



Name \_\_\_\_\_

I will need:

 pencil

# Staying in Shape

1. Read each sentence. Add full stops and capitals so that the sentences make sense.
  - a. Amy went to the fridge she saw a yummy fruit salad and decided to eat it her friend was coming over to practise a dance they were learning
  - b. Sam and Paul wanted to join the sports club it was fun and they met lots of new people
  - c. Francis and Kim began swimming lessons on Tuesday after two weeks they felt stronger and more in shape
  - d. After following her fitness plan for two weeks, Dayna felt like she had more energy eating healthy foods made her feel even better and more in shape
2. A capital letter is used for the first letter of a sentence, for "I", and for the first letter of a name.

Read each sentence. Draw a line through the words that should not begin with a capital letter.

- a. I eat a little bit of Ice cream as a special Treat.
- b. Exercising regularly Will help you to Stay In Shape.
- c. Sean, Ravi, and I started to Bike to school each day.  
It was Lots of Fun.



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# Staying in Shape

Complete the food web to show how food helps us to keep in shape.

