Be a Safe Sport!

The clock shows five seconds left in the game. Your team is losing by just one goal. You want to take the ball and score a goal. But you are cheering from the sidelines because you injured your leg. According to doctors, however, many sports injuries can be prevented.

Be a Safe Sport!

Each year, about 20 million kids play sports during and after school. Unfortunately, about 5 million of those kids suffer some kind of injury while playing. To help children play sports safely, the National Youth Sports Safety Foundation (NYSSF) has named April National Youth Sports Safety Month.

During April, the foundation plans to teach kids about sports safety. The foundation's message is that most sports injuries can be prevented.

How to Be a Safe Sport

According to the NYSSF, you can do a few things to keep from getting a sports injury:

- Do warm-up stretches before and after playing any sport. Stretching helps loosen tight muscles and tissues.
- Do not play when you are in pain. Pain is a sure sign of an injury!
- Use proper sports safety equipment, such as helmets, elbow pads, kneepads, safety glasses, wrist guards, shin guards, and mouth guards.

The NYSSF says that playing sports and exercising help kids stay healthy and make friends. But no matter which sport you play, always remember to have fun!

Name: _____ **Date:** _____

1. In the first paragraph the author sounds

    A. disappointed because the athlete wants to play.

    B. extremely upset that the athlete became injured.

    C. happy that the athlete with the injury is not playing.

    D. happy that the coach will not let the athlete play with the injury.

2. The list under "How To Be a Safe Sport" shows that the author is

    A. trying to confuse the reader about the NYSSF.

    B. careful to point out sports safety.

    C. not very interested in sports safety.

    D. trying to sell sporting goods.

3. Using safety equipment is a good idea because

    A. it protects the athlete's body.

    B. it covers areas of the body that are more likely to get damaged.

    C. the force of a fall or impact would be absorbed by the equipment rather than the body.

    D. all of the above.

4. Which of the following is an opinion?

    A. 5 million kids are injured while playing sports.

    B. The NYSSF wants there to be less injuries.

    C. 20 million kids play sports.

    D. Too many kids are injured while playing sports.

5. Does the author agree with the NYSSF? Explain.

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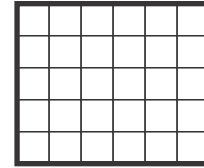
_____

_____

Name _____

(A-Z) Vocabulary

1. **Perimeter** is the distance around a shape. The perimeter of a rectangle can be found by adding the side lengths.

   The side lengths are _____ units and 6 units.

   $P = 5 + 6 +$ _____ $+$ _____ $=$ _____

   $P =$ _____ units

2. **Area** is the number of unit squares needed to cover a region. Area is measured in square units.
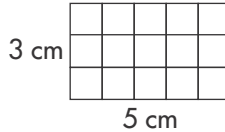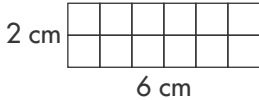
   Multiply the number of rows by the number of square units in each row to find the area.

   There are 5 rows. There are _____ square units in each row.

   $A = 5 \times$ _____ $=$ _____

   $A =$ _____ square units

3. Rectangles with different areas can have the same perimeter. Look at the rectangles below.
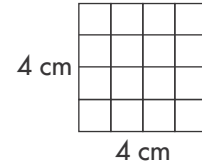
   2 cm [6 cm]   3 cm [5 cm]   4 cm [4 cm]

   $A = 2 \times 6$ $A = 3 \times$ _____ $A =$ _____ $\times$ _____

   $A =$ _____ sq cm $A =$ _____ sq cm $A =$ _____ sq cm

   $P = 6 + 2 + 6 + 2$ $P = 5 + 3 +$ ____ $+$ ____ $P = 4 + 4 +$ ____ $+$ ____

   $P =$ _____ cm $P =$ _____ cm $P =$ _____ cm

   The rectangles have different areas, but the same perimeter.

On the Back!

4. Draw two different rectangles with perimeters of 18 units. Tell the dimensions and area of each rectangle. Circle the rectangle that has the greater area.

Name _____

A-Z Vocabulary

1. A **unit square** is a square with sides that are 1 unit long. A unit square has an area of 1 **square unit**. Area is measured in square units.

   The area of both rectangles is 12 square units. What are the dimensions of each rectangle?

   _____   _____
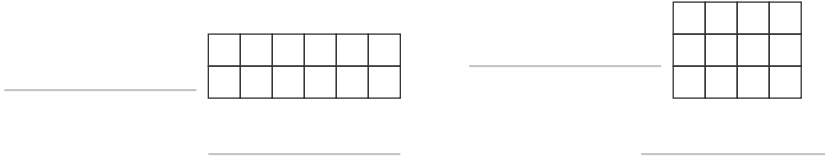
2. Rectangles with different perimeters can have the same area. Look at the rectangles below.

