The Runner

When Peter was a baby
He didn't learn to crawl
In fact he never wanted
To move around at all

Until one day he had a thought
"Wouldn't it be fun
If I could get up off the floor
Move my legs and run"

And so when he was 2 years old
He got onto his feet
Stretched his legs, kicked his toes
And ran off down the street

First he ran to nursery
Then he ran to school
He ran to university
His life was never dull

The County picked him for their team
Winning every race
Nobody could ever beat
Peter's speedy pace

He never had to diet
Or work out at the gym
Exercise and fitness
Came naturally to him

But now, at 97
He's too old to run around
And every day he promises
"Tomorrow I'll sit down!"

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The Runner

Name _____ Date _____

Ideas for discussion

- **What is the meaning of the following words/phrases?**

  Crawl
  Stretched
  Kicked
  The County picked him for their team
  Speedy

- **How did you travel to school when you were a child?**
  (Walk/bus/car)

- **Did you or your children go to a Nursery?**

- **Do you enjoy running or any other sport?**

- **What should you eat to have a healthy diet?**