

NAME: _____ DATE: _____

DIRECTIONS

Read the text and then answer the questions.

Emma found it extremely difficult to keep pace with everyone else in her gym class. Whenever the class ran around the track, she was always out of breath too quickly to finish. Emma decided that she was tired of always being last around the track, so when class was over, she talked to her gym teacher, Mr. Watson. "Mr. Watson," she began, "I'm really out of shape. I run out of breath so quickly that I can never manage to keep up. What do you think I'm doing wrong?"

Mr. Watson thought for a moment and then answered, "You're not doing anything wrong. You just need to build your endurance. If you exercise, you build your strength and you can run longer."

Emma decided then and there that she would ask her parents about joining a gym.

1. What is this text about?

- (A) The text is about a girl who hates gym class.
- (B) The text is about a girl who is trying to keep up in gym class.
- (C) The text is about a girl who is trying to quit gym class.
- (D) The text is about a girl who is trying to be a winner in gym class.

2. What does Mr. Watson think that Emma needs to do?

- (A) run faster
- (B) stop running
- (C) get to gym class earlier
- (D) build her endurance

3. Which word has the same root word as *manage*?

- (A) mangle
- (B) management
- (C) man
- (D) age

4. Which word means *the ability to last*?

- (A) pace
- (B) exercise
- (C) endurance
- (D) build

5. What does the phrase *keep pace with* mean?

- (A) keep up with
- (B) run
- (C) breathe
- (D) exercise

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

___ / 5

Total

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1. (Y) (N)

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3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

___ / 5
Total

Emma wanted to get in good shape. She wanted to build her endurance and become stronger. So she asked her parents if the family could join a gym. Her mom and dad liked the idea; they wanted to get in shape too, and now was a good time. So the family began to research local gyms to decide which gym they wanted to join. The family visited three gyms. They took tours, they asked questions, and they looked at prices. Finally, they agreed and settled on a gym called The New You. It had all sorts of equipment. There were treadmills, bicycles, and weights, and there was a large swimming pool, too. Most importantly, there were skilled professionals there who could teach the family how to use the equipment safely. Emma and her family were sure they had made the right choice.

1. What is the text about?

- (A) Emma wants to get a haircut.
 (B) Emma wants to cut shapes.
 (C) Emma wants to exercise and be healthy.
 (D) Emma wants to clean up.

2. Which of these does the gym **not** have?

- (A) bathtubs
 (B) treadmills
 (C) weights
 (D) a swimming pool

3. Which word has the same root word as *skilled*?

- (A) killed
 (B) ill
 (C) skillful
 (D) kill

4. What is another phrase that means *settled on*?

- (A) sat down
 (B) ran on
 (C) decided on
 (D) moved to

5. What does the phrase *in good shape* mean?

- (A) shaped like a square
 (B) small and round
 (C) the right shape for something
 (D) healthy and strong

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Read the text and then answer the questions.

Emma and her family had just joined The New You, a local gym. They were all looking forward to using the equipment and getting in shape. So they were excited about their first day at the gym. When they got there, they met Sandra, who would be their trainer. It was her job to show everyone the equipment and teach everyone to use it. Sandra introduced everyone to each machine. Then, she worked with the family to create a good exercise program for them. Emma tried the equipment that Sandra taught her to use, but within ten minutes, she was exhausted. "I don't know if I can do this!" she said.

"Don't worry," Sandra reassured her. "I promise it gets easier. Use the equipment three times a week, and in no time at all, you'll be stronger."

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

___ / 5

Total**1.** What is this text mostly about?

- (A) Emma's first trip to the gym
- (B) how to use gym equipment
- (C) healthy exercises
- (D) finding good shorts and T-shirts

2. How does Emma feel about using the equipment?

- (A) It is boring.
- (B) It is very easy to use.
- (C) It is hard to use.
- (D) It is very sharp.