   2nd Rectangle

   1st Rectangle   **3rd Rectangle**
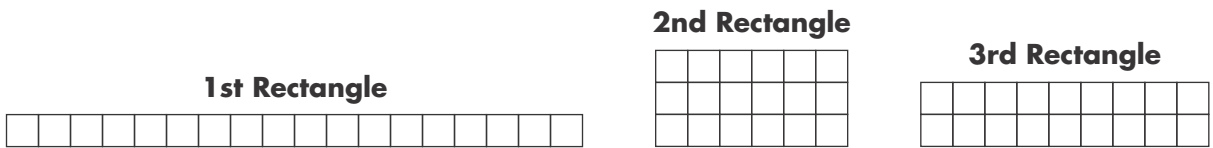
   Find the area.

1 row of 18 square units	3 rows of 6 square units	2 rows of 9 square units
$A = 1 \times 18$	$A = 3 \times$ _____	$A =$ _____ $\times$ _____
$A =$ _____ square units	$A =$ _____ square units	$A =$ _____ square units

   Find the perimeter.

$P = (2 \times 1) + (2 \times 18)$	$P = (2 \times 3) + (2 \times$ _____ $)$	$P = (2 \times 2) + (2 \times$ _____ $)$
$P = 2 +$ _____	$P = 6 +$ _____	$P =$ _____ $+ 18$
$P =$ _____ units	$P =$ _____ units	$P =$ _____ units

   The rectangles have different perimeters, but the same area.

On the Back!

3. Find the area and perimeter of the rectangle shown at the right. Then describe a different rectangle with the same area as the rectangle shown. Tell which rectangle has the smaller perimeter.
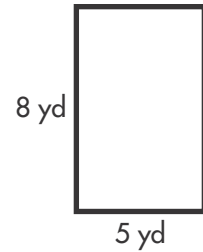
   6 ft

   4 ft
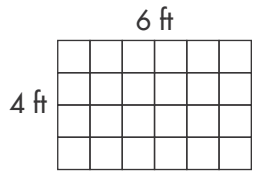
Vocabulary

1. To solve problems involving distance around a shape, use
   perimeter. To solve problems involving how much space a shape
   covers, use **area**.

   8 yd

   A diagram of a garden is shown.

   To find how much fencing is needed to go around the garden, find

   the _____ of the garden.

   5 yd

   To find how much space the garden covers, find the _____
   of the garden.

2. Jessica wants to buy a frame for a painting that is 30 inches long and
   24 inches wide. She wants to have a 4-inch border between the painting
   and frame. What are the dimensions of the frame she should buy?

   Draw a picture to help with your reasoning.

   4 in.   30 in.   4 in.

   The painting is _____ inches long by

   _____ inches wide.

   4 in.

   The border is _____ inches on each side of the
   painting.
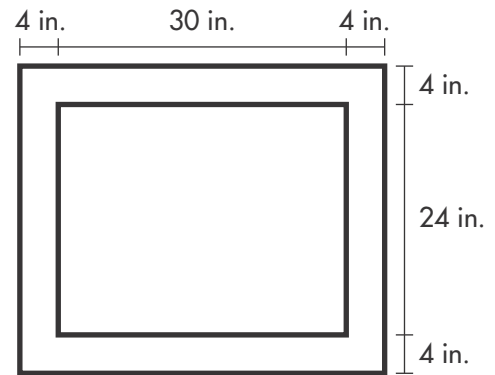
   24 in.

   The border is on all four sides of the painting.
   The width of the border will be added

   4 in.

   _____ to each dimension.

   Length of frame = 4 in. + 30 in. + _____ in. = _____ in.

   Width of frame = 4 in. + _____ in. + 4 in. = _____ in.
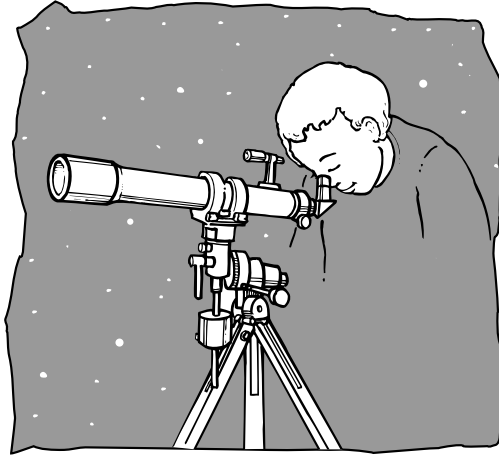
   The frame should be _____ inches long by _____ inches wide.

On the Back!

3. A gardener wants to plant a rose bush every 5 feet along the back
   fence of a yard. There will be a bush at each end of the fence.
   How many bushes will the gardener need for a 40-foot fence?
   Draw a picture to help you.

