

Talk about it!



Get wet.



Get fit! It is fun.
Off we go!



Help your child to read!

This book practises these letters and letter sounds.
Point and say the sounds with your child:

ff

ss

j

z

zz

Your child may need help to read these common tricky words:

is

we

go

and

the

to

Before reading

- Look at the cover picture and read the title together. Read the back cover blurb to your child.
- Ask your child: *Do you like to get fit? Why do you think it is important?*
- Talk about the image in the magnifying glass.

During reading

- If your child gets stuck on a word, remind them to sound it out and then blend the sounds to read the word: u-p-h-i-ll, uphill.
- If they are still stuck, show them how to read the word.
- Enjoy looking at the pictures together. Pause to talk about the information.

After reading

- Talk about the images on page 16. What can your child tell you about them?
- Ask your child: *What makes you huff or puff? What things can you do with a ball to get fit?*
- Talk with your child about the activities they take part in that help keep them fit. Is there anything new they might like to try?



SCHOLASTIC
Phonics
Get started with reading

Focus sounds:
ff ss j z zz
Decodable with
tricky words

Get Fit!

written by Ann Hill

Book Band Red

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to get fit and exercise.



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Other titles in Set 3:
Practise these sounds: **ff ll ss j v w x y z zz**



Move to Set 4: Practise these sounds: **qu ch sh th ng nk**

 SCHOLASTIC

Non-fiction

Phonics

Get Fit!



Focus:
ff ss j z zz


Book Bag
Readers