

Reading Comprehension Worksheet: Author's Reasons/Evidence

Read the short story and answer each question.



Move Your Body, Boost Your Brain

Should kids play sports or stay active every day? Yes! Playing and moving around isn't just fun—it's good for your body, your brain, and your mood.

Point 1: Sports Keep You Healthy

Exercise helps your heart, lungs, and muscles stay strong. Doctors say kids should move at least 60 minutes a day. Running, swimming, dancing, or playing sports can help you grow and stay fit. In fact, a study showed that active kids get sick less often and have more energy during the school day.

Point 2: Exercise Helps You Think

Moving your body helps your brain work better. A teacher at Jackson Elementary said her students focus more after recess or gym class. Scientists believe exercise sends more oxygen to the brain, which helps with memory and problem-solving.

Point 3: Sports Build Teamwork

When kids play team sports like soccer or basketball, they learn how to work together. They share ideas, take turns, and solve problems as a group. This helps them at school and later in life.

Sports and exercise aren't just about playing—they help kids grow stronger in every way. That's why moving your body each day is a smart choice!



Name: _____

Move Your Body, Boost Your Brain

1. What is one reason the author gives to support the idea that sports are good for kids?

- A. They make you laugh more often
- B. They help your heart and muscles stay strong
- C. They help you avoid chores
- D. They make you win every time

2. How does the author support the point that exercise helps you think?

- A. By giving a recipe for snacks
- B. By sharing what a teacher observed and what scientists found
- C. By describing different types of sports
- D. By showing how tall athletes grow

3. Fill in the blank:

The author says exercise is helpful for _____, brain power, and teamwork, and gives reasons for each.

4. Pick one main point the author makes. What reason and what evidence support that point?

5. Do you think the author's reasons are strong? Why or why not? Use the text to support your thinking.



Instructional Guide

Guide Reading Level: P

Lexile Level: 645L-795L

Grade Level: 4th Grade, Beginning of the Year

Genre: Persuasive Nonfiction – Health and Wellness

Introducing the Text

“Today we’ll read about why staying active is great for kids. The author makes several points and supports them with reasons and real examples. We’ll look closely at how the author builds their argument using facts and observations.”

Vocabulary: exercise, focus, teamwork, evidence, brain

Before Reading Discussion Questions

1. Why do people say exercise is good for you?
 2. What kinds of physical activity do you enjoy?
 3. Have you ever heard someone explain why kids should play sports?
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During Reading Discussion Questions

1. What is the first point the author makes?
 2. How do we know the brain benefits from exercise?
 3. What kind of evidence is shared for teamwork?
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After Reading Discussion Questions

1. How did the author use evidence to support their points?
 2. Which reason or example did you think was the strongest? Why?
 3. What’s another point the author could have added?
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Activity Idea

Have students create a poster titled “Why Kids Should Move!” with three main points from the article. They can add one piece of evidence or illustration for each, showing how reasons support a central idea.

