

Name _____ Date _____

Weekly Test Lesson 15

Read the passage. Then answer the questions.

Keep Gym Class in Schools

In many schools, gym class has been removed from the school day. Some school leaders think gym class is not important. They believe students should spend more time on math, science, reading, and writing. These subjects are essential. However, students need gym class just as much as these other subjects. Removing gym class from the school day is not a good idea. Gym class improves learning, keeps students healthy, and teaches them to get along with others.

In gym class, students exercise. They also play games and move their bodies in different ways. Scientists have discovered that exercise improves learning. More blood is pumped to the brain when people exercise or move their bodies. This makes the brain healthier. A healthy brain helps students learn. The California Department of Education reported that children who exercise get better scores on tests in school. Scientists also found that 30 to 45 minutes of exercise five days a week improves students' memories and grades. They also discovered that students learn new things faster after exercising. Teachers have reported that students are able to remember more of what they read when they return from gym class.

Exercising and playing during gym class keeps students' bodies healthy. Gym class is a good way to help students stay at a healthy weight. Experts have found that students who exercise are sick less often than students who don't. Students' hearts beat faster when they run, jump rope, or even throw a ball. Doctors report that this makes the heart stronger. Exercise also makes our lungs work harder. This keeps them healthy. Exercise builds strong muscles and bones. A strong body is a healthy body.

Gym class helps students learn how to get along with others. Experts have found a link between exercise and happiness. They say students feel better after they exercise. They are also happier. Students are friendly and kind to each other when they feel good and are happy. Also, gym class gives students a time to play games with their friends. Playing games teaches them how to take turns and follow rules. It also teaches them to talk to each other to solve a problem. Students often play sports on teams in gym class. Students learn to work together to reach a goal when playing on a team.

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Reading

Gym class has many wonderful effects on students. It greatly improves their learning, keeps their bodies healthy, and teaches them to get along with others. Gym class is important. It is a necessary part of the school day for students. Please keep gym class in our schools.

- 1 Read the sentences from the passage.

They believe students should spend more time on math, science, reading, and writing. These subjects are essential. However, students need gym class just as much as these other subjects.

What does the word essential **most likely** mean as it is used in the sentence?

- (A) necessary
 - (B) boring
 - (C) easy
 - (D) fun
- 2 What is the main idea of the second paragraph?
- (A) Exercise improves learning.
 - (B) Students remember more after gym class.
 - (C) Exercise helps students move their bodies.
 - (D) More blood pumps to the brain when students exercise.

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Reading

- 3 Read the paragraph from the passage.

Exercising and playing during gym class keeps students' bodies healthy. Gym class is a good way to help students stay at a healthy weight. Experts have found that students who exercise are sick less often than students who don't. Students' hearts beat faster when they run, jump rope, or even throw a ball. Doctors report that this makes the heart stronger. Exercise also makes our lungs work harder. This keeps them healthy. Exercise builds strong muscles and bones. A strong body is a healthy body.

In your own words, briefly explain the author's argument and what evidence the author uses to support it.

- 4 Which detail from the passage supports the idea that gym class teaches students to get along with each other?
- Ⓐ Students' hearts beat faster when they run, jump rope, or even throw a ball.
 - Ⓑ Students learn to work together to reach a goal when playing on a team.
 - Ⓒ Experts have found a link between exercise and happiness.
 - Ⓓ Gym class has many wonderful effects on students.

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Reading

- 5 Read the sentences from the passage. Underline the **three** words that **best** help show the author's opinion about the inclusion of gym class.

Gym class has many wonderful effects on students. It greatly improves their learning, keeps their bodies healthy, and teaches them to get along with others. Gym class is important.

- 6 This question has two parts. First, answer part A. Then, answer part B.

Part A

What is the author's overall argument about gym class?

- Ⓐ Gym class is important for students.
- Ⓑ Gym class improves students' grades.
- Ⓒ Gym class makes students' lungs stronger.
- Ⓓ Gym class helps students get along with others.

Part B

Underline the sentence from the passage that **best** supports the answer to part A.

In many schools, gym class has been removed from the school day. Some school leaders think gym class is not important. They believe students should spend more time on math, science, reading, and writing. These subjects are essential. However, students need gym class just as much as these other subjects. Removing gym class from the school day is not a good idea. Gym class improves learning, keeps students healthy, and teaches them to get along with others.

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Writing

- 7 Which sentence has an error in spelling?
- (A) They are one of the prettyest insects.
 - (B) I spied one on a yellow flower in my garden.
 - (C) The butterfly looked tinier than I had imagined.
 - (D) Butterflies are found in countries all over the world.
- 8 Which sentence contains an error in grammar usage?
- (A) The wet dog climbed out of the pool and came running over to me.
 - (B) Last year, when it got cold we maked a skating pond in our yard.
 - (C) We arrived early and took the bus into the city to go shopping.
 - (D) The artist entered a contest and brought home first prize.
- 9 Which sentence contains an error in grammar usage?
- (A) Ava has told everyone about her hamster escaping from his cage.
 - (B) Sheila has breaked her arm and will have to wear a cast for a month.
 - (C) Evan can't find the map of the park the teacher had given us before the trip.
 - (D) Carlos has eaten a ham sandwich and an orange for lunch every day this year.
- 10 Hector is writing a persuasive essay about protecting rain forests. Read the paragraph from his essay. Underline **two** words that contain grammar errors.

Mr. Wong came to our classroom and gave a presentation about rain forests. He sayed the rain forest has many plants that are used to make medicines. He also telled us that the plants make oxygen. I knew that rain forests were interesting, but I did not realize they were so important.