



#### Brain Day Illustrated By: Melony Jacobson



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# The ABC's of **Sports**

*This book is dedicated to:* 

## All of the kids that love learning and share my love of speed.

- Brain Day

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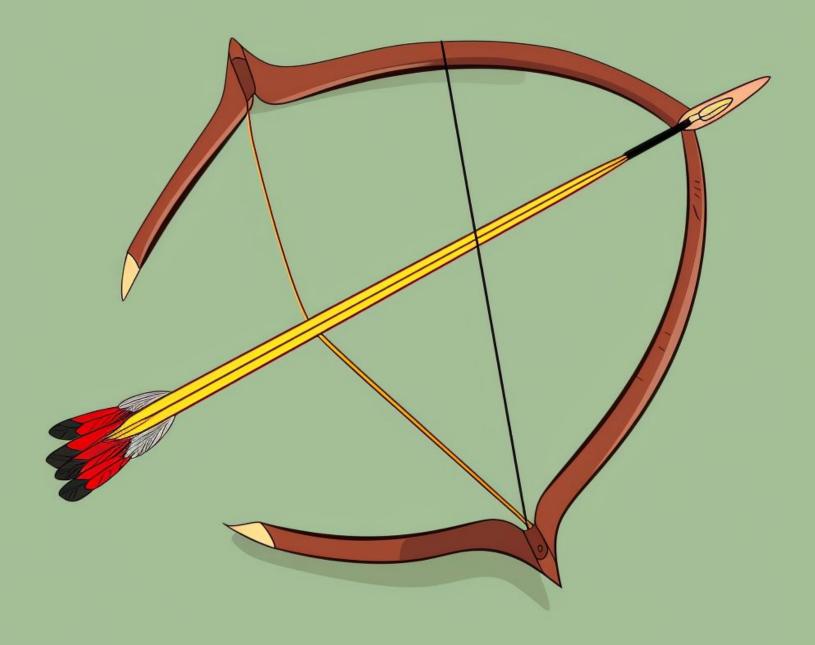
# The ABC's of **Sports**

#### Written By Brain Day

#### Illustrated By Melony Jacobson

#### Narrated By Beverly Jacobson

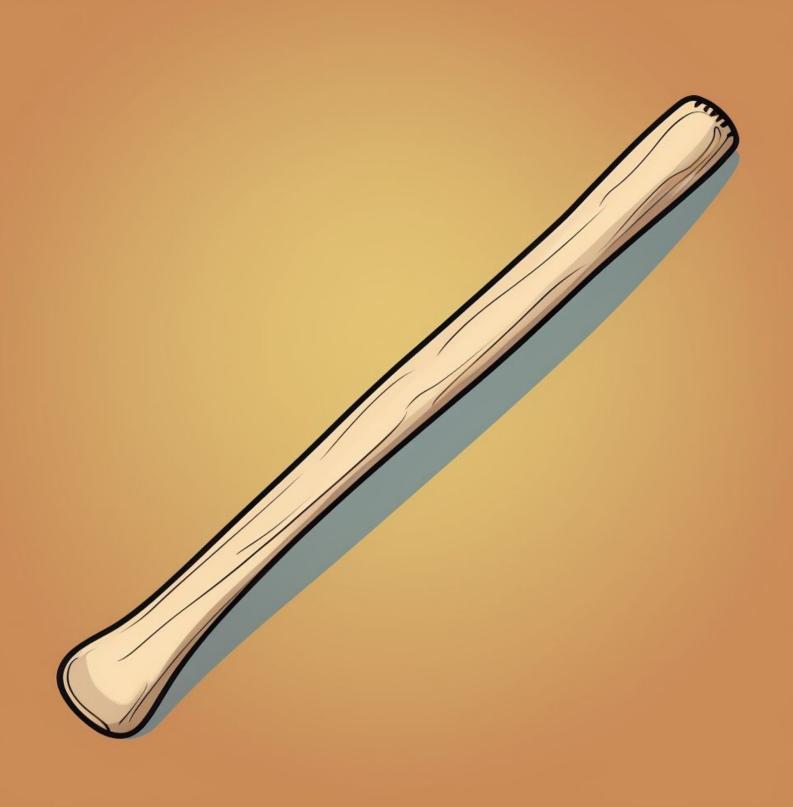
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## - is for -Archery Bow

