

MY WIDE WORLD OF SPORTS



Supplemental Activity Workbook

GREAT WORLD OF WORDS



Directions: Match the vocabulary words from the Playbook® story with the correct definition by writing the letters shown in the word bank on the lines provided.

1. _____ to fall behind
2. _____ tending to cause trouble or tease
3. _____ falling over
4. _____ a distance of 5280 feet
5. _____ a country in East Africa
6. _____ form of physical activity good for your health
7. _____ an African animal similar to a deer
8. _____ to praise or express admiration
9. _____ distressed
10. _____ to make the body tense as a reaction to pain
11. _____ a support or stand
12. _____ repeated exercise with the goal of gaining skill
13. _____ slow-moving South American mammal that spends most of its time hanging from trees
14. _____ a game in which players swim and must throw a ball into a goal net.
15. _____ an ability

A. anxious

B. pedestal

C. wince

D. exercise

E. practice

F. lag

G. compliment

H. water polo

I. Kenya

J. tipping

K. mile

L. power

M. gazelle

N. mischievous

O. sloth

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A black and white line drawing of a young woman in a martial arts gi. She is wearing a headband with a sun-like symbol. Her hands are in a ready position, with her right hand near her chest and her left hand slightly lower. She is standing in a balanced, ready stance.

A cartoon illustration of a person wearing a white martial arts gi with a black belt, standing next to a crossword puzzle.

Name: _____

SPORTS AROUND THE WORLD



In *My Wide World of Sports*, each of Michael's friends practices a sport that is popular in a different country. Of course, there are many more sports to choose from than the ones we see in the story! Some sports are popular in many countries, while others are common only in a particular part of the world. Many countries have national sports, a sport considered a major part of the country's culture. Kara's favorite sport, Taekwondo, is the national sport of Korea.

Directions: Read the list of sports and games below and choose one to research using the Internet. On the lines provided, write a short report about the rules of the game and how it works. Also tell how it is important in a country's culture.

- Cricket:** popular in many countries worldwide
- Field Hockey:** popular in Asian, European, and African countries
- Tennis:** popular in the United States, European countries, and Asian countries
- Volleyball:** popular in the United States, Brazil, European countries, and Asian countries
- Netball:** popular in United Kingdom and Australia
- Ice Hockey:** national sport of Canada
- Lacrosse:** national sport of Canada
- Table Tennis:** national sport of China
- Cross-Country Skiing:** national sport of Norway

Sport of Choice: _____
Country of Popularity/Origin: _____

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Name: _____

SHOW WHAT HAPPENED



Directions: A lot of things happened in *My Wide World of Sports*, but sometimes it is important to be able to know which events are most important. Make a **summary** of the story by drawing and coloring the most important things that happened in the boxes provided. There are more than six events in the story, and which ones you think are the most important is up to you. Show the events in the order they occurred. Write a sentence underneath each picture explaining what is going on.

1.

2.

3.

4.

5.

6.

MORE THAN JUST a Game



Exercising, along with eating foods that are good for you, is an important part of staying healthy and fit, and it can be lots of fun! Like Michael and his friends in *My Wide World of Sports* know, being active and playing sports will leave you feeling positive and accomplished!

Kids who exercise often will:

- have stronger muscles and bones
- have leaner bodies and be less likely to become overweight
- decrease their risk of developing diabetes
- have healthier hearts
- possibly have lower blood pressure and blood cholesterol levels

How much exercise is enough? Kids your age should get at least 60 minutes of exercise most or all days of the week. Also, according to the American Academy of Pediatrics, kids of school age should not be inactive for more than 2 hours at a time. That means you shouldn't sit in one place for more than 2 hours! So get up!

There are three elements of fitness: endurance, strength, and flexibility. Endurance is developed by aerobic activity. Some examples of aerobic activities are basketball, bicycling, ice skating, swimming, soccer, walking, and running. These are exercises that raise your heart rate and make your heart better able to pump the blood through your body. Strength is developed by exercises including push-ups, pull-ups, and stomach crunches. Climbing or handstands, which are fun ways to play, also build strength. Flexibility is gained by stretching. Sit on the ground with your feet straight in front of you and try to touch your toes. Do this once per day and see how much you improve and how quickly!

