Merit Online Learning
Grammar Fitness Series

Upper Elementary through College Prep
High Beginning ESL through Advanced

Complete series: 5 levels

Internet Explorer 6.0+ (Windows)
Safari 3.0+ (Windows and Mac)
Firefox 2.0+ (Windows, Linux, and Mac)

What Does Grammar Fitness Do?
Grammar Fitness gives students personal, immediate feedback and provides online tracking for teachers.

The series helps students cope with many troublesome points of grammar, including usage, diction, idioms, grammatical relationships, and punctuation. It also helps students recognize the kinds of errors that commonly occur in their writing. These include run-on sentences, comma faults, sentence fragments, faulty sentence structure, unclear meaning, grammatical shift and misplaced or dangling modifiers.

Scope of the Program: Skills
Each Grammar Fitness level covers 50 grammar skills in five units. A list of the skills in each level, broken down by unit, appears at the end of this document.

Implementation
Suggested allocation of time for using the program
For best results we recommend that students use the program 20 to 30 minutes a session, two to three times a week, for six to eight weeks in conjunction with other methods of instruction.
Program usage should be paced to allow students sufficient time between sessions to absorb the material.

Suggested overview of student sessions
Students advance through the program at their own pace.

Each Grammar Fitness unit is divided into four sections for students to work through:
- Tryout – A diagnostic pre-test
- Warm-up – Learning and practice for individual skills
- Workout – Learning and practice in a mixed skills format
- Finals – A diagnostic post-test

The Warm-up and Workout sections of the program are designed to promote learning and mastery by providing feedback immediately after students select an answer. If students select a
wrong answer, the feedback shows the correct answer and teaches the rule that allows the student to succeed on the questions that follow. The feedback also supports students who get the answer right. They may not know the rule, but might know that a sentence does not sound or look right. So the explanation teaches them the fundamental rule.

The Warm-up and Workout sections are designed so that students may do as many rounds as necessary to master the material.

**Tracking students’ work**

Students and teachers are able to track improvement through students’ Online Portfolios and Reports. Using these tools to view the Warm-up and Workout rounds informs students and teachers of what skills students are mastering and what skills students are having difficulty mastering.

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**Teacher Orientation to Program Structure or “Anatomy of the Program”**

The Grammar Fitness program appears in the student's Learning Center.

**Student's Learning Center**

The student clicks the + next to the Grammar Fitness program level to see the units of the level.

The student clicks the unit name to start a lesson.
Next, the student selects a section. The section menu indicates whether the student has done the Tryout and Finals and the % complete for the Warm-up and Workout.

Section Menu

Students can adjust the text size and choose a different background color at the start of each section. At the start of the Warm-up and Workout they can also choose a graphic reward theme.

Display Options: Text Size, Rewards, Background Color
In all sections the student is presented with a text and asked to find the error among several highlighted choices.

Sample Question

Feedback and help messages are shown in the Warm-up and Workout sections.

Sample Question with Feedback
Following each round, the student sees a summary screen showing his/her progress and achievement in that round.

Sample Summary Screen

<table>
<thead>
<tr>
<th>Section Details</th>
</tr>
</thead>
</table>

**TRYOUT:** The student will be given 30 questions, three questions for each skill in the unit. To pass a skill in the Tryout, the student must make correct choices for all three questions. The status bar at the top of the screen shows how far along the student is in the Tryout. When the student has finished all the questions, a summary screen will show how the student did. The student gets a star for each correct answer and a check for skills the student has passed. The skills that the student passes in this section will also be shown as passed in the Warm-up.
**WARM-UP**: The student selects one skill to practice per round. To pass a skill in the Warm-up, the student must make six correct choices out of seven questions in a round.

Skills that the student passed in the Tryout are shown with bullets on the Warm-up menu. Checks on the Warm-up menu show skills that the student has passed in the Warm-up.

The status bar at the top of the Warm-up screen shows the question count for the round.

When the student has finished the seven questions for a skill, a summary screen will show how the student did. The student gets a star for each correct answer. Red stars show correct answers for the current round. Gray stars show correct answers for preceding rounds. The summary screen shows checks for the skills the student has passed in the Tryout and in the Warm-up. The bar at the top of the summary screen indicates how far along the student is in the Warm-up.
**WORKOUT:** The student will be challenged to use all skills presented in random order. To complete the Workout, the student needs to answer correctly 60 questions, six for each skill. The student plays at least ten rounds, each containing six randomly selected questions from several skill areas. The status bar at the top of the screen shows which question of the six presented in the round the student is working on.

