

Read the following text in turns with your friends.

Are Video Games a Good Way to Keep Fit?



Nowadays many teenagers have video consoles at home and they often like playing interactive video games. These games are good for you for a number of reasons.

First of all, I think that interactive video games good way to keep fit. There are a lot of different types of exercise you can do, such as basket ball , water skiing and dance. What's more, you can play them in comfort of your own home. In my opinion, these games are fun and interactive because you can play with friends and if you play online, you dont need be in the same place as your friends to play.

in addition, you can play them whenever you want. Some people think that its better to do exercise outside in the fresh air. Although this is true, its actually difficult to play outside when it's raining or very hot,so video games are a good alternative. To sum it up. I believe that video games are a fun and social way to keep fit. I think they are a good option when you can't play outside and they might encourage people to do more exercise.

Now, check (V) the points of opinion that are mentioned in the text above. Choose six ideas.

- 1. There are a lot of different types of games.
- 2. You can compete with people all over the world via the Internet.
- 3. Video games are fun to play with your friends.
- 4. It's better to do exercise outside in the fresh air.
- 5. Video games allow you to play many different sports.
- 6. You can play video games even when the weather is bad.
- 7. Playing video games is the best way to stay physically fit and healthy.
- 8. Playing sports is a more intense exercise than playing Video games.