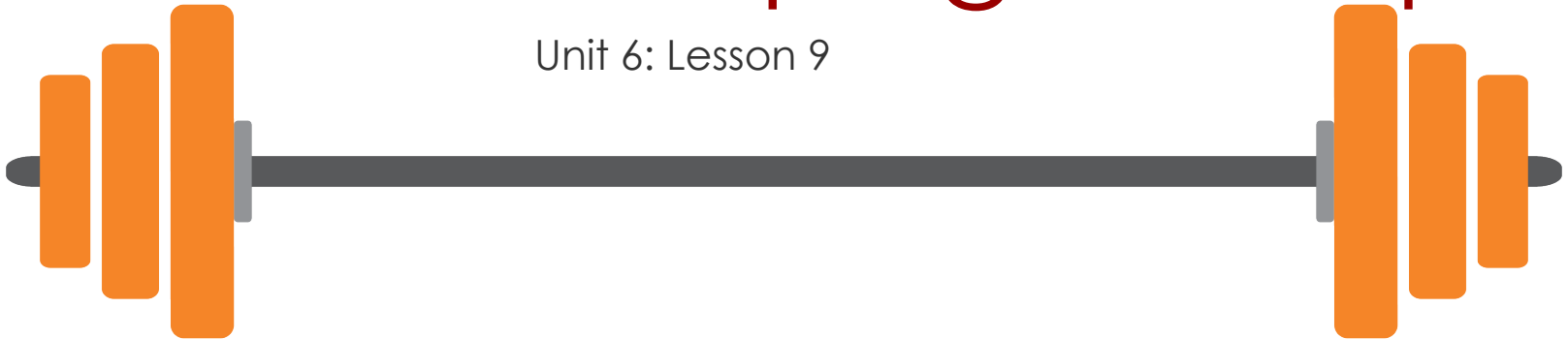




# Keeping In Shape

Unit 6: Lesson 9



What sound do the letters  
“A” and “Y” make when  
they are together?



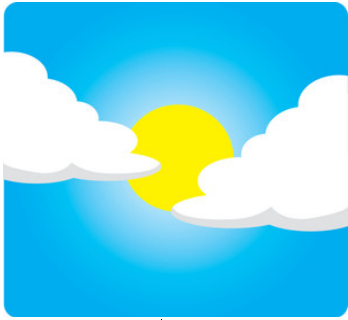
You have 1 minute. Race against your classmates and write a list of as many “ay” words as you can think of.

***Ready, Set, Go!!!*** 



Nice job! That was a lot of words.

Now try to match the photo with the word.



Lay



Day



Hay

How are these words involved in keeping us in shape?

Let's do it again. Match the photo with the word.



Spray

Stay

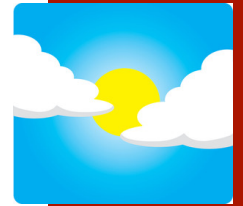
Play

How can these words keep us in shape?



I love to \_\_\_\_\_ outside with friends.

My mom will \_\_\_\_\_ the garden hose  
to water our healthy vegetables.



We only play outside during the \_\_\_\_\_.

