

Nonfiction



We Can Move!

by Mateo Garza



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PAIRED
READ

What's Under Your Skin?

STRATEGIES & SKILLS

Comprehension

Strategy: Ask and Answer Questions

Skill: Key Details

High-Frequency Words

jump, move, run, two

Phonics

Beginning consonant blends: *r*-blends, *s*-blends

Content Standards

Science

Life Science

Word count: 371**

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**The total word count is based on words in the running text and headings only. Numerals and words in captions, labels, diagrams, charts, and sidebars are not included.



Education

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A



Essential Question

How does your body move?

We Can **Move!**

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Chapter 1



What Can Our Bodies Do?

Your body is very special. Your body has many parts that work together every day. The parts are what help you move.



Think about all the things you do every day. You get out of bed. You pick up a spoon. You go to school. You move your body a lot! You move all day long.

Now think about when you play outside or do sports. That's when you really get moving!



Have you ever played baseball?
You use your arms and hands to
swing a bat. You use your hands
to catch and throw a ball.



What other parts of your body move when you play baseball? Your two legs and feet help you run around the bases.

Do you think this boy will get a home run?



If you play soccer, your body moves a lot too. It's good to be fast. You have to move quickly if you want to get to the ball first!



You must use your feet to stop the ball. Your legs help you turn so you can kick the ball. A good kick with your foot can make the ball go far!

Chapter 2



How Do You Move Like That?

Get ready to jump into the pool! When you swim, you move your whole body! Your two arms and legs must keep moving so you don't sink. They help you move across the pool.



Slip on your goggles. Dip your head in the water and kick your legs and feet. Now open your eyes. It's fun to swim underwater!



You move in many ways when you do gymnastics. You bend and twist your body this way and that. You flip and roll on the mats. It's hard to sit still with so much to do!



Look at how this girl moves her body. Does this look like fun to you?

Did your body help you play today? It doesn't matter what sport you do, just grab a friend and play!

Respond to Reading

Retell

Use the chart to help you retell *We Can Move!*

Detail	Detail	Detail
--------	--------	--------

Text Evidence

1. What parts of your body do you use to play baseball?

Key Details

2. What can your feet help you do? Key Details

3. What kind of story is this? How do you know? Genre



Genre Nonfiction



Compare Texts

What helps you move?

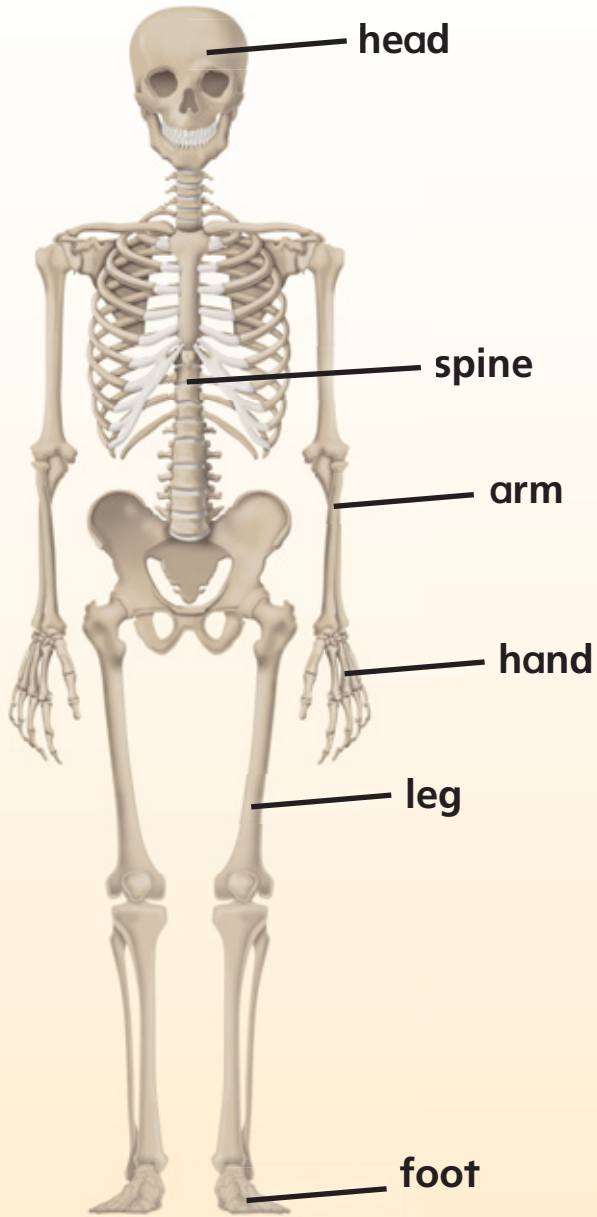
What's Under Your Skin?





Do you know what's under your skin?

Your skeleton is under your skin. Your skeleton is made of bones that hold you up. They help you move too. When your bones grow, you grow too. How tall will you be when you stop growing? You will have to wait and see!



Make Connections

Look at both selections. How many ways can you move your body?

Text to Text

Focus on Science

Purpose To find out how you move when you play sports

What to Do

Step 1 Think about a sport you play or would like to play.

.....

Step 2 Choose one sport. Draw a picture of yourself playing that sport. Write a sentence that tells how you move when you play the sport.

.....

Step 3 Share your picture with the class.

Conclusion Which parts of your body help you play your sport?

Thinkmark

The Topic

What is *We Can Move!* mostly about? What is *What's Under Your Skin?* about?

Vocabulary

What new words did you learn in these selections? What helped you understand their meanings?

Author's Purpose

Why do you think the author wrote *We Can Move!*? Why do you think the author wrote *What's Under Your Skin?*