

**Vocabulary Power****aer•o•bics** [âr•ō'biks]

*n.* Vigorous physical exercises designed to increase the body's capacity to take in and use oxygen.

# Possessive Pronouns

A **possessive pronoun** shows ownership and takes the place of a possessive noun.

There are two kinds of possessive pronouns. One kind is used before a noun. In the example below, the pronoun *her* stands for the possessive noun *Tammy's*. Both *Tammy's* and *her* come before the noun *book* and tell whose book it is.

**Example:**

I found **Tammy's** exercise book. I found **her** book.

The other kind of possessive pronoun is not used before a noun. It often comes after a form of the linking verb *be*.

**Example:**

This book is **Tammy's**. This book is **hers**.

Both kinds of possessive pronouns are said to be in the possessive case. This chart shows all the forms.

Possessive Pronouns Used Before a Noun		Possessive Pronouns That Stand Alone	
Singular	Plural	Singular	Plural
my	our	mine	ours
your	your	yours	yours
his, her, its	their	his, hers	theirs

## Guided Practice

A. Identify the possessive pronoun in each sentence. If the possessive pronoun is used before a noun, name the noun.

**Example:** Masahiko wants to know how to build strength in his arms. *his arms*

1. We all need to care for our bodies.
2. I must choose my exercises carefully.
3. The exercise program you choose may not be the same as mine.
4. Carlos does his aerobics after school.
5. Tanya does hers three mornings a week.



## Independent Practice

B. Write each sentence. Underline the possessive pronoun.

**Example:** I practice my aerobics three times a week.  
*I practice my aerobics three times a week.*

- Different people approach their aerobic exercise in different ways.
- The choice of activity is theirs.
- Jevon says, "My favorite exercise is swimming."
- "Mine is running," says Sarah.
- Elena and Marta practice their soccer dribbling skills together.
- John needs strong arms for his job.
- He lifts weights to keep his muscles strong.
- Joanne lifts weights to keep hers strong.
- John said to Joanne, "Lift your weights carefully."
- Sandra needs a strong heart and strong lungs in order to run her long races.

C. Write each sentence. Replace the possessive noun in parentheses with a possessive pronoun.

**Example:** (The players') coach teaches them the best exercises.  
*Their coach teaches them the best exercises.*

- Sandra uses aerobic exercise to meet (Sandra's) goal.
- George uses different exercises to meet (George's).
- Football players must keep (players') muscles strong.
- A basketball team depends on the ability of (team's) players to think fast.
- Gina says, "I exercise to improve (Gina's) dancing."

### Writing Connection

**Real-Life Writing: Note** Write a note inviting a friend to meet you somewhere for an activity that involves exercise. Tell the friend where to meet you and what to bring. You might also tell what you will bring. Use several possessive pronouns. Work with a classmate to identify the kinds of pronouns you used.



### Remember

that a possessive pronoun shows ownership and takes the place of a possessive noun. Some possessive pronouns are used before a noun, and others are not.





# Reflexive Pronouns

A **reflexive pronoun** refers back to a noun or pronoun. A reflexive pronoun agrees with its antecedent in gender and number.

Compare the meanings of these sentences. Which pronoun refers to *Alma and Jonathan*?

Alma and Jonathan gave **themselves** a reward.

Alma and Jonathan gave **them** a reward.

*Themselves* is a reflexive pronoun that refers back to *Alma and Jonathan*. *Them* is an object pronoun that refers to other people. Here are the reflexive pronouns. Notice that some have gender.

**Singular:** myself, yourself, himself, herself, itself

**Plural:** ourselves, yourselves, themselves

Reflexive pronouns end in *-self* or *-selves*, depending on whether the antecedent is singular or plural.

A reflexive pronoun should not be used in place of a subject pronoun.