Calories and Exercise: When you eat, you take in calories from your food. When you exercise, you burn calories, which means you are using energy. If you burn more calories than you take in, you will lose weight, and if you burn less calories than you eat, you will gain weight. Your body burns calories simply by carrying on its normal functions, but it may not be enough to keep your body at your ideal weight. Make sure you balance a healthy diet with plenty of exercise to get in shape or stay fit.

Cool Fact: When you exercise, your brain releases chemicals called **endorphins** which make you feel happier!

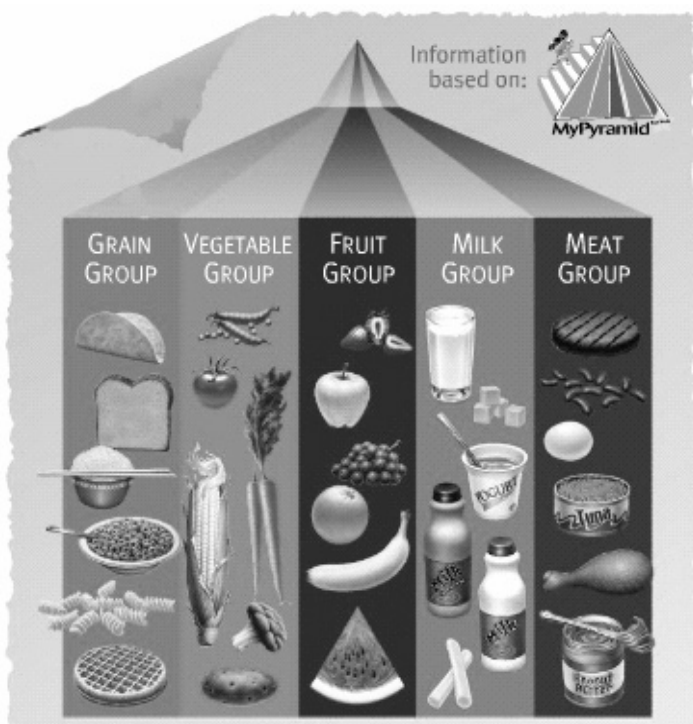
Exercise Safety: Remember to drink lots of water when you exercise because your body loses water when you sweat. In addition, always stretch your muscles before and after exercising to prevent injury.

Directions: On the lines below, describe some of the ways you exercise in your daily life. You may include sports, games, or other activities that you may not have even realized were exercise! Also tell what other physical activities you could do to be more active and healthy.

What I do for exercise is: _____

Some other things I could do to exercise are: _____

Healthy Eating, Too!



My Wide World of Sports tells how Michael found the sport of his dreams and started exercising, but he had more than one habit to change. Along with sitting on the couch all day playing video games, he also ate a lot of unhealthy snacks! Eating foods that are good for you is another important part of being healthy.

The picture on the left shows the different types of food groups and what sorts of foods are a part of them.

Foods from the **Grain Group** include things like bread, cereals, crackers, pasta, and rice. These foods give us carbohydrates, which give us energy to keep us moving and thinking. Whole grain foods like wheat bread are the healthiest choices.

Foods from the **Vegetable Group** include broccoli, carrots, peas, lettuce, celery, potatoes and many

other vegetables of various colors and shapes. Vegetables provide our bodies with vitamins and fiber that help us see better, heal from injuries, digest our food, and fight off illness.

Foods in the **Fruit Group** include apples, oranges, bananas, pears, berries, and other sweet fruits. Fruits, like vegetables, contain vitamins and fiber. The vitamins in fruits also help us stay healthy and get better when we are sick.

Foods in the **Milk Group** include milk, yogurt, cheese, and pudding. Milk contains calcium, which makes our bones strong as they grow, helps you stop bleeding if you get a cut, and helps your muscles work properly.

Foods in the **Meat Group** include foods like beef, pork, chicken, eggs, nuts, and beans. These foods contain protein and iron which help your muscles grow strong. Iron also helps carry oxygen through your body, prevents infections, and gives you energy when you really need it.