Following the six Workout questions in a round the student is presented with a **Wrap-up** question for each Workout question answered correctly. The status bar recalibrates to show the number of Wrap-up questions the student will get. The Wrap-up gives the student a different way to see what he or she has learned. In the Wrap-up the student picks the correct sentence from two sentences presented, only one of which is correct. See the sample **Wrap-up** question below.

![Wrap-up question example](image)

At the end of each Workout round a summary screen will show how the student did. The student gets a star for each correct answer. Red stars show correct answers for the current round. Gray stars show correct answers for preceding rounds. When the student has collected six stars in a skill area, the student gets a check indicating the skill has been passed. When the student has gotten checks in all skill areas, the Workout has been completed.

The summary screen also shows a + for Wrap-up questions answered correctly in the round, and a – for Wrap-up questions answered incorrectly in the round. The bar at the top of the screen indicates how far along the student is in the Workout.
**FINALS:** The student will be given 30 questions, three questions for each skill in the unit. To pass a skill in the Finals, the student must make correct choices for all three questions. The status bar at the top of the screen shows how far along the student is in the Finals.

When the student has finished all the questions, a summary screen will show how the student did. The student gets a star for each correct answer and a check for skills the student has passed.

The student may view the Questions Missed Report to see any questions the student missed on the Finals.

The report includes what the student answered, the correct answer, and the correct sentence.

The Questions Missed Report is also available in the Online Portfolio.
Monitoring Student Work in the Online Portfolio

The Online Portfolio shows the student's summary screen for the most recently played section in the unit. To see the student's progress click the other sections' radio buttons to view their summary screens. The Fitness Performance Detail also includes overview information about the unit such as the % complete, time, and performance score for each section.

Monitoring Student Work With Reports

Reports show student progress and performance through the sections of the program.

Reports are useful for viewing and exporting information about a whole class or information about one student over several classes.

Grammar Fitness student work can be tracked with the following reports:

Performance Summary Report
Work-to-Date Report
Performance Detail Report
CONTENT OF GRAMMAR FITNESS SERIES

Level 1: Skill levels Basic Review, High Beginning English Language Learners
Level 2: Skill levels Basic Review, Low Intermediate English Language Learners
Level 3: Skill levels 4 - 5, Intermediate English Language Learners
Level 4: Skill levels 6 - 8, Advanced English Language Learners
Level 5: Skill levels 8 - 10, College and TOEFL Prep

Note skill levels correspond to U.S. equivalent grade levels.

GRAMMAR FITNESS, Level 1
Grammar Fitness, Level 1 - Unit 1

1. Regular noun plurals: -s, -es
2. No article with certain nouns
3. Regular noun plurals: -s, -es, -ies
4. Contractions of pronouns and verbs
5. Possessive pronouns: its, your, their
6. Articles: "a" and "an" (with singular nouns)
7. Possessive of singular nouns: 's
8. Prepositions of place: in, on, at
9. Prepositions of time: in, at
10. There is, there are

Grammar Fitness, Level 1 - Unit 2

1. Contraction (verbs and not)
2. Irregular noun plurals: -en
3. Possessive pronouns: mine, hers, ours
4. Possessive pronouns: yours, theirs
5. Tense: simple present and present continuous
6. Simple past tense: to be
7. Articles: "a" and "an" (with adjectives)
8. More irregular noun plurals
9. Correct use of "at"
10. Possessive of regular plural nouns

Grammar Fitness, Level 1 - Unit 3

1. Loose, lose
2. Many, much
3. Simple past tense of regular verbs
4. Prepositions of time: in, on
5. Regular noun plurals: -f, -fe to -ves
6. Simple past tense of irregular verbs
7. Possessive of nouns ending in -s
8. Articles: a, an (with pronunciation of following word)
9. Tense: simple present and present continuous, II
10. Double negatives (with no or nothing)
Grammar Fitness, Level 1 - Unit 4

1. Doubling a consonant before -ing or -ed
2. Comparative and superlative of adjectives
3. Terms of quantity and their plurals
4. Simple past tense of regular verbs, II
5. Simple past tense of irregular verbs, II
6. Comparison of adjectives
7. Good, well
8. Double negatives (never, nobody, no one, nothing)
9. A few, a little
10. Make, do

Grammar Fitness, Level 1 - Unit 5

1. Better, best; worse, worst
2. Past continuous tense
3. Simple past tense of irregular verbs, III
4. Double negatives (with alternative corrections)
5. Present perfect continuous tense
6. Prepositions of time: in, on
7. Superlative of adjectives
8. Past participles of regular verbs
9. Less, fewer
10. Past participles of irregular verbs

