GET FIT



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Reading practice

CVC		CVCC	
cat	get	soft	jump
big	jug	silk	band
lap	hop	pink	mend
box	zag	rest	fist
fun	run	land	camp

Vocabulary

gift – a present

silk – a smooth, soft fabric

sip – a small mouthful of a drink

zig and zag – to move along a route with a lot of quick turns to the left and to the right

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Characters in this book

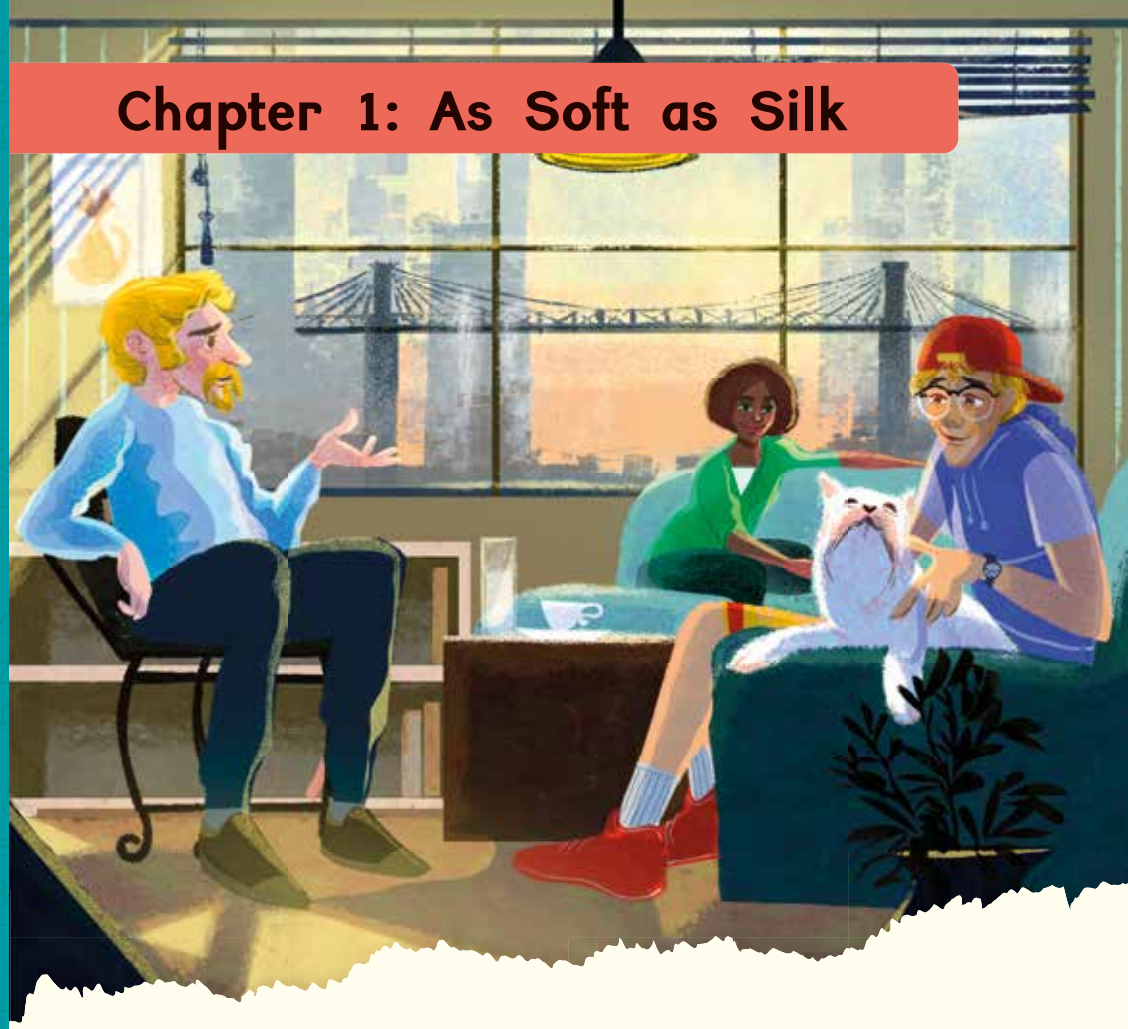


Ned
[ned]



Sal
[sal]

Chapter 1: As Soft as Silk



Tim had a cat, Sid.

"Sid is a big cat," he told Sal and Ned. "He is not a cat that runs and jogs."

Sid felt as soft as silk in Ned's lap.

"Yes, Sid is a cat that rests a lot," Sal said.



Tim left Sid with Ned and Sal, and set off on his trip. Ned had a plan.

"I will get Sid, the cat, fit!" he told Sal.

"We can set up a Get Fit Camp just for him. It will be fun!"



Ned got a big box. He cut it up. Next he got an old, soft rug and cut it up. Then Ned set up the best Get Fit Camp run for Sid.

Chapter 2: Ned is Sad





"Sid can zig and zag and run and hop in this Get Fit Camp!" Ned told Sal. Sid had a sniff, but he did not get up off his bed. Ned felt sad.

"We can test the run!" Sal told Ned. "It will be fun and it will get us fit!"

The run was a lot of fun.

"I am as hot as a bug in the sun!" Sal said. "I will get us a cup of milk."



Sal had a big sip of the milk.

"The milk was a gift we got at the end of the Get Fit Camp run," said Ned. "Sid will not run or jump just for fun. We must fix a gift for him at the end of the run!"



Ned got Sid a big, fat cod. He set up the cod in a pot at the end of the camp.

"If I lift Sid up and put him at the top end of the Get Fit Camp run, he will run to get to the cod!" said Ned.