To be healthy, you need to eat foods from each of these groups. The chart below shows how many servings of each food group you should have per day according to your age.

# of servings for:	Grain Group	Vegetable Group	Fruit Group	Milk Group	Meat Group
Ages 8-10	5	4	3	3	2
Ages 11-13	6	5	3	3	2

Directions: On a separate sheet of paper, write a menu showing a healthy breakfast, lunch, and dinner of your choice (to make up one day's meals), using the serving number guidelines explained above.



Name: _____



CHANGING Bad Habits

When Michael sees his reflection in the television screen, he realizes that his body does not look healthy. He has been sitting and watching television too much. To change a bad habit, we often need more than just to recognize the problem. We need motivation! Even after Michael's

television breaks he still needs encouragement from his friends to start exercising. When he sees how much fun his friends have in their sports, Michael begins to think he might like to try sports, too!

Directions: On the lines, below, tell about a time you needed to change a bad habit. Maybe you needed to start getting your homework done earlier in the day or stop leaving clothes on your bedroom floor. What was your bad habit and what helped motivate you to change your habit? Are there any other habits you would like to work on changing right now, or goals you would like to meet?

Amazing Muscles

When you play sports like Michael and his friends in *My Wide World of Sports*, you exercise your muscles. Muscles help give our bodies shape and allow us to move around, smile, pump blood through our bodies, and even digest our food! **Muscles** are groups of cells and fibers bundled together and attached to your bones.

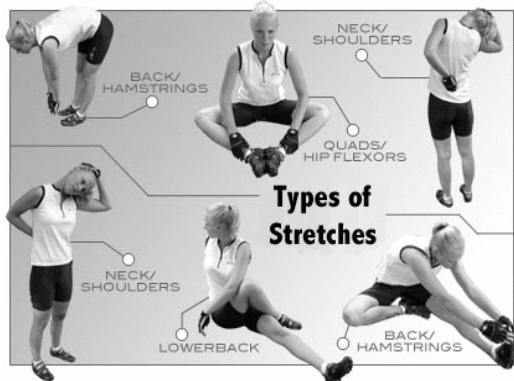
- You have over 630 muscles in your body that make up typically 40% of your weight.
- Muscles only pull your bones. They can't push them. They work in pairs to move your bones in different directions.
- Muscles move by contracting and relaxing, which uses energy you get from your food.
- You have more than 30 muscles in your face which allow you to look surprised, happy, or sad when you feel those ways!

How do your muscles know when to move?

Some muscles are called **voluntary** muscles because they only move when you "tell" them to. When you decide to stand up, talk, or make any other movement your brain sends a message to signal the right muscles to move. Other muscles including your digestive system and your heart are called **involuntary** muscles. This means that they work automatically without the need for you to think about them at all! These muscles, too, are controlled by the nerves and brain.

Preparing Your Muscles for Exercise

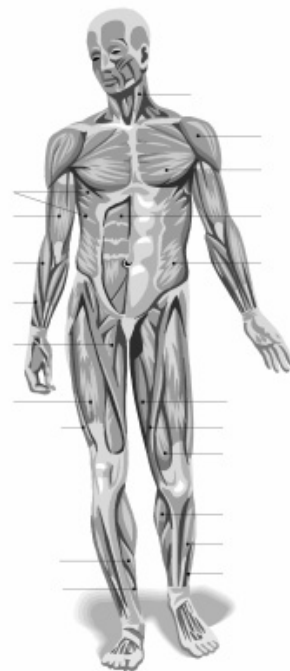
Just like it's possible to break a bone, you can tear a muscle during exercise or playing sports. These injuries heal with a little help, but can be painful. This is just one of the reasons why regular stretching is important when being active!



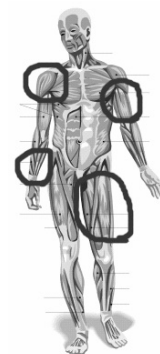
Stretching makes the muscles more flexible and allows a better range of movement, helping you to move quicker when playing sports or exercising. It also helps you avoid feeling stiff after exercising and improves the general performance of your muscles.

