

Days 1 and 2: Article

The Exercise Doctor

Dr. Joy Washington is a doctor of sports medicine. What does that mean? It's her job to help active people stay healthy. She works with everyone from top athletes to kids who enjoy school sports.

Anyone who does any kind of exercise can get injured. Injured patients come to her office. Dr. Washington looks at their injuries. Then she asks questions. Once she has a good idea of what an injury is, she helps the patient solve his or her problem. Serious cases may need surgery. Others get physical therapy. Some may just need ointment to heal sore muscles.

Some patients have repeated injuries. That means they keep getting the same injury over and over again. Dr. Washington works with these patients to help solve their problem. She tells them what they need to do to heal. She prescribes special exercises to help them get stronger. She advises them about what activities they can and cannot do. This helps her patients avoid getting injured again.

Some of Dr. Washington's patients are professional marathoners. A marathon is a race that is 26.2 miles long. These runners train by running 15 miles or more daily. This puts a lot of stress on their joints. Running incorrectly or wearing the wrong shoes could destroy their knees and ankles. Dr. Washington advises them on the best way to train. She helps prevent an injury from spoiling their chance of winning.

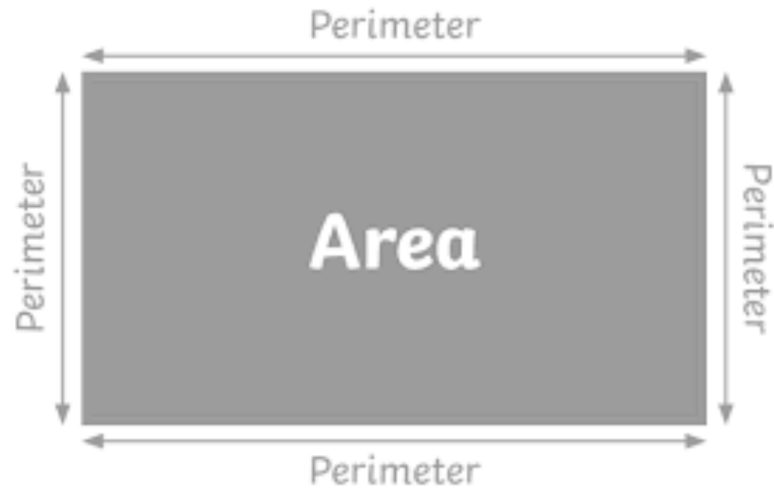
5

10

15

20

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-x Day 1: Perimeter and Area



 Day 1: Great Wall of China & Pyramids of Egypt



Great Wall of China



Pyramids of Egypt



Day 2: Resources- Natural, Human, and Capital

Human resources are people, workers like doctors and pilots.



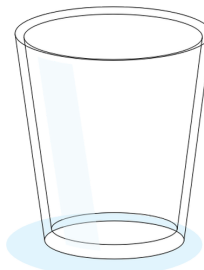
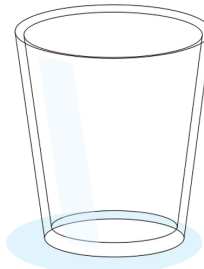
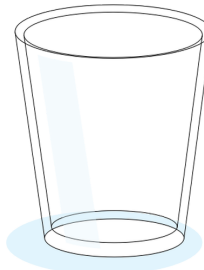
Capital resources are goods that are made and used to do a job.



Natural resources are found in nature and used by people.



Day 2: Dissolve



Day 3 - Hieroglyphics


	A	vulture		L	lion		W	chick
	B	leg		M	owl		X	cloth
	C	cup		N	water		Y	feathers
	D	hand		O	chick		Z	bolt
	E	feather		P	stool		CH	tether
	F	viper		Q	hill		KH	sieve
	G	pot		R	mouth		SH	basin
	H	wick		S	cloth		MAN	
	I	feather		T	loaf		WOMAN	
	J	cobra		U	chick		ANKH	
	K	cup		V	viper			

+ ÷ Day 3 - Model Multiplication - ×

Array

items arranged into equal rows and columns

3 rows of 5



MATH TECH

Day 2: Author's Purpose

Author's Purpose

An author's purpose is his or her reason for writing a text. Knowing the purpose helps you recognize the author's message.

If the author's purpose is to . . .

Persuade



then the author wants readers to think or act in a certain way.

Inform



then the author wants to share information about a topic.

Entertain



then the author wants readers to enjoy a story.

How can you figure out the author's purpose?

FIRST...

think about the genre.

THEN...

ask questions about what you read and find answers.

