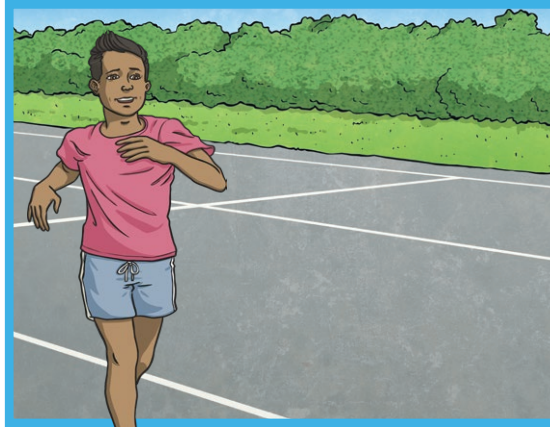


# Reading Booklet

## Sample 2016 English Reading Booklet



**Running**



**Leisure**



**Sabryna and the River Spirit**

# Contents

Running	Pages 3-5
Leisure	Page 6
Sabryna and the River Spirit	Pages 7-9

# Running

## Introduction

Running is free, you can do it almost anywhere and it has many potential health benefits. Suitable for adults and children, it can improve your fitness, reduce your risk of illness and help to maintain a healthy active lifestyle. It's no wonder an estimated six million people in the UK are now going jogging at least once a week.



## Beginner's Guide

If you've never been a runner and are thinking of giving it a try, there are a few useful tips for beginners. It is always a good idea to build your fitness gradually. The key is consistency and a slow increase in speed and distance. Try to run regularly - a few times per week - but there's no need to go too far or too fast straight away.

Begin each run with a gentle warm-up for at least five minutes.

If you're totally new to running, start by walking for any amount that feels comfortable from about 10 to 30 minutes.

When you can walk comfortably for at least 30 minutes, include some short running intervals of one or two minutes.

As time goes on, make the running intervals longer and the walking sections shorter until you're just running the whole way!

Keep an upright posture, smooth stride and aim to have your arms and shoulder relaxed with elbows bent.

Always give yourself time to cool down properly when you finish a run by walking and gently stretching for at least 5-10 minutes.

## Staying Motivated

**Goals** - Set yourself regular targets of either time, frequency or distance. You don't need to be involved in a race to be in competition. Sometimes, competing with yourself can be just as much of an exciting challenge.

**Clubs and Company** - Run with a friend or local group. Most clubs cater for all ages and ability levels, including beginners, and are usually a very friendly bunch. According to research, you're more likely to stick with regular exercise if it's a sociable activity that you do with someone else.

**Diary** - Keep a training log of your runs. This could include as much or as little detail as you like. You could note your route, distance, time and how you felt. If you ever feel like you're not making as much progress as you wanted, look back over your past achievements!

**Variety** - mix up your routes and distances to avoid the same old routine becoming boring. Doing other forms of exercise is known as cross-training. Swimming and cycling are other great ideas to support and improve your running, as well as being enjoyable exercise too.

## Different Distances and Types

<b>Track Running</b>	Usually involves athletes running over specified distances on an oval running track. Events are generally categorised as sprints, middle distance and long distance, plus hurdles races.
<b>Road Running</b>	Anyone can enjoy road running and even compete in events with measured courses over an established distance. This could be running safely along pavements or in an organised events roads may have special permission to be closed to all vehicle traffic. These events normally start at 5km or 10km, ranging up to half marathons (13.1 miles) and marathons (26.2 miles).
<b>Cross Country Running</b>	Also similar to Fell running or Trail running - this usually takes place over open or rough terrain which may include grass, mud, woodlands, hills or even water.

## Specialist Gear and Gadgets

Running doesn't have to require much equipment but a good pair of running shoes are an essential investment in order to reduce the risk of injury. Specialist running retailers can give advice and fit running shoes to individual runners, based on your ability and goals. Running shoes should fit snugly to avoid slipping and sliding that can lead to blisters. A good design allows your foot to strike the ground properly, reducing the amount of shock that travels up your leg. They should be replaced over time, typically every 300 miles.

When you get started, you can wear whatever feels comfortable to run in. After a while, you may choose some clothing with more technical sports fabric, which is designed to draw the sweat away from your body.

As your running advances, you may decide to use a digital sports watch to record and monitor your runs or even a heart-rate monitor to check your effort level is where it should be.



## Running for Kids

Running does not have to be about being the fastest or completing the furthest distance. It can be a rewarding and enjoyable activity without any competition. Always make your first rule to be running for fun!

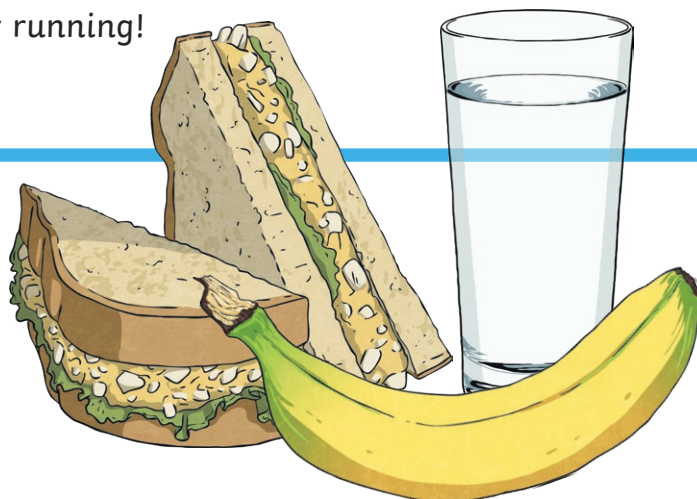
Remember these other golden rules too:

Choose the correct running shoes that are flexible and light.