Before stretching, you should jog, walk up and down the stairs, or something similar for several minutes to warm up your muscles. After your exercise or playing your sport, you should stretch a second time. When you stretch, your muscles should feel tense but it should not be painful. If it is painful, you are probably pulling them too far. The image on the left shows several stretches you can try for different parts of your body.

Directions: Pick a sport you have played before and look at the diagram of the human muscular system at the top of this page. On the picture, circle the areas of muscle you think your body uses to play the sport of your choice. Then on the lines below, describe how you use the parts of the body or muscles you circled to play the sport.



Example:
Tennis



WHAT DO YOU THINK?



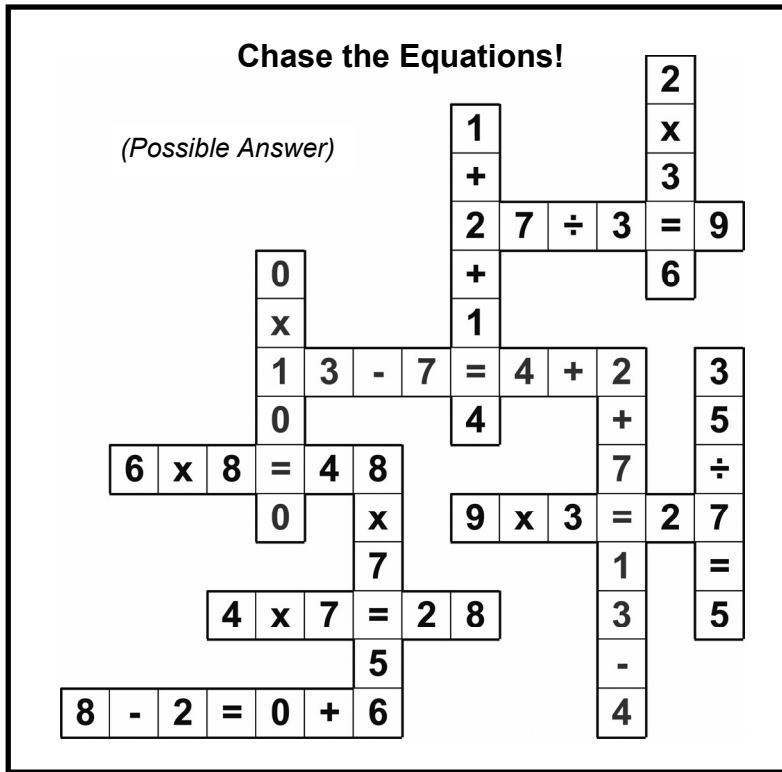
Directions: Answer the questions about *My Wide World of Sports* on the lines provided. Use complete sentences.

1. There are several factors that help Michael decide to start exercising and become part of a sport team. For example, he notices his chubby reflection, he is bored when his television breaks, and he realizes all his friends enjoy sports. Which do you think is the most important reason and why?

2. Who is your favorite character in *My Wide World of Sports*? Describe his or her personality traits and explain why you like this character the best.

3. Mario and Karim disagree over whether it is more fun to play a sport with teammates or alone. Mario says, "What's the point of winning if you don't have teammates to share the victory with?" Karim replies that with no teammates he only has himself to blame if he loses, and can feel very accomplished if he wins all by himself. Whose viewpoint on this subject do you agree with most, and why? Do you prefer individual sports or sports with teams?

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1. F
2. N
3. J
4. K
5. I
6. D
7. M
8. G
9. A
10. C
11. B
12. E
13. O
14. H
15. L



1. I think the most important reason Michael decided to become part of a sport was the fact that all his friends seem to enjoy their sports. Michael's friends not only provide an example for him, but they also encourage him directly to try different sports until he happens to find one he likes and is good at.
2. My favorite character is Carmen. She is very friendly and funny. She likes to tease her friends but also teach them! My favorite thing about her is her teasing nature. It is funny when Mario is the one to trick her into getting into the swimming pool!
3. I agree with Karim that winning is still fun even if you don't have teammates to share it with. Depending on the sport, even if you compete by yourself you may still have teammates who you are rooting for (people who train with you at school or at your community club.)



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