

Name : _____

Directions: Read the following article. Answer the questions completely at the end of the article. Each question is worth 2 points.

Maybe you're looking outside right now and snow is falling on the ground. You might have a bunch of friends available for playing, or you could be all by yourself. No matter what the weather is like or how many friends are around, there's always a way to be physically active and have fun. Here's how.

When It's Just You

By yourself? Try hopping on your bike, strapping on your skates or try jumping rope and counting how many times you can jump before you miss. Jumping rope is a great way to get aerobic exercise.

Sometimes being by yourself gives you a chance to practice stuff so you get better at it. If you play tennis, try hitting a tennis ball against a brick wall. If basketball's your thing, try shooting hoops and seeing how many you can sink. Or if you're into soccer, grab a ball, and see how long you can keep it in the air using your feet, knees, and head.

More things to do when it's just you:

- * Invent some dance moves.
- * Do sprints (short running races) and time yourself to see how fast you go.
- * Use a pedometer to count the number of steps between your favorite places, like your house and the park.

When There Are Two

Just you and a friend hanging out, looking for something to do? Practice playing some Ping-Pong or start a tennis tournament between the two of you. Ever try badminton? It's great if you have a net, but you also can play by just seeing how many times you can hit the birdie back and forth to each other. How about a little one-on-one in basketball or a race to see who's the fastest runner? Maybe you're into cheerleading. If so, invent some new cheers together.

More things to do when there are two:

- * Invent dances to your favorite songs.
- * Jump rope together.
- * Practice pitching and hitting a baseball.

When There Are a Lot of You

If there are a bunch of kids looking for something cool to do, you're in luck! Lots of sports and games work well with a group of kids. Baseball, softball, basketball, soccer, and volleyball are good group games. Or you should invent your own game!

More things to do when there are a lot of you:

- * Have a skateboarding contest.
- * Play tag.

When You're Stuck at Home

Maybe you can't go out because the weather is rainy or too cold. But that doesn't mean you can't get some exercise while you're inside. There are basketball hoops with over-the-door hooks and basketballs made from soft foam that are meant to be played with indoors. If you have them and there is enough room, set them up and shoot some hoops. Have a tournament with everyone in the house.

More things to do when you're stuck at home:

- * Do some tumbling if you have enough room to do it.
- * Set up a scavenger hunt.

And here's one thing **not** to do: Try not to say, "I'm bored. There's nothing to do." As you just found out, the point is that there's always something to do!

(Each question is worth 2 points)

1. What is the main idea of this article?

2. What are two things that can keep a teenager from being active?

3. Name two activities you can do during the winter months to remain active? (Think outside of the sports category)

