

This book is part of the Inuutsiarniq Reading Series developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktitut reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to independent readers.

Healthy behaviours start at home. Healthy children become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Family Engagement/ It Starts at Home

A child's success as a reader is dependent on supportive home and school environments. Reading, and a love of reading, begins at home. The Department of Health has developed a series of levelled take-home books to support reading at home. The following is a list of things you can do to support children as they become independent readers.

Keep distractions to a minimum. Find a quiet place to read and talk about the book. Even the best readers have a difficult time focusing on reading when there are too many distractions.

Take turns. Read to the child, read with the child, and let the child demonstrate his or her reading skills to you. This will help you provide gentle corrections, and it will provide an opportunity for the child to show you how he or she is improving.

Read it again and again. It is good to read the book a few times. Repetition helps strengthen learning and develops a child's confidence in reading.

Ask questions. As you read through the book, pause and ask questions about what is going on. This will help the child think about what he or she is reading, and will reinforce reading comprehension.

Focus on successes, not mistakes. All early reading experiences should focus on praising success, as this will build confidence in the child.

Talk about the symbols or letters and sounds. Help the child learn the names of the symbols or letters and the sounds they make. Point out other things around the house that start with the same sound.

Read it and experience it. If possible, make connections between what the book is about and what happens in life. For example, if the book is about food, talk about food you eat together at home.

Book details

Level: 11

Text Type: Non-fiction

Subject/themes: Different sports and activities, sports equipment and gear, how to play sports safely, health benefits of playing sports

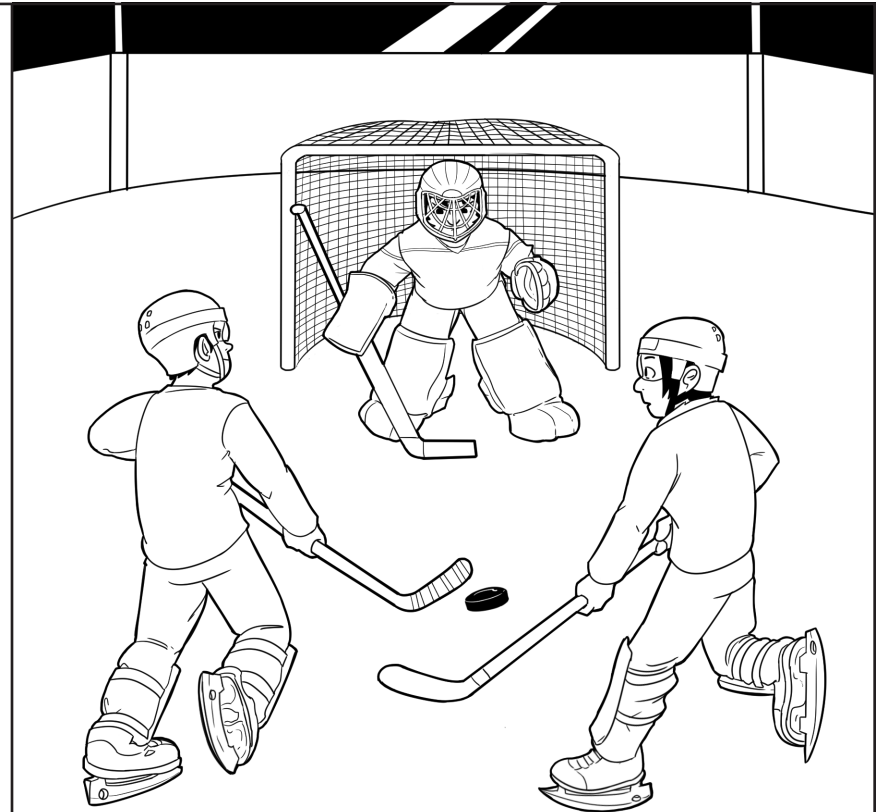
Key features: Facts about different types of sports, glossary, second-person point of view



What is your favourite sport?

Sports can be played inside or outside, in big teams or small ones, and in an **organized** league or on your own street.

Whether you're playing on a team or cheering on your friends, sports are fun and good for you, too.