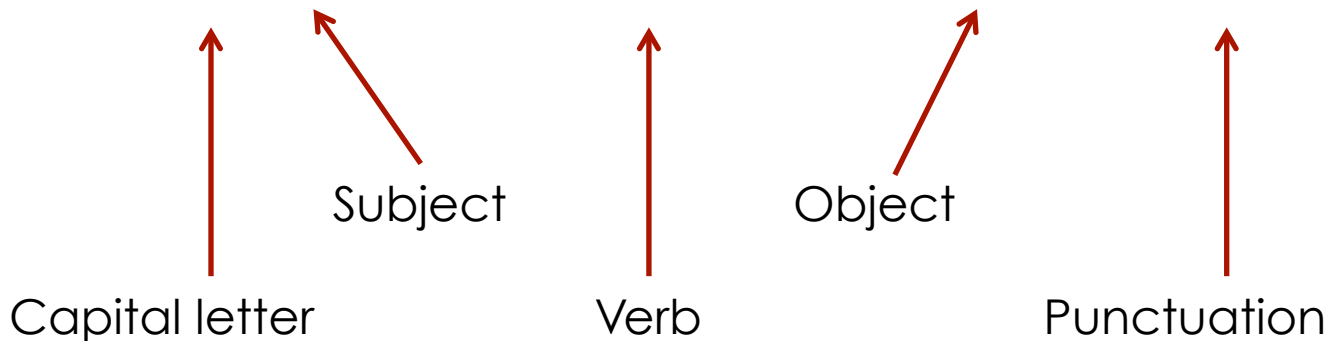


My dad says to \_\_\_\_\_ outside for  
at least an hour each day.

What are some things you  
noticed about each  
sentence?

There are 5 important parts to a basic sentence.

Bill kicked the ball.



# Steve laid down on the grass.

Identify the 5 important parts of this basic sentence.

Capital?  
Punctuation?  
Subject?  
Verb?  
Object?



Try your own sentence! Include  
the 5 parts of a basic sentence  
that we learned about.



A large, empty rectangular box with a thick red border, intended for students to write their own sentences.

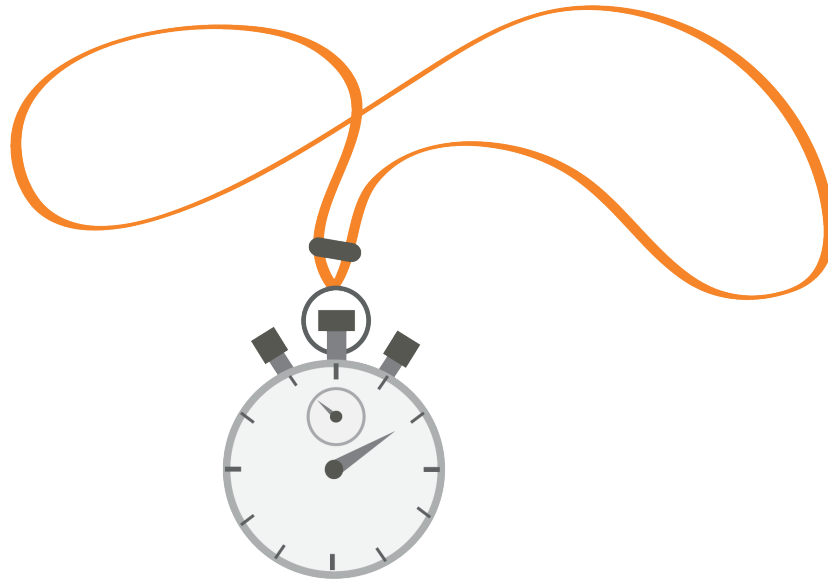
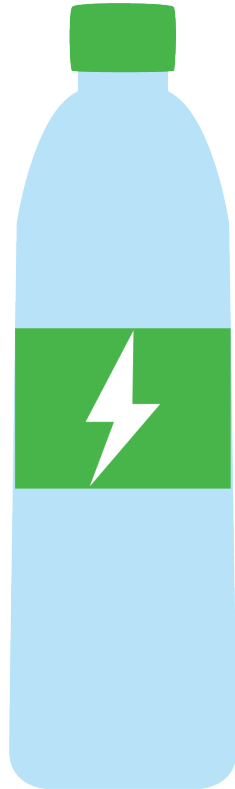
Nice work! Now let's try to add our "ay" words into the sentence. Write a sentence using one "ay" word.



A large empty rectangular box with a red border, intended for writing a sentence.

# Great job!

## How can the sentence you wrote keep us in shape?



Now we will look at adjectives  
and adverbs.

What is an adjective?  
What is an adverb?

