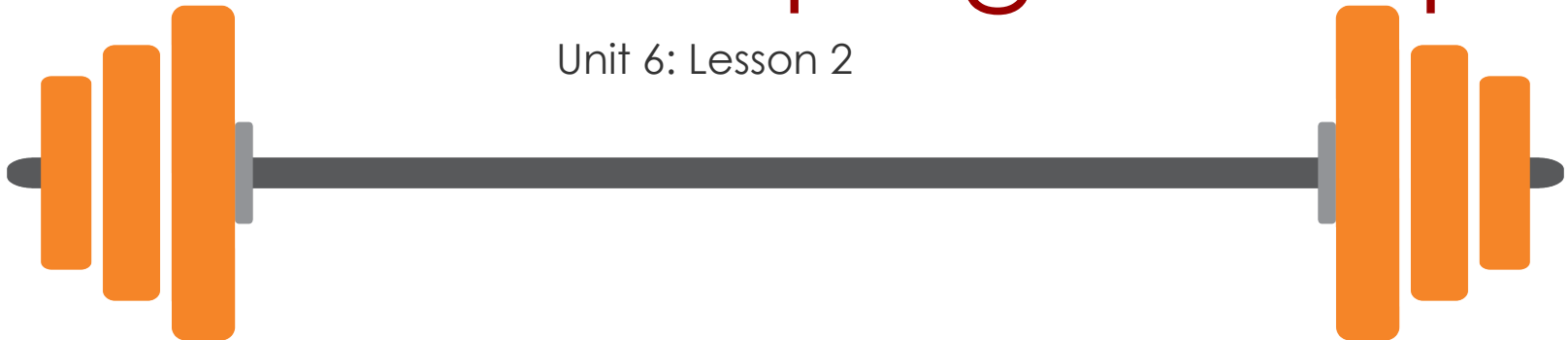


Keeping In Shape

Unit 6: Lesson 2



What will we be learning about?



- “EA” Sounds
- Simple past tense
- Irregular verbs (run – ran, eat – ate, speak – spoke)
- Keeping Healthy Poem

Last class we looked at “OY” and “OI” sounds.
What are some words we came up with?



What sound does “E” make?

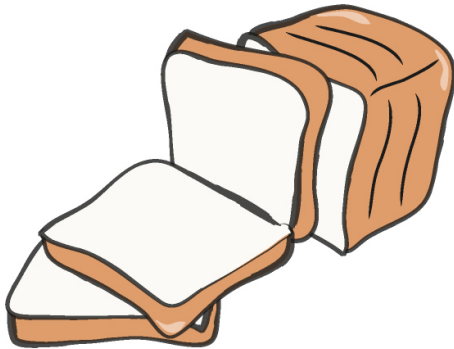
What sound does “A” make?

What do you think “EA” sounds like together?

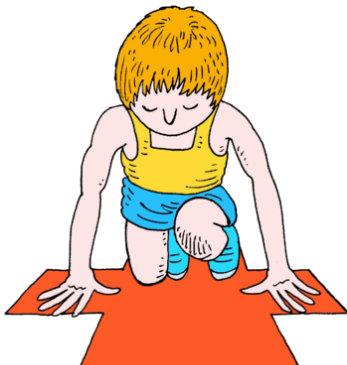


“EA” can make two different sounds

Let's read these words together



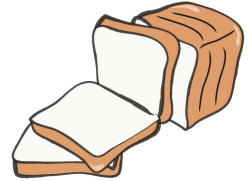
Bread
Ready
Weather
Sweater



Use these words in a sentence!



1. I like to use _____ on my healthy sandwich.



2. When it is cold outside, I wear my favourite _____.



3. The _____ is cold and rainy today.

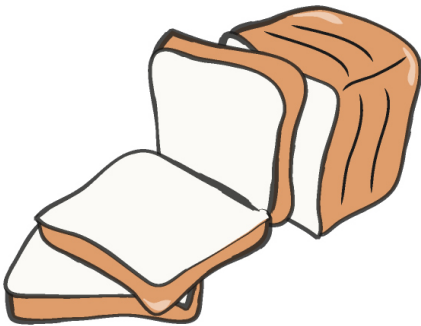


4. My coach told me to get _____ for the race.



We just looked at “EA” words that make the short E sound.

Bread



Beach

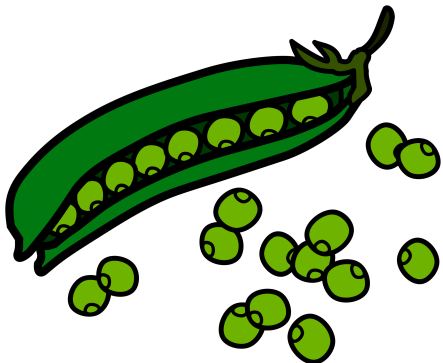
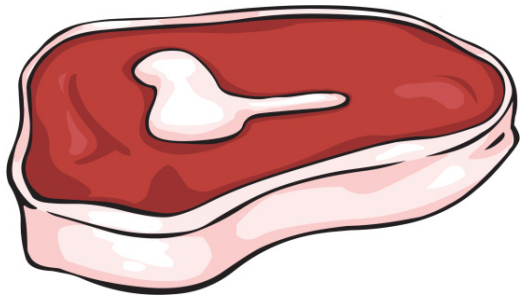


Do these words sound different? How?