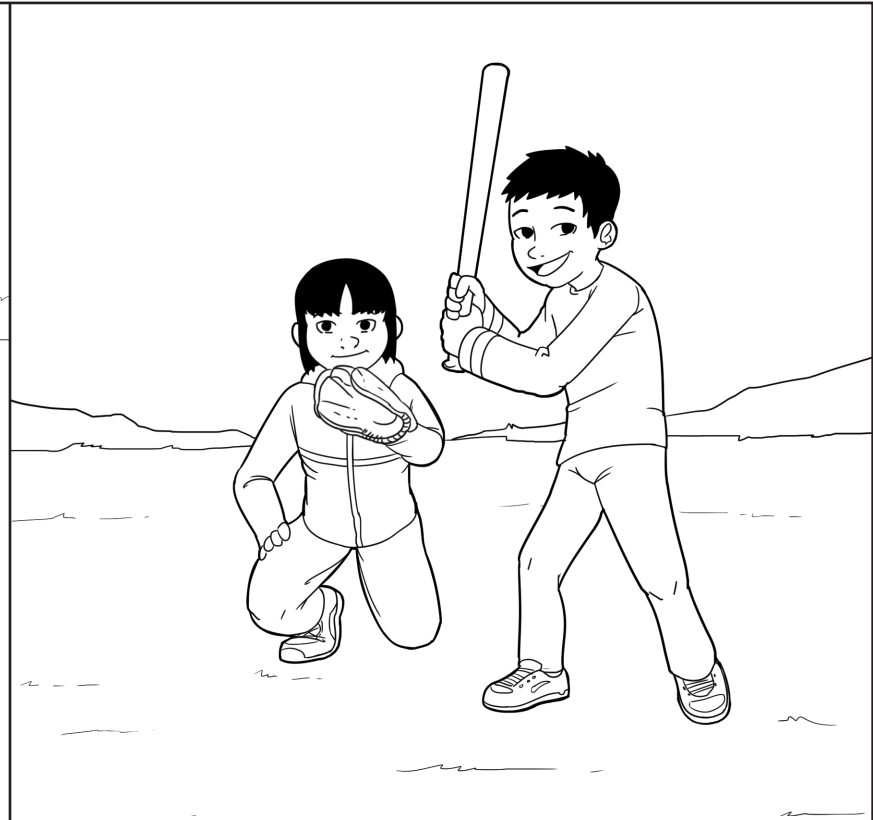
What sports do you know that are played on ice?

One of the most popular sports in Canada is hockey! When you play hockey, you need strong leg muscles for balance and **agility**. Balance and agility help you skate down the ice and pass the puck to your friends.



You can play hockey indoors at a rink or outdoors in winter on frozen lakes or ponds. But always check with an adult to make sure the ice is thick enough so it won't crack.

Remember to dress for the cold with warm winter clothes, like mitts. Frostbite is no fun.

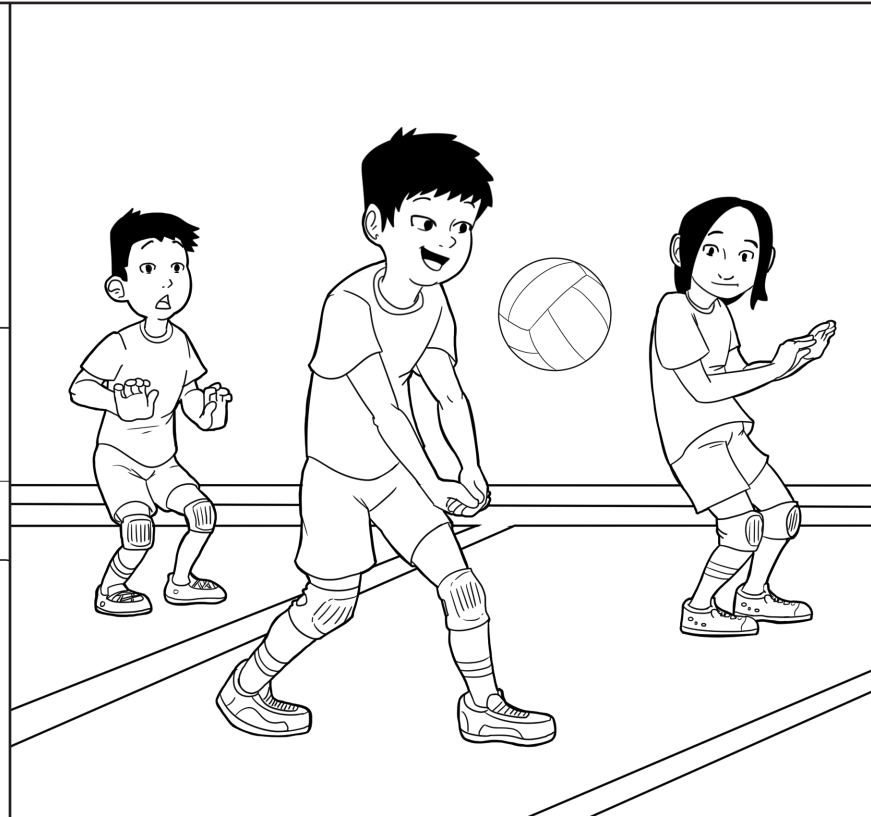


Hockey isn't the only sport you can play outside. Can you name some others?

