

Winter Workouts

Directions:

1. Download and print [THIS ARTICLE](#). You can also read the article on the computer or have it read to you by playing the audio version on ReadWorks.org.
2. Use the suggestions below to target individual goals.
3. Use the questions and vocabulary words on page 2 for additional help.

Suggestions

1. Download the article on iPads and have the students use Adobe to highlight important information or vocabulary words.
2. Answer questions on page 2 verbally or write the answers using complete sentences.
3. Define and/or use the vocabulary words from page 2 in sentences.
4. Compare winter activities and summer activities.
5. Choose specific people in the article to discuss. Talk about each person's activity, school and/or infer about their personality, likes, etc.
6. There are also additional questions on the article website. Just click 'Question Set' at the top of the page.

Questions

1. What are some ways you can stay fit during winter?
2. Why does 40° F feel freezing to those living in Southern California, but great to those living in Vermont?
3. What is Stratton Mountain School in Vermont?
4. What is the Alpine Development Team?
5. Why are there indoor rinks in Florida?
6. What's the difference between downhill skiing and cross-country skiing.
7. Why is hiking in snowshoes almost or just as hard as running in warm weather?
8. Name winter activities that don't require equipment.
9. What is Winter Trails Day?
10. Which month is Learn to Ski & Snowboard month?
11. What was your opinion of the article?
12. Have you ever tried any of the winter activities?

Vocabulary

1. hibernation
2. sympathy
3. exhilarating
4. potential
5. bounty
6. strenuous
7. proficient
8. hypothermia
9. compete
10. strenuous