GRAMMAR FITNESS, Level 2

Grammar Fitness, Level 2 - Unit 1

1. This, these
2. That, those
3. Contractions of pronouns and verbs
4. Possessive pronouns: its, your, their
5. Possessive of singular nouns: 's
6. Prepositions of time: in, at
7. Contractions (verbs and not)
8. Irregular noun plurals: -en
9. Possessive pronouns: mine, hers, ours
10. Possessive pronouns: yours, theirs

Grammar Fitness, Level 2 - Unit 2

1. Tense: simple present and present continuous
2. Simple past tense: to be
3. More irregular noun plurals
4. Loose, lose
5. Many, much
6. Adverbs of manner
7. Prepositions of time: in, on
8. Regular noun plurals: -f, -fe to -ves
9. Simple past tense of irregular verbs
10. Articles: a, an (with pronunciation of following word)
Grammar Fitness, Level 2 - Unit 3

1. Comparative and superlative of adjectives
2. Tense: simple present and present continuous, II
3. Double negatives (with no or nothing)
4. Then, than
5. Simple past tense of irregular verbs, II
6. Comparison of adjectives
7. Double negatives (never, nobody, no one, nothing)
8. Better, best; worse, worst
9. Past continuous tense
10. Whose, who’s

Grammar Fitness, Level 2 - Unit 4

1. Simple past tense of irregular verbs, III
2. Present perfect continuous tense
3. For, since
4. Superlative of adjectives
5. Past participles of regular verbs
6. Less, fewer
7. Past participles of irregular verbs
8. Almost, most
9. Prepositions of place: in, on, at
10. Comparisons: more, most; less, least

Grammar Fitness, Level 2 - Unit 5

1. Simple past tense of irregular verbs, IV
2. Past participles of irregular verbs, II
3. Double negatives (with barely, scarcely, hardly)
4. Ordinal numbers
5. Agreement of subject and verb, with intervening phrases
6. Agreement of subject and verb, with collective nouns
7. Verb plus infinitive or gerund
8. Agreement of subject and verb in number and person
9. Agreement of personal pronoun and antecedent
10. Case of pronouns

GRAMMAR FITNESS, Level 3
Grammar Fitness, Level 3 - Unit 1

1. Possessive pronoun: its, not it’s
2. All right, not alright
3. Comparative and superlative of adjectives
4. Making a singular noun possessive, using ’s
5. Run-on sentences
6. The comma in dates and addresses
7. Incorrect use of “of” in place of “have” after verbs
8. Contractions
9. Irregular plurals
10. The period in abbreviations
Grammar Fitness, Level 3 - Unit 2

1. Used to, not use to
2. Wrong use of past participle for past tense
3. Off, not off of
4. Incorrect use of stood for stayed
5. Possessive of plural nouns not ending in -s
6. Run-on sentences because of comma fault
7. Common error in comparison of adjectives
8. Contraction of it is: it's, not its
9. From, not off
10. Double negatives (with not or no)

Grammar Fitness, Level 3 - Unit 3

1. Agreement of subject and verb in number and person
2. The comma in a series
3. The question mark
4. Because, not on account of
5. Shifts in tense
6. Best, worst, not bestest, worstest
7. Agreement of subject and verb after “there”
8. Kind of, not kind of a
9. The period after an indirect question
10. Plan to, not plan on

Grammar Fitness, Level 3 - Unit 4

1. Parallel structure (nouns or verbs)
2. Confusion of adjectives and adverbs ending in -ly
3. Those or these, not them
4. Possessive form of regular plural nouns
5. The comma with nouns in apposition
6. Possessive pronoun: your, not you're
7. Confusion of beside and besides
8. Agreement of personal pronoun and antecedent
9. Except or except for, not outside of
10. Run-on sentences: use of end punctuation

Grammar Fitness, Level 3 - Unit 5

1. Agreement of subject and verb in number and person
2. Misplaced modifiers: adverbs and prepositional phrases
3. Sentence fragments: prepositional phrases
4. Nominative case of pronouns
5. Parallel structure (infinitives or gerunds)
6. Comma fault
7. Double negatives (with “n’t” or “no”)
8. Agreement of subject and verb: collective nouns or nouns that look plural
9. Fused sentences
10. Agreement of subject and verb: with a contraction or verb preceding subject
GRAMMAR FITNESS, Level 4