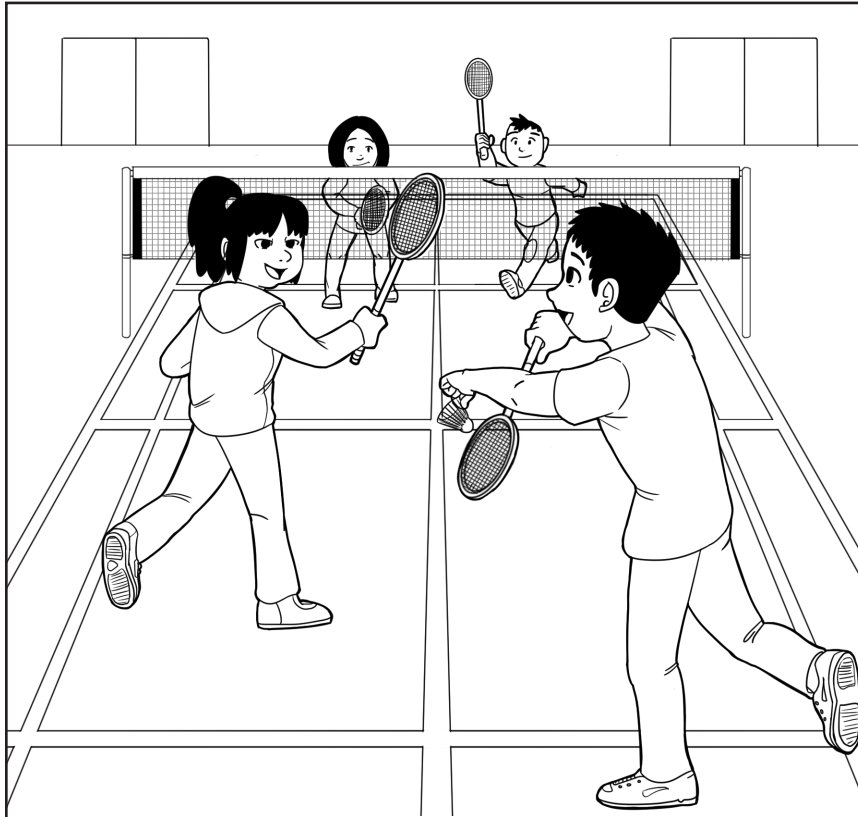
Baseball is a sport that gets you running. You use your arm muscles to throw, catch, and hit the ball. Your eyes help you see where to throw the ball when you are pitching.



Did you know soccer is the most popular sport in the world?
When you play soccer, you build **endurance** and strengthen the muscles in your legs. You need good aim to kick the ball to your teammates. You can play soccer in a gym or outside.



Volleyball is another great sport where you work together as a team.
When you play volleyball, you need strong arms to bump the ball to your teammates and over the net. You need to be able to jump high to spike the ball over the net.
It's great to play volleyball with friends!



Can you think of other sports where you play with a net like volleyball?

Badminton can be played both indoors and outside. This sport is great for smaller groups of friends.

You need healthy eyes for good **hand-eye coordination** and fast **reflexes** to hit the birdie over the net with your racquet.



Have you ever played Ping-Pong at your community centre?

Instead of a racquet, you use a paddle to bounce the ball across the table. You need good aim to get the ball over the net!

Ping-Pong is played one-on-one. Cheering on your friends as they play can be just as much fun as playing yourself.



These are just a few of the many sports you can play with your friends.

Any sport takes practice. The more you practise kicking, catching, running, or passing, the better you will play.

Playing sports is a fun way to be healthy and to help your body grow.



No matter what sport you choose, it's all about having fun with friends and being healthy. When you move and play, your lungs and muscles keep growing stronger.

Whether you're ready to score or you're cheering on a friend, sports are a great way to have fun!

Glossary

agility: ability to move gracefully.

endurance: ability to keep active without taking a break for a long period of time.

hand-eye coordination: using what you see to move your hand to the right place.

organized: arranged following a system or schedule.

reflexes: quick responses.

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