

Let's Move, pp 4, 5

Jump, January 2020

1. Circle the right word. Then listen to the first part and check.

If we want to be *healthy / unhealthy*, we need to move. Sitting on chairs is *good / bad* for our health.

So, what can we do in winter?

Outdoors

It's *healthy / unhealthy* to go out every day. When there's snow, you can go *cross-country skiing / skating, downhill / uphill* skiing, and sledging. It's fun just to play in the *snow / sand*, too. You can *build / have* a snowman or an igloo, and have a snowball fight. Is the *lake / like* frozen? You can go ice skating. Is the weather really bad? Then go *inside / outside*.

2. Listen to the second part and fill in the gaps.

Indoors

At the gym, you can play table _____, volleyball, football, squash, and other sports, too.

You can also exercise at home. You just need a yoga _____ and a bit of space. You can do both stretching and a workout. Here are three basic exercises you can do to _____: push-ups, squats, sit-ups.

Don't give up

Are you a _____ potato? Do you need motivation? You can download a special mobile phone app. It tells you when it's time to work out. It tells you what to do, how long, and how many times. The app is like a _____ who helps you not to give up.

3. Circle the odd one out and say why.

- | | | | |
|-----------------|---------------|-------------|--------------|
| a. to stretch | to move | to work out | to sit |
| b. indoors | in the forest | inside | at the gym |
| c. push-up | squat | sit-up | sitting |
| d. table tennis | skiing | floorball | squash |
| e. couch | yoga mat | weights | balance ball |

SOLUTIONS

1. Circle the right word. Then listen to the first part and check.

If we want to be healthy / *unhealthy*, we need to move. Sitting on chairs is *good* / bad for our health.

So, what can we do in winter?

Outdoors

It's healthy / *unhealthy* to go out every day. When there's snow, you can go cross-country *skating* /

skiing, downhill / *uphill* skiing, and sledging. It's fun just to play in the snow / *sand*, too. You can

build / *have* a snowman or an igloo, and have a snowball fight. Is the lake / *like* frozen? You can go

ice skating. Is the weather really bad? Then go inside / *outside*.

2. Listen to the second part and fill in the gaps.

Indoors

At the gym, you can play table tennis, volleyball, football, squash, and other sports, too. You can

also exercise at home. You just need a yoga mat and a bit of space. You can do both stretching and

a workout. Here are three basic exercises you can do to work out: push-ups, squats, sit-ups.

Don't give up

Are you a couch potato? Do you need motivation? You can download a special mobile phone app.

It tells you when it's time to work out. It tells you what to do, how long, and how many times. The

app is like a friend who helps you not to give up.

3. Circle the odd one out and say why.

- | | | | | |
|-----------------|----------------------|-------------|----------------|----------------------------|
| a. to stretch | to move | to work out | <u>to sit</u> | <i>not healthy</i> |
| b. indoors | <u>in the forest</u> | inside | at the gym | <i>outdoors</i> |
| c. push-up | squat | sit-up | <u>sitting</u> | <i>not an exercise</i> |
| d. table tennis | <u>skiing</u> | floorball | squash | <i>not an indoor sport</i> |
| e. <u>couch</u> | yoga mat | weights | balance ball | <i>not for exercising</i> |