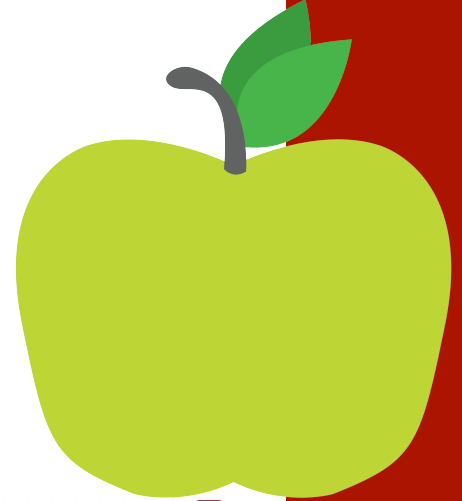
You're right!
Beach makes a
long "E" sound!



Try to think of some healthy foods that use the letters “EA”



Eating healthy helps to keep us in shape. Write a sentence about a healthy “EA” food you like to eat!

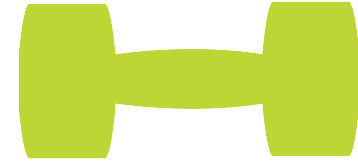
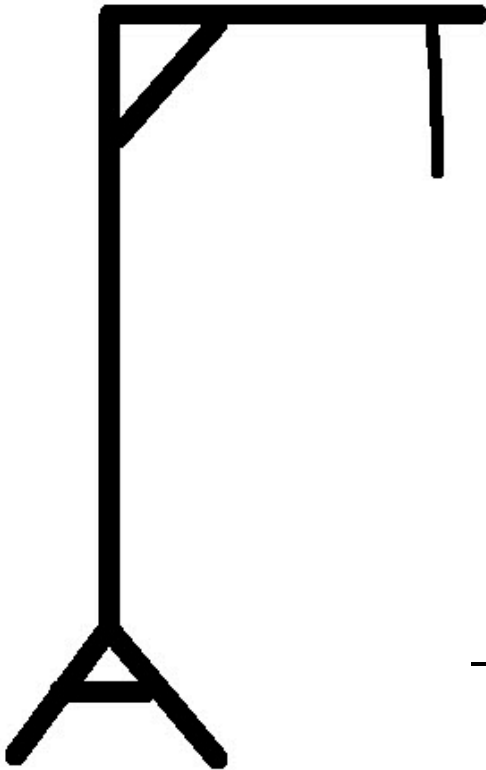


What other words have
“EA” in them? Write one,
then draw a picture for it.

A solid red rectangular box with a thin white horizontal line near the bottom.A solid red rectangular box with a thin white horizontal line near the bottom.A square box with a red outline.A square box with a red outline.

Let's play hangman! Use an "EA" word.

Give us a hint – does it use a long "E" sound or short "E" sound?





Verbs!

Review: What is a verb?
What is a regular verb?

When using a regular verb in the past tense, what do we add to it?

I play**ed** with my friends outside all night long.



Simple Past Tense

Regular Verbs:

- Play
- Walk
- Wash

Use these in a sentence!

I (play) _____ outside with my friends last night.

My mom (walk) _____ with me to school.

I (wash) _____ my hands after I ate a sticky peach.

Past Tense: Irregular Verbs

What about these verbs? How would we use them in the past tense form?

I eated?

- Eat
- Run
- Speak
- Swim

I swimmmed?

I runned?

I speaked?



No, we cannot just add
“ED” to the end of every
verb!

These are called irregular verbs.



- Eat - Ate
- Run - Ran
- Speak - Spoke
- Swim - Swam



Try to use them in a sentence.

I (eat) _____ a healthy dinner yesterday.

I (swim) _____ from one side of the pool to the other.

I (run) _____ all the way to school this morning.

I (speak) _____ with my swim coach yesterday.

Think of more verbs (action words) that keep us active!

Are they regular or irregular?
Can we just add “ED” on the end of the word?

Try it yourself – does it sound correct?



_____	_____
_____	_____
_____	_____
_____	_____

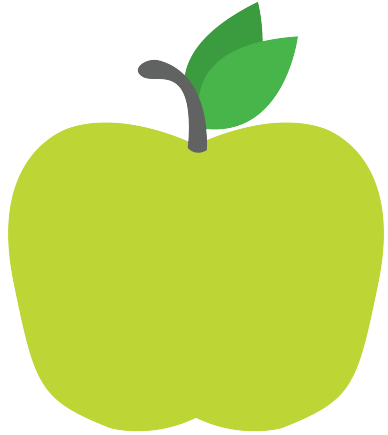


Write your own sentence using an
irregular verb.

Tell me about a healthy activity you did in the past.



Let's read a poem about keeping active and healthy!



Most of us, try to stay fit! And staying away, from the food we like, gets us in a snit! How is it possible, not to eat, what you like and not, have it show? Your mind, is telling you one thing, but it's awfully, hard to say no!

We're aware,
what is good for us, but how, can you turn away? There's so many tempting foods to eat, so how can you keep them at bay?

I guess, you have to go, with blinders on and not, admit you looked! For if you do, you're in a whole lot of trouble. And it's then, your goose, is cooked!





Let's Review!

- EA Words
- Simple Past Tense
- Irregular Verbs



Homework

Write a sentence about an activity you did that kept you active. Use an irregular verb (Run, swim, speak, eat).

What verb are you going to use? _____

Write your sentence!

Draw a picture of you doing the activity!