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# Summer Fit Sixth To Seventh Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition And Values



## Synopsis

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 Jackie Robinson, Christa McAuliffe and Wilma Rudolph 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

## Book Information

Series: Summer Fit (Book 9)

Paperback: 176 pages

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Language: English

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Product Dimensions: 8.3 x 0.6 x 10.8 inches

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (46 customer reviews)

Best Sellers Rank: #597,967 in Books (See Top 100 in Books) #90 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #120 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #520 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#)

Age Range: 9 - 11 years

Grade Level: 4 - 6

## Customer Reviews

I have found that my daughter does better at the start of the school year if she has a summer workbook. She really liked this one. It was easy to follow and we liked the little exercises they had for

each day.

This workbook has been a great tool for my son to keep his learning fresh over the summer without taking a lot of time away from summer activities. Like other summer workbooks there is a variety of academic subjects for my child to work on each day. However, I chose Summer Fit because I liked the encouragement to stay active and the character connection. Sadly, we haven't used the suggested exercise activities as I had expected. However we have benefited from the character connection. Those are usually on Fridays when the workbook exercises are lighter which helped with summer vacation traveling. Unfortunately, the answers in the back of this book were not checked as much as they should have been. After a few weeks using this workbook my son and I started to expect at least one answer in the back of the book to be wrong each day. Now, when I check my sons answers, I put a mark next to the ones he misses and say, "check these again to see if you are right or if the book is right." The only other things about these academic exercises that I think could change is that sometimes the instructions are not clear (my son has Aspergers so that is important to us) and every once-in-awhile a problem or question won't match the purpose of the exercise. Other than that this book is an excellent summer resource.

My daughter loves the Summer Fit series. It gives her just enough work each day to feel challenged. The physical fitness aspect is a bit silly, but she gets a kick out of it. That being said, my daughter is a student who loves homework during the regular school year. Therefore, she enjoys these "assignments" which help her feel engaged over the summer. My son looks forward to his freedom during the summer. These activity books would never work for him without a lot of struggle. And, as a former teacher, I believe that summer provides the kids with great opportunities to be engaged in ways that we don't always have time for during the school year: cooking meals for the family, planting gardens, traveling to historic and interesting places. Activity books are a fun distraction but I don't think they are a necessary or vital part of the summer for keeping academic skills sharp. In the end, I would recommend these books for any kid who enjoys this type of activity. For other kids, however, these are a bit too much like the drudgery of homework. Just get them doing something useful outside and away from screens!

bought this for my kids to do this summer. it is a great workbook. they didnt do the exercises in it. they thought they were too easy. all the other activities are good though and help to keep their minds fresh for school. As a parent you definitely have to spend time going over these problems with

your kids to reinforce learning and not just leave them to their workbooks.

My kids dread it when I get them these books to do for summer!!! But these ones they love, each day has a lesson and they are all mixed up, reading, math, Science. They make it easy for the kids to do on their own and finish over the summer!!!!

Seems not quite advanced enough for those going into seventh grade. The summer reading and math required summer work provided by my son's school was much more challenging. I liked it, but it's easy work, not age appropriate.

I bought this for my daughter to keep her brain fresh over the summer. The first few pages are pretests in reading and math. Questions 6 and 7 have a misprint and there is no function listed (I can tell from the answer key that they wanted the kids to divide, but they obviously didn't proofread it very well). The answer key has a wrong answer for question #9. My daughter got the right answer but then was frustrated that it didn't match the answer key. This is ridiculously sloppy for a book that is supposed to hone their skills. I don't even want to have her continue with the book now. I wouldn't purchase a book from this series again.

My Review: I am so happy to review these books. School is out and the summer holiday has begun. What best way to keep your children active this summer than the Summer Fit Workbooks. The Summer Fit workbooks range from P-K to 8th Grade Levels. The activities and exercises in Summer Fit will take just 60 minutes a day to complete. Each day offers a simple and fun routine that reinforces skills not only in reading, math, writing, language arts, but with physical fitness, nutrition, plus a weekly core value, and also basic history, science and geography as well. I have never come across a workbook that incorporates reading, writing, math with fitness and nutrition. The daily fitness program consists of 2 Aerobic days, 2 Strength days and 1 Sport day. Get tips from former Biggest Losers contestants like Jay Jacobs, Maric Crozier, Courtney Crozier and Jen Jacobs about lifestyles, weight issues and unhealthy habits. Learn about the role models throughout history, from Abraham Lincoln, Gandhi, Harriet Tubman, Jackie Robinson, Christa McAuliffe, Wilma Rudolph and many more. The books are appropriate for each grade level, focusing on basics that will keep students involved with different activities and keep them ahead when school starts. If you are looking for something to keep your child active this summer, then SUMMER FIT would be something to consider. Summer Fit is the exercise book for your child's brain and body while they are away

from school. The activities are interesting, fun and educational. Like the book says, "prepare children mentally, physically and socially for the grade ahead!" Summer Fit is the most comprehensive summer workbook and as a former teacher I highly recommend them. FTC Disclosure: I received a review copy of this book from the author in exchange for a fair and honest review. I was not monetarily compensated for my opinion in any way.

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Writing: A Guide Revealing The Best Ways To Make Money Writing (Writing, Writing Skills, Writing Prompts Book 1) 5 Seconds of Summer: The Ultimate 5SOS Fan Book 2015: 5 Seconds of Summer Book (5 Seconds of Summer Fan Books)  
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