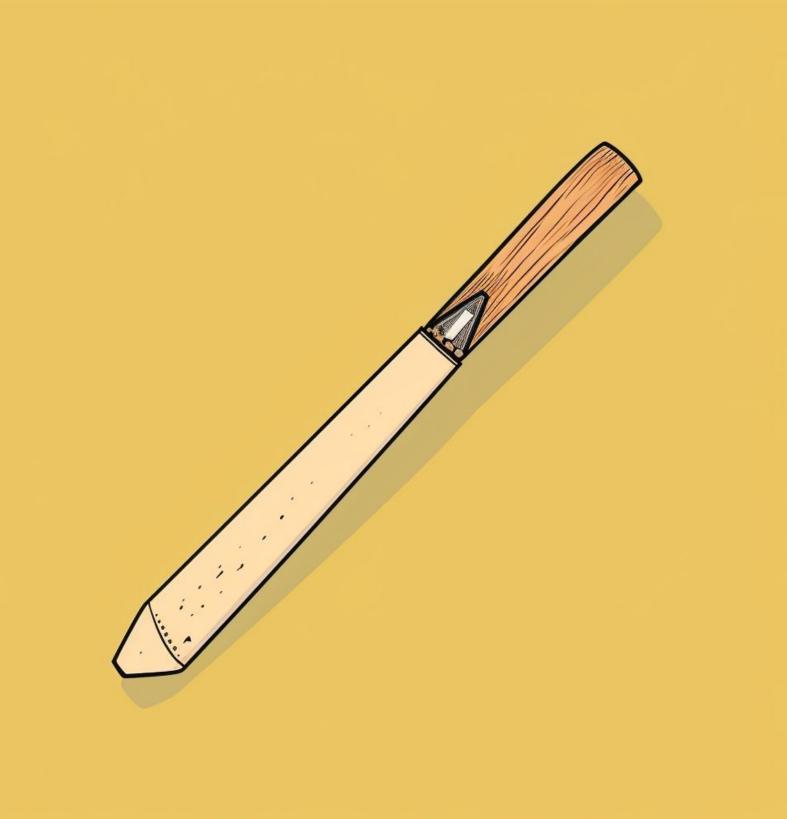
An archery bow helps you shoot arrows like a skilled archer in fun target games.





## - is for -Baseball Bat

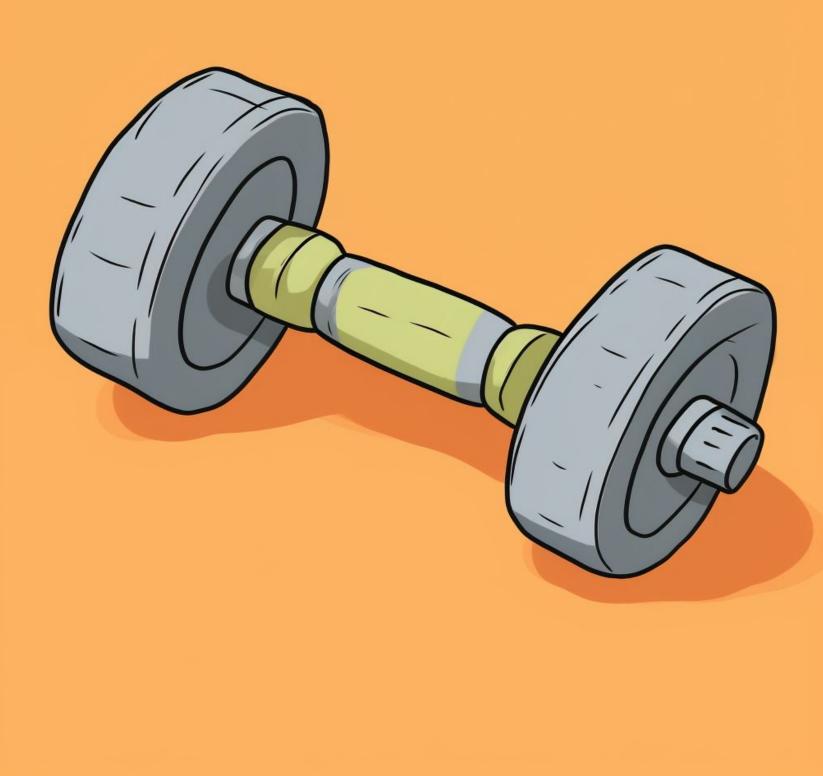
A baseball bat is used to hit a baseball and make it zoom around the field.





