5th Grade Article Summary

*Fit Body and Mind*

Read the following article carefully and answer the questions below in complete sentences. You may either write out your answers neatly or type them and attach them to this sheet.

1. Explain why exercise benefits the function of the brain.
2. How does exercise relate to doing better with testing at school?
3. Explain, based on the article, why P.E. classes are important to learning at school.