In the ReadWorks passage "Be A Safe Sport!" it states that, "The NYSSF says that playing sports and exercising help kids stay healthy and make friends." Write a paragraph stating your opinion about whether or not you agree with the NYSSF. Use information from the passage to support your opinion.

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Take a Closer Look

Scientists base their ideas on what they **observe**. This means they need to take a close look at what they are studying. Some scientists might need to look at objects far off in space. Other scientists might look at tiny objects here on Earth.

Since early times, scientists have been curious about the **universe**. They could see the Moon and thousands of stars. But they wanted to know more than just what their eyes could show them.

Then the **telescope** was invented. How excited those early scientists must have been. At last they had a tool to help them take a closer look. Now they could see the closest planets. They could see the rings around **Saturn**. They could see that **Jupiter** had many moons. But they wanted to know more.
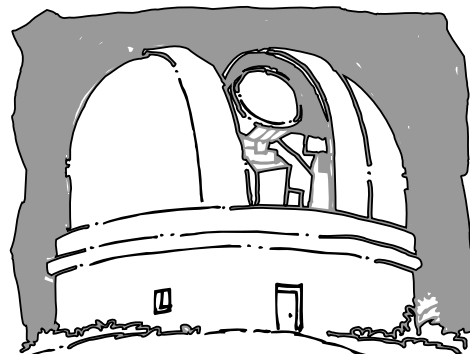

The largest telescopes are in **observatories** around the world.

As time passed, more powerful telescopes were made. It is now possible to see objects more clearly. Today's powerful telescopes allow scientists to look millions of miles out in space.
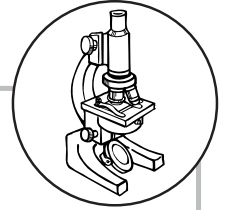
Telescopes help scientists take a closer look at distant objects. But scientists also need to look at very small things. The invention of the **microscope** made this possible. It let scientists look at details too small for the human eye to see. They could see things as small as blood **cells**. They could examine tiny parts of insects and plants.

Today, a more powerful microscope can make something look thousands of times bigger than it is. That is taking a really close look!
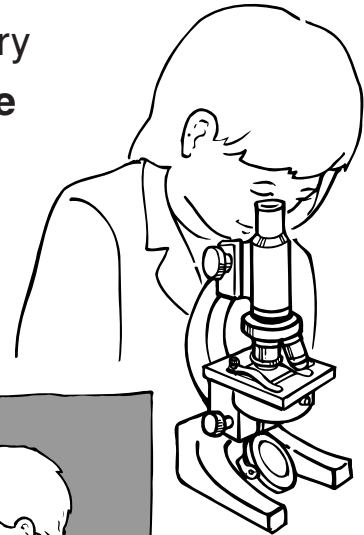
When you use a magnifying glass, you are using a simple microscope.

Questions about *Take a Closer Look*

A. Mark the correct answer to each question.

1. Which invention helps scientists take a closer look at objects in space?

   ○ microscope
   ○ telescope
   ○ laser
   ○ magnifying glass

2. Which invention helps scientists take a closer look at small objects here on Earth?

   ○ microscope
   ○ telescope
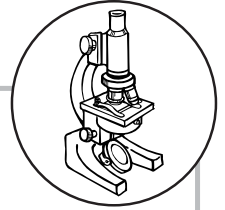   ○ laser
   ○ Hubble space telescope

3. Why do scientists want to take a closer look at things?

   ○ to learn more about stars and planets
   ○ to learn more about small objects on Earth
   ○ to learn more about the parts of our bodies
   ○ all of the above

B. Write the name of each tool.

_____   _____   _____
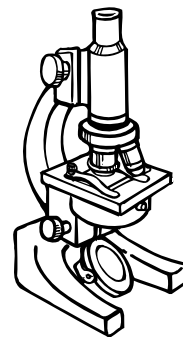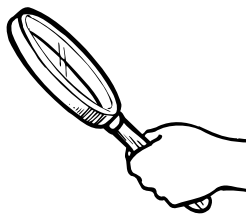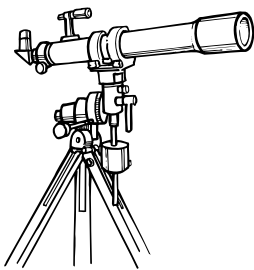
Name _____

Vocabulary

A. Write each word by its meaning.

curious	cells	observe
details	universe	telescope

1. to look at carefully   _____

2. eager to know   _____

3. everything there is; all things   _____

4. small parts of living matter   _____

5. small bits of information   _____

6. a tool for looking at objects
   that are far away   _____

B. Match words that mean the same.

small   • examine

look   • distant

close   • near

far   • tiny