#### - is for -Cricket Bat

With a cricket bat, you can hit the cricket ball and try to score runs in cricket games.





#### - is for -Dumbbells

Dumbbells are like mini weights that make you stronger when you lift them up and down.





#### - is for -

## **Equestrian Saddle**

An equestrian saddle is like a comfy seat for riding horses, and it helps you stay on while the horse gallops.





## - is for -**Fishing Rod**

A fishing rod helps you catch fish in the water by casting out a line with a baited hook.





## - is for -Golf Clubs

Golf clubs are special sticks that help you hit a tiny golf ball into holes on a big grassy field.



# 

## - is for -Hockey Stick

A hockey stick is used to hit a puck and score goals in fast and exciting ice or field hockey games.





#### - is for -Ice Skates

Ice skates are like shoes with blades that help you glide on icy surfaces like frozen ponds.





#### - is for -Javelin

A javelin is a long, pointy stick that you can throw really far in track and field events.





– is for – **Kayak** 

A kayak is a small boat you paddle in the water to explore rivers and lakes.





#### – is for –

## Lacrosse Stick

A lacrosse stick helps you catch and throw a ball in the fun lacrosse game.

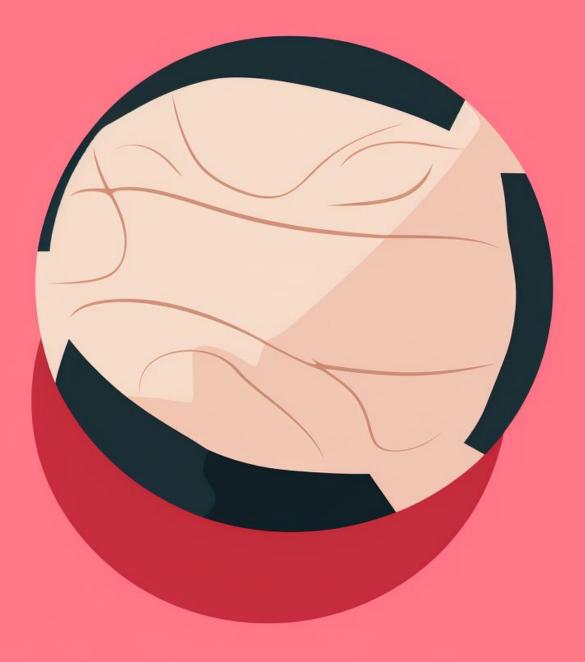




#### – is for –

## Mountain Bike

A mountain bike is a sturdy bicycle that lets you ride over bumpy trails and hills in the great outdoors.



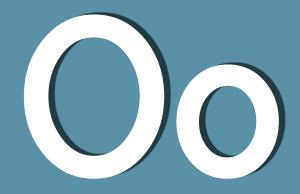


– is for –

#### Netball

Netball is played with a special ball and hoop, and you pass it to your teammates to try and score points.





## - is for -Outrigger Canoe

An outrigger canoe is a cool boat with a floaty thing on the side that helps it stay balanced in the ocean.