**Incorrect:** John, Ellen, and **myself** exercise together.

**Correct:** John, Ellen, and **I** exercise together.

## Guided Practice

A. Identify each reflexive pronoun and its antecedent(s). The antecedents may be nouns or pronouns.

**Example:** Athletes need to push themselves harder than most people do. *themselves, athletes*

1. Young athletes have often proved themselves to be winners.
2. Women basketball players in the United States organized themselves into a successful league.
3. A young athlete who wants to excel makes herself practice every day.
4. You can practice and develop yourself to achieve a goal.
5. Many world champions probably tell themselves that practice makes perfect.



## Independent Practice

- B. Find the reflexive pronoun in each sentence. Write the reflexive pronoun and its antecedent(s). The antecedent may be a noun or a pronoun.

**Example:** We need to push ourselves a little each time we exercise. *ourselves, We*

6. Justin wore himself out by running too hard.
  7. You may want to find yourself an exercise partner.
  8. My brother enjoys himself more in group activities.
  9. My brother chooses team sports for himself.
  10. Regina keeps herself fit by training for soccer.
  11. Training builds the strength she needs to make herself better at the sport.
  12. The team members work themselves hard during games.
  13. One girl places herself in front of the other team's goal.
  14. The other players arrange themselves in position.
  15. Each team earns a point for itself by kicking the ball into the goal.
- C. Choose a reflexive pronoun to complete each sentence. Then write the sentence.

**Example:** You owe it to \_\_\_\_ to exercise regularly.  
*You owe it to yourself to exercise regularly.*

16. Studies have shown that people who exercise protect \_\_\_\_ from heart disease.
17. Miguel paces \_\_\_\_ during his aerobics.
18. Certain exercises help us protect \_\_\_\_ against bone loss.
19. You should choose the right exercise for \_\_\_\_.
20. Jogging, swimming, and riding a bicycle are aerobic exercises I can do by \_\_\_\_.

### Writing Connection

**Writer's Craft: Clear Pronouns** Write a short paragraph about an activity you like to do by yourself or for yourself. Explain what you like about the activity. Be sure to use the first-person pronouns *I, me, my, and myself* correctly.

### Remember

that a reflexive pronoun refers back to a noun or pronoun. It should match its antecedent in gender and number.





# Contractions with Pronouns

Subject pronouns are often used with verbs in **contractions**, as in *we're*.

A contraction is the shortened form of two words. An apostrophe takes the place of one or more letters that are left out.

The contractions and possessive pronouns in the following chart are sometimes confused with each other. Remember that only the contraction has an apostrophe.

Some Pronoun Contractions	
I + am	= I'm
you + are	= you're
he + is	= he's
she + will	= she'll
we + have	= we've
they + are	= they're

Contractions	Possessive Pronouns
you're	your
it's	its
they're	their

### Examples:

**It's** (It is) time to go to exercise class.

**Its** pace is just right for me.

## Guided Practice

A. Identify each contraction. Give the two words the contraction replaces.

**Example:** I'm ready to start exercising. *I'm, I am*

1. They're already exercising.
2. It's important to warm up before exercising.
3. Stretch when you're ready to exercise.
4. I feel good after I've stretched.
5. We begin our exercise slowly after we've stretched.
6. Consuela is a swimmer, so she's in good condition.
7. She'll cool down slowly after swimming.
8. We're stronger now that we run often.
9. They'll slow down to a walk after their run.
10. They're walking to relax their muscles.





## Independent Practice

B. Write each sentence. Replace the words in parentheses with contractions.

**Example:** (He is) learning about exercise and body fat.  
*He's learning about exercise and body fat.*

11. (I am) reading what one expert writes about fitness.
12. (He has) studied the effects of exercise on the body.
13. (You are) healthier without extra body fat.
14. (It is) important to keep the percentage of body fat in the right range.
15. (She is) exercising to keep her body fat in the range of twelve to thirty percent.
16. (It is) not a healthy range for a young man, though.
17. (He had) better exercise if his body is thirty percent fat.
18. Exercise works best if (it is) aerobic.
19. (He is) trying to keep his body fat between five and twenty percent.
20. (He will) feel better after exercising.

