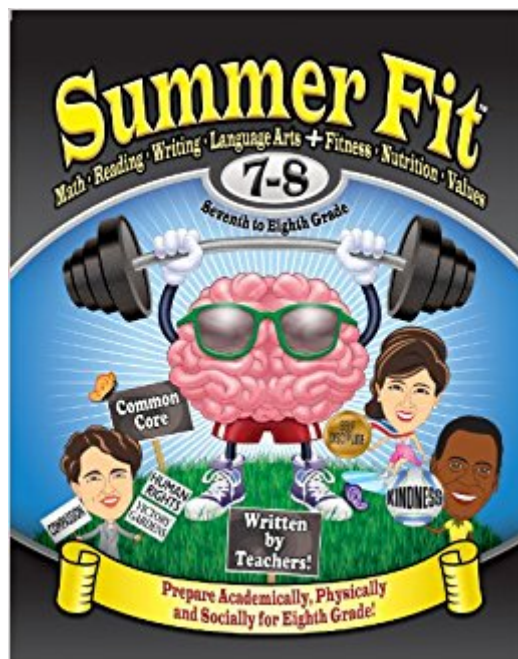




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# Summer Fit Seventh To Eighth Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition And Values



## Synopsis

Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core standards and include skills in math, reading, writing, language arts and science. Fitness exercises are designed to jump start the recommended 60 minutes of active play a day that children need to grow up healthy. Role models from throughout the world including Eleanor Roosevelt, Kristi Yamaguchi and Pele help reinforce core values such as honesty, respect and trustworthiness. Summer Fit extends the summer learning experience online with free reading and math digital downloads, book reports, health and wellness activities and fitness videos. \* Based on Common Core: math, reading, writing, language arts and science \* Exercises jump start the recommended 60 minutes of daily movement and play \* Role models reinforce core values, good character and social skills \* Integrated academics and physical activities reinforce the importance of the body-brain connection \* Free digital downloads

## Book Information

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[Personal Health > Fitness & Exercise](#) #78 in [Books > Teens > Education & Reference >](#)

[School & Education](#) #651 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#)

## Customer Reviews

Summer Fit is now the most comprehensive summer workbook available. I love the inclusion of a daily fitness program and cannot say enough how much I believe in the core values portion of this book. Summer Fit is fun, easy to use and a great next step in the world of summer learning. I support Summer Fit 100%! -- Carla Fischer, Author of Summer Bridge Activities

Elementary and middle school teacher for 30 years. Currently a Vice Principal and 7th grade teacher, Mrs Brand is current, relevant and a force in her classroom. She brings purpose to her students and challenges them not only to be good students, but exceptional human beings.

My daughter loves the Summer Fit series. It gives her just enough work each day to feel challenged. The physical fitness aspect is a bit silly, but she gets a kick out of it. That being said, my daughter is a student who loves homework during the regular school year. Therefore, she enjoys these "assignments" which help her feel engaged over the summer. My son looks forward to his freedom during the summer. These activity books would never work for him without a lot of struggle. And, as a former teacher, I believe that summer provides the kids with great opportunities to be engaged in ways that we don't always have time for during the school year: cooking meals for the family, planting gardens, traveling to historic and interesting places. Activity books are a fun distraction but I don't think they are a necessary or vital part of the summer for keeping academic skills sharp. In the end, I would recommend these books for any kid who enjoys this type of activity. For other kids, however, these are a bit too much like the drudgery of homework. Just get them doing something useful outside and away from screens!

I bought this for my daughter to keep her brain fresh over the summer. The first few pages are pretests in reading and math. Questions 6 and 7 have a misprint and there is no function listed (I can tell from the answer key that they wanted the kids to divide, but they obviously didn't proofread it very well). The answer key has a wrong answer for question #9. My daughter got the right answer but then was frustrated that it didn't match the answer key. This is ridiculously sloppy for a book that is supposed to hone their skills. I don't even want to have her continue with the book now. I wouldn't purchase a book from this series again.

This workbook has been a great tool for my son to keep his learning fresh over the summer without taking a lot of time away from summer activities. Like other summer workbooks there is a variety of academic subjects for my child to work on each day. However, I chose Summer Fit because I liked the encouragement to stay active and the character connection. Sadly, we haven't used the suggested exercise activities as I had expected. However we have benefited from the character connection. Those are usually on Fridays when the workbook exercises are lighter which helped with summer vacation traveling. Unfortunately, the answers in the back of this book were not

checked as much as they should have been. After a few weeks using this workbook my son and I started to expect at least one answer in the back of the book to be wrong each day. Now, when I check my sons answers, I put a mark next to the ones he misses and say, "check these again to see if you are right or if the book is right."The only other things about these academic exercises that I think could change is that sometimes the instructions are not clear (my son has Aspergers so that is important to us) and every once-in-awhile a problem or question won't match the purpose of the exercise. Other than that this book is an excellent summer resource.

Am using this book to help a young man become ready for 8th grade. Great book to accomplish this. Great activities for student!

These Summer Fit books are all poorly edited, there are numerous typos and mistakes throughout the book. I would have expected more from a book that's supposed to be educational for children!

I have found that my daughter does better at the start of the school year if she has a summer workbook. She really liked this one. It was easy to follow and we liked the little exercises they had for each day.

Seems not quite advanced enough for those going into seventh grade. The summer reading and math required summer work provided by my son's school was much more challenging. I liked it, but it's easy work, not age appropriate.

We bought this book for our son going into 8th grade. I felt this book was easier than I was expecting for his age level. The book is broken down by weeks and has a set amount of pages for the student to complete each day. I liked this because it set expectations. This book also covered a wide variety of subjects and even encouraged his to get up and exercise!

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