



# Summer Fit Kindergarten to First Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values

*Kelly Terrill, Portia Marin*

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## **Summer Fit Kindergarten to First Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values** Kelly Terrill, Portia Marin

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

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