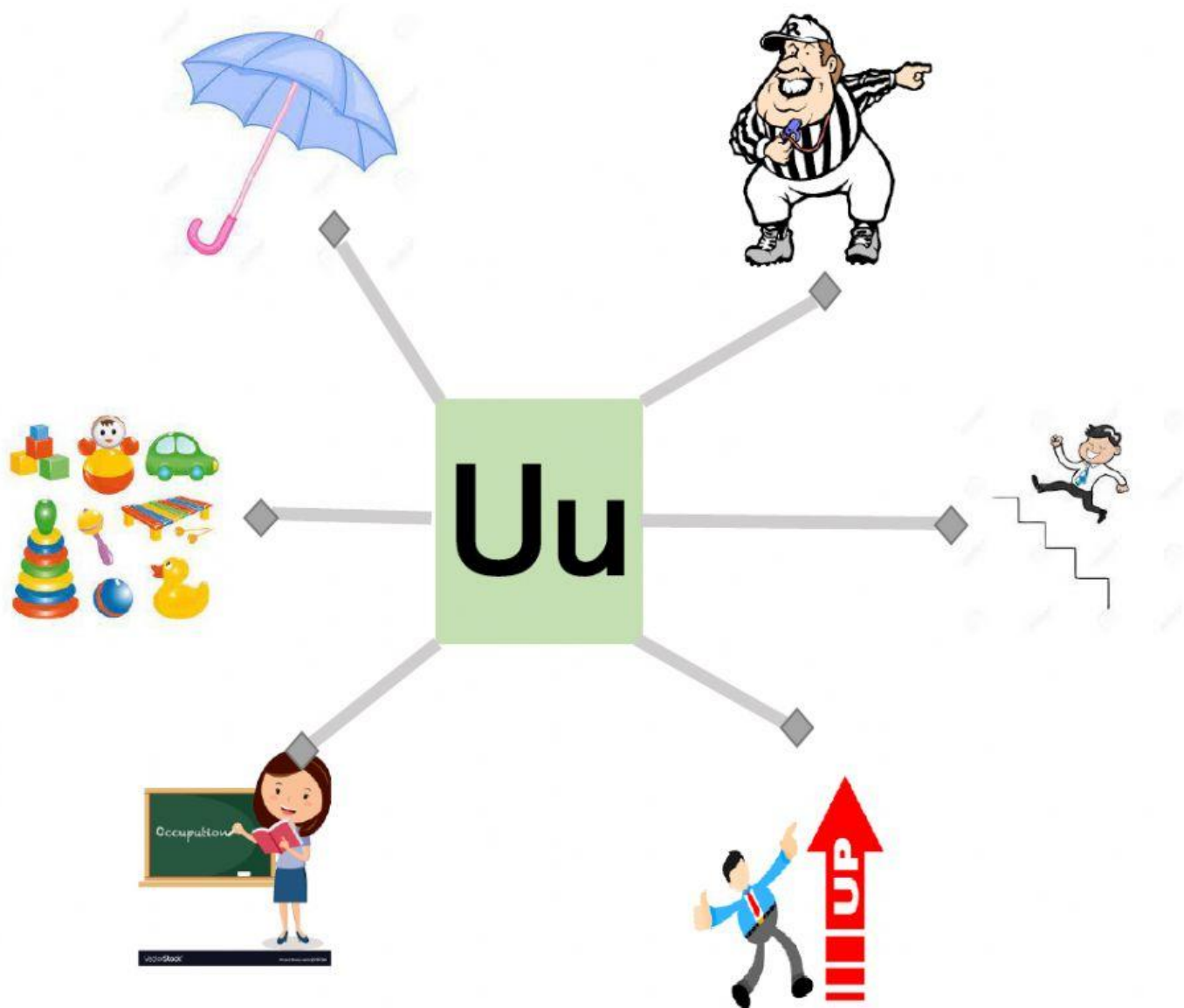


*Match



*Read the sentence

The umpire stands up and goes upstairs.

*Circle the sightword



1 up

2 ups

3 up

4 ups

I can sit up. I do sit-ups every day.

I can stand up. I do push-ups every day.