

## Action Verbs Power-Up!

Let's get ready to move and write! Today, we'll learn about action words, called verbs, and use our awesome Calisthenics moves to help us!

### What You'll Need:

- Paper
- Pencil or Crayon
- List of Simple Calisthenics Moves (like jump, stretch, squat, reach, bend, run in place, skip, hop)
- Open space to move!

### What are Action Verbs?

Action verbs are words that show action! They tell us what someone or something is *doing*. Think about Calisthenics – it's all about action!

### Let's Move and Find Verbs!

Look at our list of Calisthenics moves. Let's do one together!

1. **JUMP!** Can you jump up and down? Great! The word 'jump' tells us the action you did. 'Jump' is an action verb!
2. **STRETCH!** Reach up high! Stretch your arms! What's the action word? 'Stretch'! That's another action verb.
3. **SQUAT!** Let's squat down low. What action did you do? You did 'squat'. 'Squat' is an action verb!

Can you try doing other moves like 'reach', 'bend', 'run', 'skip', or 'hop'? Each word that names the action is an action verb!

### Writing Power Sentences!

Now, let's use these action verbs to write sentences. A sentence tells a whole idea. We can write about our Calisthenics moves!

Let's pick an action verb, like 'hop'. Who is doing the hopping? Let's say 'I'.

We can write: **I hop.**

Let's try another one. Verb: 'stretch'. Who? 'I'.

Sentence: **I stretch.**

Your turn! Pick 3 action verbs from our Calisthenics list. Write a simple sentence for each one, starting with 'I'. Draw a little picture next to each sentence showing the move!

*Examples:*

- I jump.
- I run.
- I bend.

**Great job, Super Writer!** You used action verbs to write about cool Calisthenics moves! Remember, action verbs make our writing strong and exciting, just like Calisthenics makes our bodies strong!