

GET FIT



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 **Learning**



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Reading practice



CVC

cat	get
big	jug
lap	hop
box	zag
fun	run

CVCC

soft	jump
silk	band
pink	mend
rest	fist
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.