

Name \_\_\_\_\_

Date \_\_\_\_\_

Grade Level: 2nd Grade | Standard: 2.3.W.2

# Let's Move!

**Directions:** Read the paragraph below carefully. Use the word bank at the top of the page to fill in the blanks. When you're finished, read each sentence to check your work.

dance   strong   heart   day   brain   big  
important   run   jump   tag   bike

Moving your body is very \_\_\_\_\_.

When you \_\_\_\_\_ and \_\_\_\_\_, you make your body healthier. Being active helps your \_\_\_\_\_

stay healthy. It also makes your \_\_\_\_\_ work

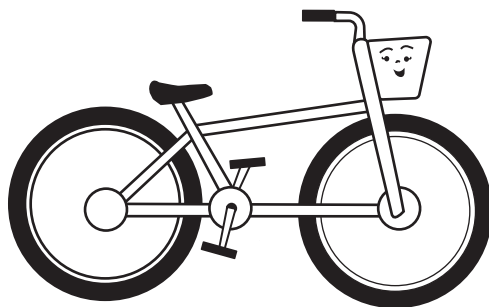
better, so you can learn more at school. Try to be

active for 60 minutes every \_\_\_\_\_.

You can play \_\_\_\_\_, ride a \_\_\_\_\_ or \_\_\_\_\_ to music!

Remember, moving your body helps

you grow \_\_\_\_\_ and \_\_\_\_\_!



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important   run   jump   tag   bike

Moving your body is very important.

When you run/jump and run/jump, you make your body healthier. Being active helps your heart stay healthy. It also makes your brain work better, so you can learn more at school. Try to be active for 60 minutes every day. You can play tag, ride a bike or dance to music! Remember, moving your body helps you grow big/strong and big/strong!

