The Gym Day Winner by Grace MacCarone talks about 6 friends who are in gym class. It explains the activities that they do in class and what each child is good at. The boy in the story Sam, is slow and is the last one to complete everything. The Gym Day Winner is a fiction book that discusses the fun of gym class while also touching on the topic of bullying. I didn't enjoy this book because of its overall message. The book is a Kindergarten/First grade level which means that it is very simply. Most of the words are cVc to help children learn sight words as well as word families. However this book touched on the topic of bullying in a way I didn't agree with. In the book a classmate named Sam is constantly failing at gym class, he trips during tumbling, he loses during the races etc. 6 Gym workouts for beginners! This beginner gym guide covers how to work out in a gym, gives you 6 levels of gym routines to follow, and more. Welcome to the Ultimate Beginner's Guide to the Gym! As part of our Strength 101 series, this guide will dive deep into everything you need to know about working out properly in a gym. By the time you finish reading, you'll never have to wonder what should I do in the gym? I bet I also make you laugh once or twice with bad jokes or perfect gifs.