Eating healthily is a priority. Plenty of fruit, vegetables and a balanced diet will help no matter what!

Make sure you rest well. Always aim to have a good night's sleep and if you feel any pain from running or other activities, try to rest rather than make it worse.

Smile and enjoy your running!





# Leisure

What is this life if, full of care,  
We have no time to stand and stare.

No time to stand beneath the boughs  
And stare as long as sheep or cows.

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,  
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,  
And watch her feet, how they can dance.

No time to wait till her mouth can  
Enrich that smile her eyes began.

A poor life this if, full of care,  
We have no time to stand and stare.

By William Henry Davies (1871-1940)



# Sabryna and the River Spirit

The day began as usual. The little ones scampered about while Pa complained of the aches in his back and the tingles in his toes.

Sabryna heated bread and pottage over the fire in their old iron pot. The family didn't have the money for a new alchemical stove like other families in the village, but Sabryna didn't mind. She liked the smell of a real fire better. It smelt honest.

Before the family ate breakfast, they stood before the shrine: three clay figures, nestled in the nook above the fireplace. Their paint was flaky and their limbs cracked but, since Pa had injured his back and lost his job on Strongarm's farm, there was no money for repairs. Sabryna nudged the little ones to remind them to bow their heads as Pa cleared his throat.

"Thank you, Barl, for the grain and the beans. Thank you, Sana, for light to bless the leaves. Thank you, Dia, for water to bless the roots."

Sabryna broke off breadcrumbs to give to each of the figurines: stout Barl, tall Sana and dainty Dia with her long, flowing hair.



"We are only a poor family – a lowly family," Pa went on. "We try our best but we are cold and hungry and our bellies always rumble. Please bless us, spirits. Send us barrels of grain, baskets of fruit and lots and lots of fish."

Recently, Pa's pleas had become more and more desperate, and Sabryna had become more and more certain that the spirits weren't listening.

After breakfast, Sabryna tied on her apron and filled her pocket with salt for a day's luck. "Time for school," she said, leading the little ones outside.

"Have a good day," said Pa, "and don't run off with a passing merchant!"

"I won't," Sabryna promised. Sabryna had never travelled further than the next village but she knew that the merchants came from towns and cities far away. They brought tales of temples and domes, mighty machines and magic shows. Sabryna would love to see all that they described, but she knew that it was impossible. Her family depended on her.



The village school only cost a penny each for the morning and taught sums and letters. Alongside this, the children were taught about alchemy; lessons involved mixing simple formulas and drawing diagrams of alchemical contraptions. It was only the basics, but it was a start. Sabryna hoped that her brothers and sisters would achieve great things one day.

It was a long walk from their cottage, high on the hillside, to the schoolhouse in the valley below. As usual, they were the last to arrive and Sabryna, who was already fourteen, hurried her siblings through the gate as the bell rang.

“Work hard – and don’t upset the teacher!” she called, before heading into the village to collect the day’s laundry work.

The village bustled. Farmhands jostled and gossiped as they headed to the fields. Apparently, the river was low, but the farmhands said that there was no need to worry because Mr Strongarm had bought a new alchemical fertiliser and it made the grain pop up like a rabbit from a hole.

The farmhands might not have been worried about the low river but Sabryna was – she could hardly make a living as a laundress without water.

In the village square, the blacksmith’s iron hissed as he plunged hot metal into a liquid that turned the outside bright gold. A cart bounced down the street, delivering wool to the dyers. In the alley stood great vats of dye in every colour the alchemists could dream up.

More and more people were moving to the village. Some came to work on the farms, which grew bigger each year, while others came to profit from passing merchant trade as ever more alchemical wares were transported up and down the land by boat.

Sabryna bowed her head to disguise her gaze as the merchants’ daughters bustled past in their jewel-bright gowns, showing off the latest fashions. Sabryna wished that she could afford a colourful gown, too, but all she had to wear was a beige smock. Every new alchemist invention seemed like magic – Sabryna just wished that she had a little more magic in her own life.

She knocked on the door of the low, thatched building that belonged to the Strongarms. Mr and Mrs Strongarm ran the biggest farm in the village.





“Oh, Sabryna! There you are,” said Mrs Strongarm, standing in the doorway. Her necklace hung with expensive wards against hardship and hunger. “How is your Pa? Is his leg still troubling him?”

“It’s his back, really,” said Sabryna, holding out her arms for Mrs Strongarm’s basket of laundry. “It troubles him worse each winter.” Even from the doorway, Sabryna could see that the Strongarms’ shrine was five times as elaborate as the one that Sabryna’s family had at home. There had to be at least twenty statuettes of every colour and shape: some human, some animal, some dressed in jewels or fur or flames.

“Oh, the poor man. He always worked so hard and he’s had such bad luck. Still, good thing he’s got you to help look after the family. Here you go.” Mrs Strongarm deposited a large pile of dyed cloth into Sabryna’s basket.

As Sabryna thanked her and turned to leave, Mrs Strongarm caught her elbow. “One moment, Sabryna. Don’t use that old soap; you’ll spoil the colours. Here.” She held out a bar of alchemical soap, indigo-coloured with swirls of glittering green and black.

“Thank you,” gasped Sabryna as Mrs Strongarm plonked the soap on top of the laundry. Sabryna couldn’t stop staring. It looked more like a precious stone than something you used to wash clothes. “I’ve never used alchemical soap before. I can’t wait to try it.”

“And if your Pa ever needs anything...” said Mrs Strongarm, waving Sabryna goodbye.



Extract from ‘Sabryna and the River Spirit’ from the Twinkl Originals ‘Extreme Earth’ collection for Key Stage 2.