
TIME FOR KIDS
Keeping Fit with Sports
Dona Herweck Rice

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Get Fit!



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Sports are a great way to keep your body fit.





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Basketball



In basketball, players earn points when they shoot the ball through a basket.

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Can you shoot a ball? Then maybe basketball is the sport for you.

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Football



Football is rough, but it is fun. Players wear helmets and pads to keep them safe.

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Can you run without getting caught? Football may be a good sport for you.