

EXERCISE

GRADE 8 BENCHMARK

SUBJECT : Health

American youth are in worse physical shape than earlier generations, many fitness experts claim. According to the US Surgeon General, only about one-half of US children get regular exercise, and one-fourth don't take part in physical activity at all. As a result, obesity among children and adolescents has increased substantially since the 1960's. The conveniences of modern-life--notably television, video games and computers--get much of the blame for creating a nation of youthful couch potatoes. In addition, school officials often scale back or eliminate physical education programs when budget squeezes occur. Nonetheless, innovative physical educators are working to reverse the trend by acquainting kids with activities that interest them--and that can help them maintain fitness throughout life.

"Youth Fitness." CQ Researcher. 26 Sept 1997. Congressional Quarterly Inc.

Note Card 1

Paraphrasing

Note Card 2

Summarizing

Note Card 3

Quote

EXERCISE

GRADE 8 BENCHMARK

SUBJECT : Science

“Harp Seal”

After the pup has been abandoned and the seals have mated, they disperse briefly to the surrounding seas, and then haul out on the ice again to moult in April. At this time they are joined by the immature non-breeding seals who had followed them down from the summer feeding grounds. When molting is finished the harp seals move again. This time they migrate to the north with the retreating ice and head again for the summer feeding grounds around Baffin Island and Greenland.

International Wildlife Encyclopedia, Vol. 10. Marshall Cavendish. 1994.

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