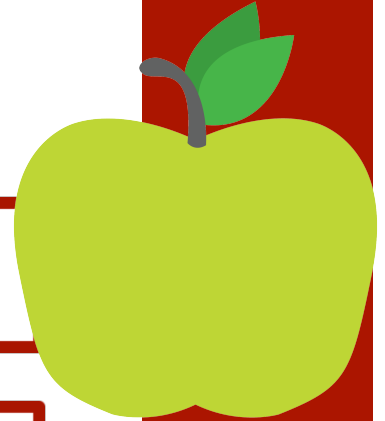


Adjective – a describing word  
Adverb – tells us more about a verb

Let's list some examples of adverbs and adjectives that we already know

Adverbs

Adjectives



Great list! Here are some adverbs you may not have heard before. Try to use one in a sentence.



Gracefully  
Loudly  
Rapidly  
Quietly  
Carelessly



Example: Julie carelessly shot the ball into the basket.



Here are some new adjectives. Try to use one of these in a sentence.



Clumsy  
Aggressive  
Brave  
Round  
Gigantic  
Rough



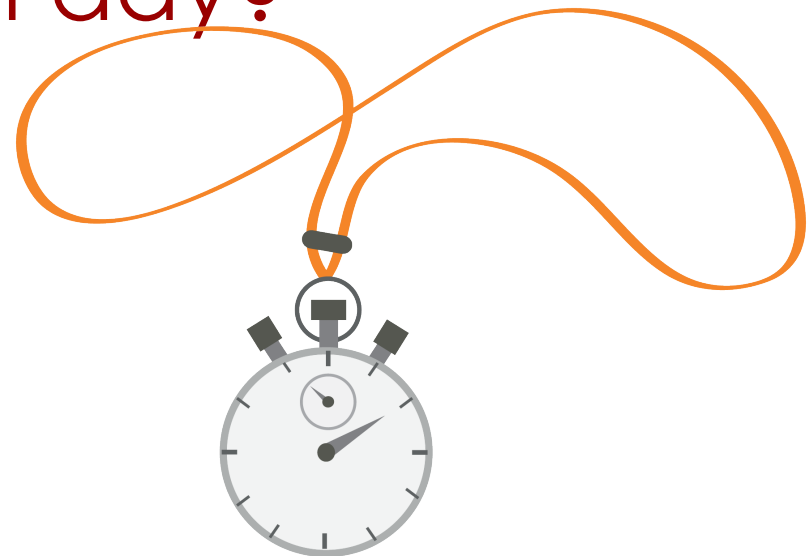
Example: Kevin is a clumsy athlete.

Write a sentence describing something that would keep us in shape using an adjective.



Great work! Being outside is  
a great way to stay active  
and in shape?

Pop Question:  
At least how long should we  
play outside each day?

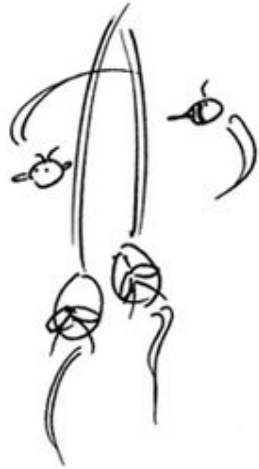




## Run, Skip, Jump, and Play

Run and play! Run and Play!  
Hop and skip right into May!  
Laugh and grin! Laugh and grin!  
Hum and holler! Twirl and spin!  
For the days are warm and bright,  
Skies are blue and the weather is right  
to run and skip and hop and play,  
to laugh and grin right into May!





# Two Tennies

Two white tennies  
Off for a walk,  
Skip for a mile,  
Run for a block.  
Race 'round the park,  
Wind through the trees,  
Splash in the creek,  
Dance with the bees.  
Zip 'round the playground,  
Jump over logs,  
Drum down the sidewalk  
Chased by two dogs.  
Two muddy tennies,  
Tired from their play,  
Wipe 'cross the mat  
And call it a day.