#### – is for –

# Ping Pong Paddle

Ping pong paddles are used to hit a small ball back and forth across a table in a fast table tennis game.





### Quiver (for archery)

A quiver is like a bag for arrows that archers wear on their backs, so they can easily grab arrows for shooting.





## **Running Shoes**

Running shoes are super comfy sneakers that make it easy to run and play sports like track and soccer.





### - is for -Soccer Ball

A soccer ball is a round, bouncy ball that you kick into a goal to score in soccer games.





#### Tennis Racket

A tennis racket is used to hit a tennis ball over a net in a fun game of tennis.





### - is for -**Unicycle**

A unicycle is a tricky one-wheeled bike that takes balance and skill to ride around.





#### – is for –

### Volleyball

Volleyball is played with a big, bouncy ball, and you try to get it over the net to score points.

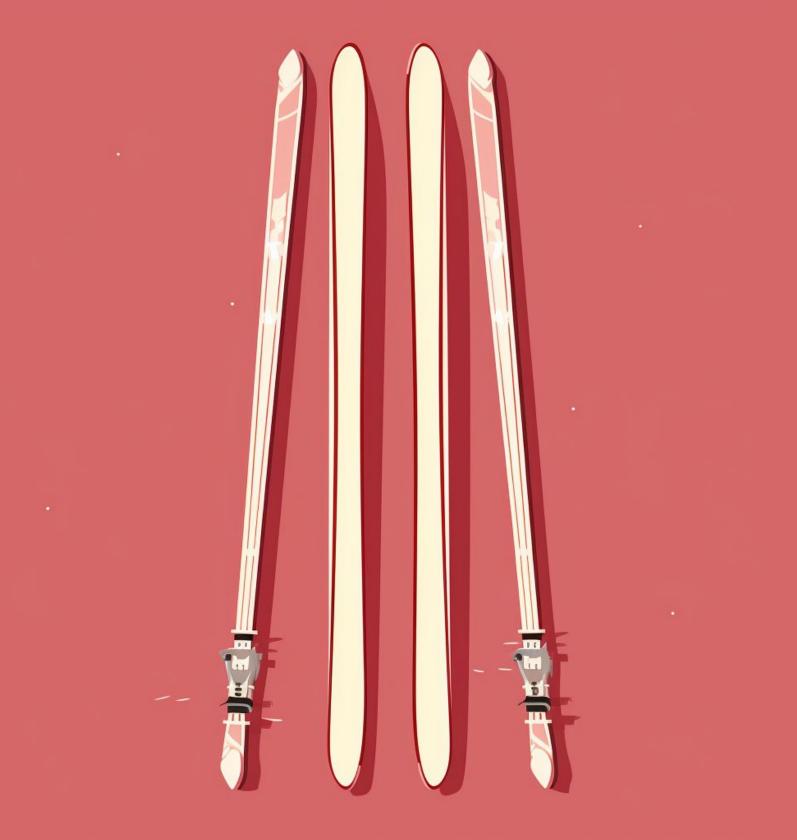




#### – is for –

### Windsurfing Board

A windsurfing board helps you sail on the water with a big sail attached to it, like a surfing sailboat.





#### - is for -X-country Skis (Cross-country Skis)

Cross-country skis are long, skinny skis that you wear on your feet to slide over snow and explore wintry trails.





### - is for -Yoga Mat

A yoga mat is a comfy, cushioned mat you use for doing stretching and yoga exercises to stay flexible and relaxed.





### Zip Line Kit

A zip line kit lets you glide through the air like a bird by hanging onto a strong cable from one end to another, like an exciting adventure ride.

# The End

I hope you enjoyed this book.

# Check the other ABC books we have and keep practicing!

Thanks for reading.

- Brain Day



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The ABC's of **Sports** 



Teach your little one the ABC's with a collection of fun terms. Filled with bright illustrations. There is never been a more fun way for both kids and adults to learn the ABCs.

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