'Read and Ride'

Schools across **(0)** ..... world are always thinking of new ways to keep students active and alert. A school in the USA has recently installed exercise bikes in one classroom and students ride these while reading their books. A staff member at the school, **(9)** ..... enjoys using an exercise bike at the gym and reading at the same time, came **(10)** ..... with the idea for **(11)** ..... he calls the 'Read and Ride' program. Believing this would be a fun way to persuade students to become more active, he placed one in his classroom and encouraged them to use **(12)** ..... during independent reading sessions.

The exercise bike was **(13)** ..... a success that he introduced the Read and Ride program to the entire school. Now the school has a special room full of bikes that **(14)** ..... regularly used by students. Besides **(15)** ..... reading more fun, the program also helps students to exercise at a comfortable pace without experiencing the pressure that comes **(16)** ..... competitive sports.

LIVEWORKSHEETS