C. Write each sentence. Choose the correct word of the two in parentheses.

**Example:** (Your, You're) keeping yourself healthy by exercising.  
*You're keeping yourself healthy by exercising.*

21. Exercise can help if (you're, your) sad.
22. (It's, Its) good for people's moods.
23. (Their, They're) often more relaxed after exercising.
24. (They're, Their) sleeping habits are better, too.
25. Doing many kinds of exercise makes all (your, you're) muscles stronger.

### Writing Connection



#### Writer's Journal: Using Different Styles

Write a paragraph to a friend about a book or movie that you especially liked. Use informal language, including contractions, to make your paragraph sound natural. Then rewrite your paragraph in more formal language, as it might appear in a newspaper. Remember not to use contractions.



### Remember

that subject pronouns and verbs join together to form contractions.

Avoid confusing the contractions *you're*, *it's*, and *they're* with possessive pronouns.





# Extra Practice

## A. Write each sentence. Replace the possessive noun in parentheses with a possessive pronoun.

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**Example:** The boy was late for (the boy's) soccer game.  
*The boy was late for his soccer game.*

1. Soccer has made (soccer's) mark in the world.
2. People in more than 140 countries spend (people's) time playing soccer.
3. Blanca says, "Soccer is (Blanca's) favorite sport."
4. Julio plays soccer with (Julio's) team.
5. Bruno and I plan (Bruno's and my) time around soccer games.
6. Julio always says, "Please come to (Julio's) game."
7. We tell Julio, "We will be at (Julio's) game."
8. Kathy is the best player in (Kathy's) soccer league.
9. Players may pass the ball to (players') teammates.
10. Fans cheer for (fans') favorite teams.

## B. Choose a reflexive pronoun to complete each sentence. Then write the sentence. pages 246–247

**Example:** You will be running the race by \_\_\_\_.  
*You will be running the race by yourself.*

11. We can all keep \_\_\_\_ healthy by exercising.
12. I keep \_\_\_\_ in shape by jogging.
13. You may prefer to keep \_\_\_\_ fit by walking.
14. Joggers should pace \_\_\_\_ so they can talk and still breathe easily.
15. Serious runners usually push \_\_\_\_ harder than joggers do.
16. Both runners and joggers should buy \_\_\_\_ the right type of shoes.
17. Sarah protects \_\_\_\_ from foot injuries by wearing the right shoes.
18. Robert is careful to protect \_\_\_\_ from muscle strain.
19. He and Sarah guard \_\_\_\_ against joint injury.
20. Robert and Sarah said, "We always prepare \_\_\_\_ by stretching before running."



### Remember

that a possessive pronoun shows ownership and takes the place of a possessive noun. A reflexive pronoun ends in *-self* or *-selves*.

C. Write each sentence. Replace the words in parentheses with contractions. *pages 248–249*

**Example:** (I am) a believer in the importance of exercise.  
*I'm a believer in the importance of exercise.*

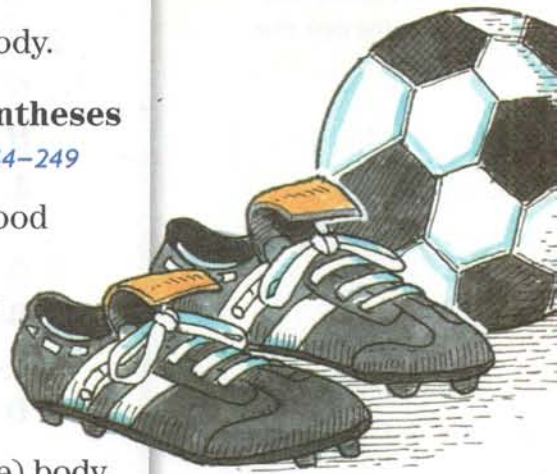
21. (We are) healthier when we exercise regularly.
22. (You are) sure to grow stronger if you exercise a little bit every day.
23. (It is) possible to hurt yourself exercising, however.
24. (You are) wise to exercise carefully.
25. People sometimes have muscle pain when (they are) exercising too much.
26. (It is) a sign that they should rest.
27. (They will) be healthier if they rest their muscles for a day or two.
28. (It is) not good to push ourselves too much.
29. The human body is not the machine (we would) sometimes like it to be.
30. (You will) feel better if you take care of your body.

