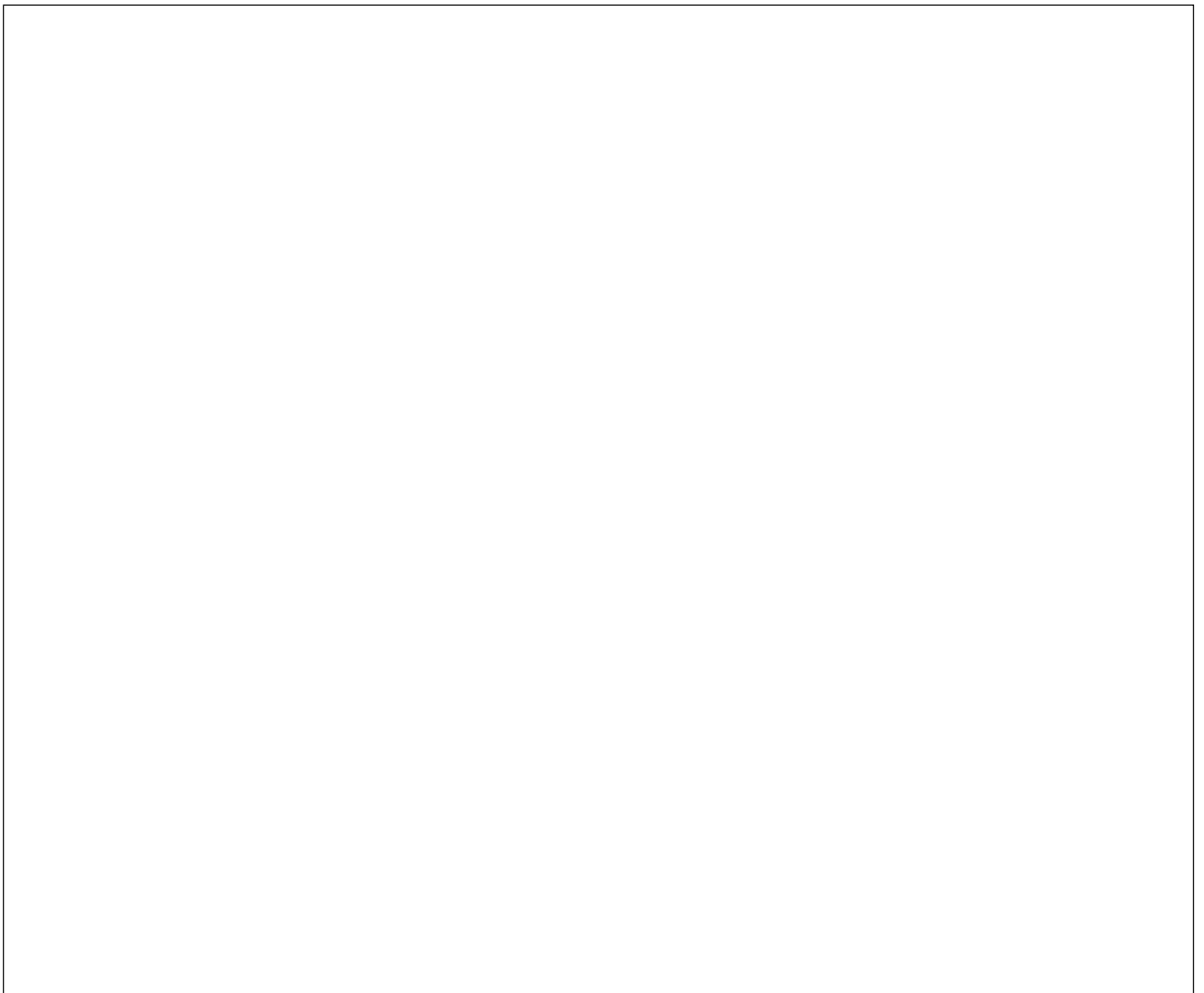
## Worksheet 3: Physical education

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Teach a drill

- a) Look at page 14. Read Tom's instructions for tap-the-top, and look at the pictures.
- b) Look at page 17. Read Tom's instructions for the bell tap, and look at the pictures.
- c) Take a ball outside or to the gym. Practise the two drills: tap-the-top and the bell tap.
- d) Choose one of the drills and draw your own diagram to teach other people how to do it, too.

Name of drill: \_\_\_\_\_



# Fit to finish

## Worksheet 4: Science and maths

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Read this information about breathing with a friend or teacher.

### Why do we get puffed?

- When we exercise, our muscles work harder and our body uses more oxygen.
- Our breathing rate increases to pull more oxygen into our lungs and body.
- Oxygen is carried around the body by our blood.
- Our heart rate increases to help take the oxygen around the body.

### Our breathing rate when resting and when exercising

- When we are resting, our breathing rate is about 15 times a minute.
- After exercise, it can be about 50 times a minute.

2. Do an experiment to see how much faster you breathe after exercise.

- Set a timer for one minute. Count how many breaths you take in one minute.
- Set a timer for two minutes. Jog on the spot for two minutes.
- Set the timer again for one minute. Count your breaths again.
- Do the same for three friends in your class.
- Record the results in the table on the next page.

# Fit to finish

## Worksheet 4: Science and maths - continued

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Names	Resting breath rate (breaths per minute)	Exercising breath rate (breaths per minute)

3. Write a sentence to explain something you notice about your results.

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