3. Who teaches people how to use gym equipment?

- (A) exercises
- (B) programs
- (C) equipment
- (D) trainers

4. Which is a synonym for *exhausted*?

- (A) jealous
- (B) tired
- (C) excited
- (D) upset

5. What does the phrase *in no time* mean?

- (A) not keeping time
- (B) never
- (C) soon
- (D) late

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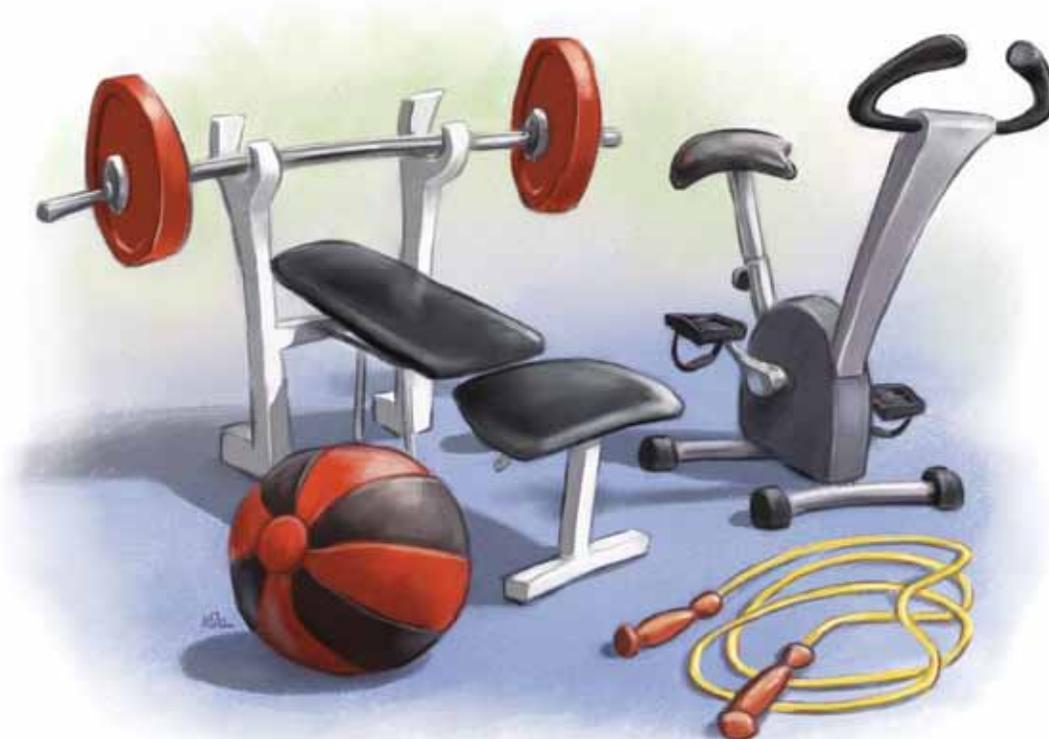
SHAPE UP!

Emma and her family recently joined a gym called The New You. Everyone in the family wanted to get in shape, and they all agreed that The New You was a good place to do that. But it wasn't easy! For the first few weeks, Emma was exhausted after working out. She couldn't believe how hard it was. But after a while, Emma noticed that it wasn't as hard as it had been. She was starting to be a little less tired after working out, and she was starting to feel stronger. She mentioned it to Sandra, the trainer. Sandra said, "See, what did I tell you? You're getting stronger all the time because you're exercising your muscles. You're doing a great job!"

One day in gym class, Emma's gym teacher, Mr. Watson, announced that he wanted the class to run around the track. Before Emma and her family had started going to the gym, Emma hadn't been able to run very far. She wasn't sure how well she'd do now, but she knew she felt stronger than she had. So when Mr. Watson blew his whistle, Emma started off with all of the other kids in her class. She was amazed to find that she was able to keep pace with them! What was even more amazing was that she kept pace with the class all the way around the track—twice! This was the first time that she had the endurance to make it all the way around the track, and Emma was very proud of herself.

When class was over, Mr. Watson told Emma, "I'm so impressed with your performance today! You've run better and farther today than I've ever seen you go."

Emma thanked Mr. Watson and said, "Actually, it was your suggestion. You were the one who suggested joining a gym. My family joined The New You, and I'm really glad we did."



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DIRECTIONS

Read "Shape Up!" and then answer the questions.

1. Why does Emma begin to feel less tired after her workouts?

- (A) She doesn't like to exercise.
- (B) Her muscles are getting stronger.
- (C) She never goes to the gym.
- (D) Mr. Watson asks the students to run around the track.

2. What is a good prediction for what will happen in Emma's next class?

- (A) She will run at least as far as her classmates.
- (B) She will not be able to keep up with her class.
- (C) She will decide not to run.
- (D) She will tell Mr. Watson she is afraid to run.

3. What is a good reason to read this text?

- (A) to find out how to lose weight
- (B) to learn new exercises
- (C) to enjoy the story of a girl who made an inspiring change
- (D) to learn how to join The New You

4. Which is most likely the opinion of the author?

- (A) People cannot get in shape.
- (B) Gyms do not help people get strong.
- (C) Exercise is a bad idea.
- (D) Exercise is a good idea.

5. How does Emma likely feel after she runs around the track twice?

- (A) afraid
- (B) upset
- (C) proud
- (D) confused

6. How would Emma's parents likely feel now that she can keep up with her classmates?

- (A) frightened
- (B) bored
- (C) happy and proud
- (D) unsure

7. Which lesson does Emma learn in this text?

- (A) Mr. Watson doesn't think she can run well.
- (B) She will never be able to go around the track.
- (C) Gyms are very scary places.
- (D) Exercise makes you stronger.

8. People who like this story might also enjoy what kind of text?

- (A) mystery stories
- (B) fitness magazines
- (C) cookbooks
- (D) science magazines

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

6. (Y) (N)

7. (Y) (N)

8. (Y) (N)

___ / 8

Total