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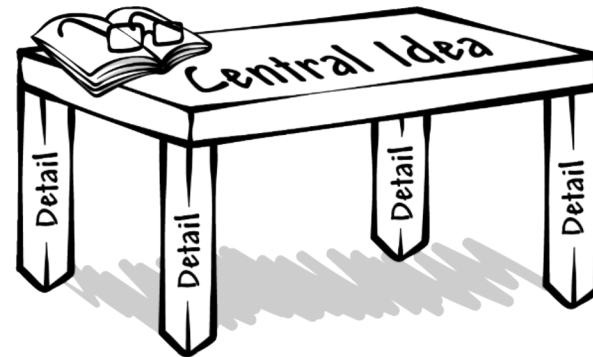
Day 2: Central Idea

Central Idea

The **Central Idea** is what the text is mostly about.

Look for **text clues**.

- Headings
- Visuals
- First or Last Sentence
- Repeated Words



Evaluate **details** to determine **key ideas** that support the central idea.

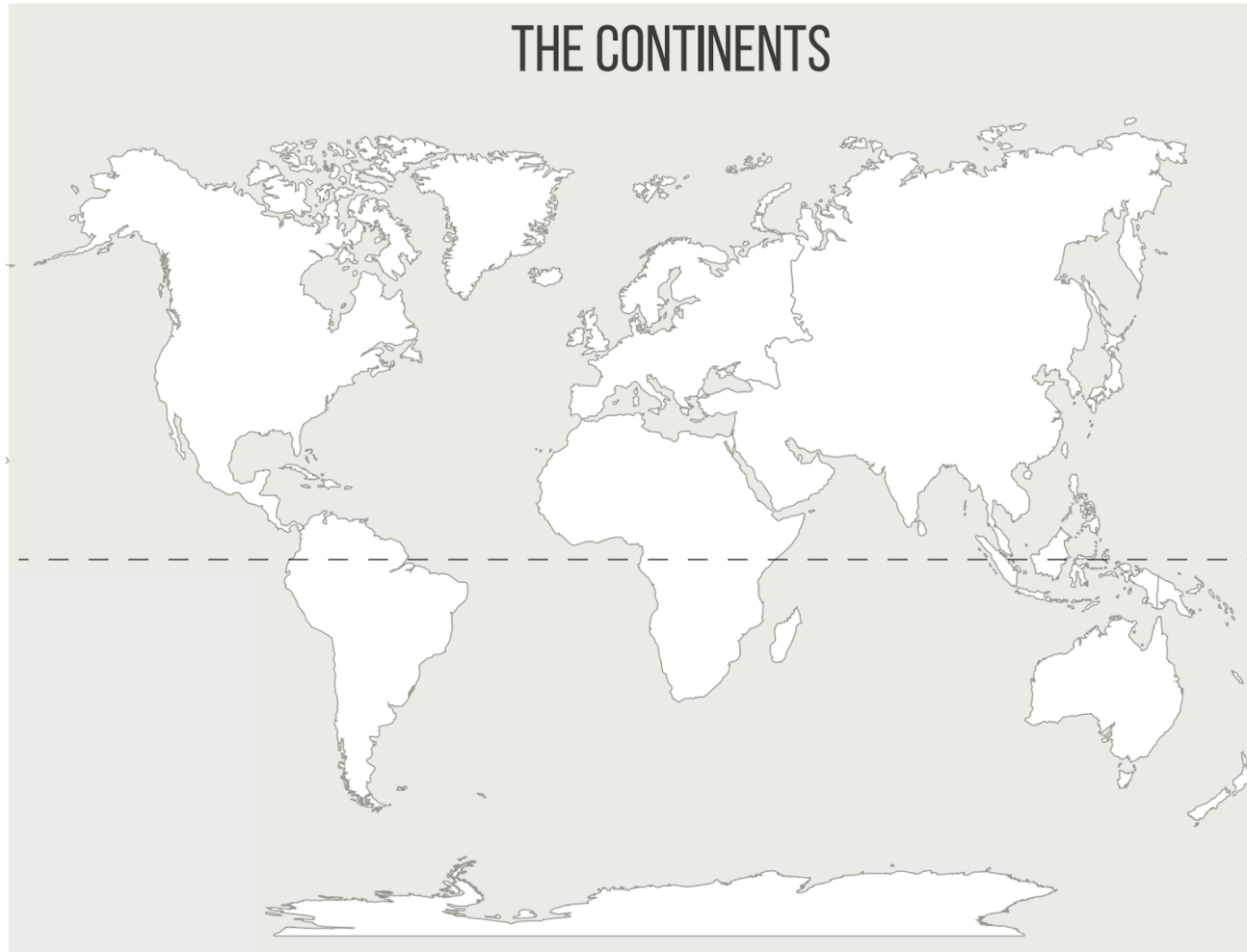
- Examples
- Facts
- Evidence
- Description

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Day 4: World Map

THE CONTINENTS





Day 4: Sequence

Sequence

First

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Next

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Last

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