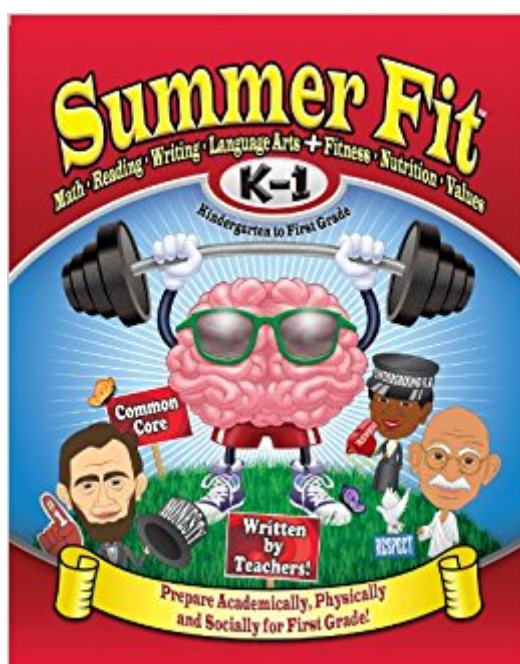


The book was found

# 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

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Product Dimensions: 8.4 x 0.4 x 10.8 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.4 out of 5 stars 44 customer reviews

Best Sellers Rank: #689,303 in Books (See Top 100 in Books) #87 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #142 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #593 in Books > Education & Teaching > Schools & Teaching > Parent Participation

Age Range: 5 and up

Grade Level: Kindergarten - 1

## Customer Reviews

I use a values-based approach to coach 10-12 year old girls in track. Regardless of age or sport, children need to learn what it means to have courage and determination, but also to be kind and

generous. Whether you are coaching or teaching, it is increasingly important to help children develop socially. Summer Fit is a great resource that incorporates values with learning and exercise that will positively impact the overall development of a child. -- Catherine Raney-Norman, Speed Skater for USA and USA All-Around Champion

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 understand that summer activities should be fun and not challenging, but this workbook is so significantly under-challenging that my daughter didn't think it was at all fun and she thought that the questions were "silly." There's no actual reading or writing or math; it's just very simple letter recognition, shape recognition, and number recognition. The K-1st edition would be more suitable to PK3-PK4. The description says that it's based in Common Core, but I don't know of any schools using Common Core that are teaching "Which shape is a SQUARE?" to first-graders. She just attends a regular public school, too-- it's not like we're extreme high-achievers. I think my daughter and I would have both been happier if we'd gotten the workbook for a grade or two ahead. I didn't anticipate that the K-1 edition of the book would be teaching toddler and pre-K curriculum.

This workbook has it all, math, writing, nutrition, physical fitness, ethics and more! It is broken up into 12 five day weeks of activities. Each day has multiple learning exercises, one fitness challenge and one nutritional tip. There are even a few recipes in the back for you try and they are pretty yummy. The content is generally simple stuff, perfect for retaining the basic information learned in kindergarten and will be a snap for most children entering first grade. Not that the content isn't substantial, it's just that it is a review of what has been learned, not new, challenging material. If you want continued growth outside of what is learned in kindergarten then a 1st grade workbook would be more appropriate. All in all it is a great work book that my daughter enjoys doing all aspects of

and was worth every penny plus more.

I bought this last summer for my son who was transitioning into first grade and offered a reward for completing it by the end of the summer. However, I don't think the reward was needed as he enjoyed completing it! I saw a review stating that this was too simple for a 1st grader.. which is true. This is not for a first grader but for a child who just completed kinder and is getting ready for 1st. It's not a HUGE challenge but it keeps their "head in the game". I bought a 2nd copy for my daughter for this summer who just completed Kinder and the next book for my son.

Total waste of money. The material was way too easy for my daughter who had just finished kindergarten at a public school. As thick as this book is I would think it is filled with Assignments but after I marked off all the easy ones for daughter to skip, she finished the book in 2 days and barely even needed help. The only way this book claims to keep kids busy for 10 weeks is they account for telling you to do 20 minutes a day of reading and exercise.

This is one of the best activity books you can get. My daughter is a kinesthetic learner. She likes to move and do the exercises and then also trace letters and do matching and problem solving. So glad we found this book - it is our 2nd copy, we love it!

Just what we needed for the summer. Bright, fun and engaging. I haven't had a problem getting my children to do their summer homework this time. They really like getting to color in the stars for what they have accomplished. It is interactive, gets parents involved and broken up into weeks. The organization is the best feature of all. I give 4 instead of 5 stars only because I wish there was a K4 book.

My daughter is going into the first grade this fall and we got this for her to help her keep up her skills over the summer. We especially like the talking points offered at the start of each lesson. This book doesn't just make the kids work problems and read. It gets the child to think about things like the concept of integrity or courage. It does this by asking his or her parents to engage in conversation about the chosen subject. It's a great way to be involved in your child's learning.

The lessons are one page front and back for each day which seems enough but not too much as to have to fight with children to get it done. The activities are fun and grade appropriate. Colorful pages.

Like the character building exercises too. I have busy children so we don't use the physical fitness component but might be nice if you wanted/needed it. Plan to buy next grade level next summer!

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