D. Write each sentence. Choose the word in parentheses that correctly completes each sentence. *pages 244–249*

31. People need to exercise so (they're, their) in good health.
32. Hassan pushes (hissself, himself) hard when he exercises.
33. Michelle and Hassan practice (they're, their) aerobics every day.
34. You always need to pay attention to (your, you're) body.
35. (Its, It's) important to stop when you feel pain.

**DID YOU KNOW?**

A game much like soccer was probably played in China as early as 400 B.C. Later, the Romans played a similar game. The Roman teams tried to score by sending a ball across a line on a field. The players passed the ball but did not kick it.



**Writing Connection**

**Technology** Search the Internet for a review of a book you have read or some computer software you have used. Try searching by the title of the book or by the keywords *children's books* or *children's software*. Write whether you agree or disagree with the reviewer's opinion, and explain why. Be careful not to confuse pronoun contractions and possessive pronouns.

For more activities with possessive and reflexive pronouns and contractions, visit *The Learning Site:*



[www.harcourtschool.com](http://www.harcourtschool.com)



## Chapter Review

Read the passage and choose the word that belongs in each space. Write the letter for your answer.

I hope (1) planning to run the race with me. (2) going to be a great race. Nancy and I will be running in (3) first race. Alice and Vince have decided (4) not going to run. Alice hurt (5) leg while training. Vince says he bought (6) new shoes for the race. He ran in last year's race, and the trophy was (7). This year I hope the trophy will be (8).

**STANDARDIZED  
TEST PREP**

**TIP** Read the directions carefully. Then read all the possible answers before you choose the best one.

- 1 A your  
B you're  
C yourself  
D you

- 2 F It  
G Its  
H It's  
J Itself

- 3 A our  
B ours  
C ourselves  
D mine

- 4 F they  
G their  
H there  
J they're

- 5 A her  
B hers  
C herself  
D their

- 6 F him  
G himself  
H hisself  
J he

- 7 A he  
B his  
C himself  
D hisself

- 8 F I  
G myself  
H my  
J mine



For additional test preparation, visit  
The Learning Site:

[www.harcourtschool.com](http://www.harcourtschool.com)



## Evaluating Film and Television

A media message includes both words and visual images.

**Media literacy** is the ability to view and listen critically to media messages. People use this ability to form opinions about the messages they receive from movies and TV. These opinions can guide people in making decisions. Because media messages can reach millions of people, the entire culture may be affected.

It is important for all of us to be media literate so that we can make wise decisions. You can improve your media literacy by asking yourself questions as you watch a movie or television program. Here are some questions you can use.

1. What are you watching, and what is it about?
2. How true or accurate is the information given?  
How can you tell?
3. Whose point of view is shown? Is it dependable?  
Why do you think so?
4. What is the message? Do you agree?  
Why or why not?
5. What is the purpose of the program or movie?  
How might this affect your opinion?
6. How might the message affect our culture?



### YOUR TURN

**EVALUATE A MESSAGE** Make your own chart or list of the six questions. Use it to analyze a television program or a movie. Think carefully as you answer each question. Then bring your work to class and share your answers and opinions with your classmates.

**TIP** Think about the purpose of the movie or program. Ask yourself, "Is the purpose to *inform*, to *persuade*, or to *entertain*?"