Grammar Fitness, Level 4 - Unit 1

1. Sentence fragments: infinitive phrases
2. Run-on sentences: use of end punctuation or coordinating conjunctions
3. Misplaced modifiers: participial phrases
4. Agreement of personal pronoun and singular or plural antecedent
5. Parallel structure (nouns or phrases)
6. Sentence fragments: participial phrases
7. Double negatives (with no one, nothing, nobody, never)
8. Fused sentences, II
9. Dangling modifiers
10. Objective case of pronouns

Grammar Fitness, Level 4 - Unit 2

1. Comma fault, II
2. Agreement of subject and verb, with intervening phrases
3. Sentence fragments: incomplete or incorrect verb forms
4. Agreement of pronoun / antecedent: collective nouns or nouns that look plural
5. Split constructions
6. Run-on sentences: use of end punctuation, semicolon, or subordinating conjunctions
7. Misplaced modifiers: phrases and clauses
8. Case of pronouns after "than" or "as"
9. Sentence fragments: dependent clauses with subordinating conjunctions
10. Agreement of subject and verb, with "neither—nor" or "either—or"

Grammar Fitness, Level 4 - Unit 3

1. Comma fault, III
2. Double negatives (with barely, scarcely, hardly)
3. Parallel structure (nouns, gerunds and phrases)
4. Agreement of indefinite pronoun and antecedent
5. Fused sentences, III
6. Dangling modifiers, II
7. Sentence fragments: dependent clauses with relative pronouns
8. Agreement of subject and verb, with indefinite pronouns
9. Tense sequence
10. Agreement of subject and verb: collective nouns or nouns that look plural

Grammar Fitness, Level 4 - Unit 4

1. Contraction of you are: you're, not your
2. Neither...nor, not "or"
3. Wrong use of "past" tense for past participle
4. Unnecessary prepositions
5. Case of pronouns
6. The comma to set off transitional words
7. Double negatives, with not, nothing, nobody
8. Try to, not try and
9. Common error in superlative adjectives
10. Possessive pronoun: theirs, not there's
Grammar Fitness, Level 4 - Unit 5

1. Confusion of can and may
2. Among, between
3. Agreement of indefinite pronoun and antecedent
4. Contraction of there is: there's, not theirs
5. Don't have, not hasn't got, etc.
6. Because or since, not being that
7. Whose, who's
8. Plural of hyphenated words
9. Agreement of subject and verb, with indefinite pronouns
10. Faulty parallelism (two similar ideas)

GRAMMAR FITNESS, Level 5
Grammar Fitness, Level 5 - Unit 1

1. As if, not like
2. The comma between coordinate modifiers
3. Incomplete comparisons
4. Adjective-adverb confusion after linking verbs
5. Affect, effect
6. Double negatives, with hardly, scarcely, barely
7. Agreement of subject and verb, with intervening phrases
8. Who, whom
9. Possessive pronoun before gerund
10. Misuse of "because" for "that"

Grammar Fitness, Level 5 - Unit 2

1. The comma with nouns in direct address
2. Different from, not different than
3. Agreement of subject and verb, with "nor" or "or"
4. No comparative for absolute adjectives
5. Misplaced modifiers: adverbs
6. Sentence fragments
7. Misuse of "when" and "where"
8. Shifts in tense
9. Illogical comparisons
10. Lack of pronoun-antecedent agreement

Grammar Fitness, Level 5 - Unit 3

1. Mixed constructions
2. Lack of subject-verb agreement
3. Comma fault
4. Dangling modifiers
5. Unclear pronoun reference
6. Superfluous words
7. Faulty parallelism (two or more similar ideas)
8. Misplaced modifiers: phrases
9. Lack of subject-verb agreement, with indefinite pronouns
10. Sentence fragments: phrases
Grammar Fitness, Level 5 - Unit 4

1. Shifts in person
2. Dangling modifiers, II
3. Misuse of conjunctions: because, the reason is, on account of
4. Run-on sentences
5. Omitted prepositions
6. Split constructions
7. Squinting modifiers
8. Weak pronoun reference
9. Omitted verbs
10. Misplaced modifiers: dependent clauses

Grammar Fitness, Level 5 - Unit 5

1. Misuse of conjunctions: while instead of although, since, etc.
2. Split constructions, II
3. Sentence fragments: dependent clauses with relative pronouns
4. Shifts in voice
5. Incomplete comparisons
6. Faulty parallelism (similar ideas in a series)
7. Incorrect tense
8. Faulty coordination
9. Misuse of conjunctions: being that, since
10. Sentence fragments: dependent clauses with subordinating conjunctions

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