# Let's Change Our Lifestyle

## Activity 1: Outdoor sports

### LET'S OBSERVE!

**Classify** the pictures into team sports and individual sports.


Soccer


Running


Skateboarding


Basketball


Biking


Walking

| Team sports | Individual sports |
|---|---|
| Football<br>---------- | _____<br>_____<br>_____<br>_____ |

### LET'S LISTEN AND READ!

**Listen to** and **read**.



Talk to your friends and ask what they do to protect their health when they do outdoor sports.







**Eddy:** Hello, Andrea! Can I ask you some questions?

**Andrea:** Of course, Eddy. Ask me.

**Eddy:** What is your favourite sport?

**Andrea:** My favourite sport is skateboarding. I love it.

**Eddy:** How often do you go skateboarding?

**Andrea:** Twice a week in the morning.

**Eddy:** Where do you skate?

**Andrea:** In the local skatepark.

**Eddy:** Do you meet any friends there?

**Andrea:** No, I do it on my own.

**Eddy:** Basilio! It's nice to see you!

**Basilio:** Hi, Eddy! Good to see you too.

**Eddy:** What is your favourite sport?

**Basilio:** My favourite sport is running. I love it.

**Eddy:** How often do you go running?

**Basilio:** Three times a week in the evening.

**Eddy:** Where do you run?

**Basilio:** In the park in front of my house.

**Eddy:** Do you meet any friends for running?

**Basilio:** No, I do it on my own.



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## LET'S UNDERSTAND!

### UNDERSTAND-EXERCISE 1

**Complete** the sentences.



I go_____twice a week in the morning.

I go_____three times a week in the evening.



### UNDERSTAND-EXERCISE 2

**Write** A (Andrea) or B (Basilio).

Example:

I go running. It's my favourite sport. B

1. I go skateboarding. I love it. ☐
2. I do it twice a week. ☐
3. I do it three times a week. ☐
4. I go running in the park. ☐
5. I go skateboarding in the skatepark. ☐



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¿Sabías que existen estándares internacionales sobre lo que puedes hacer con el inglés? Aquí puedes responder algunas preguntas relacionadas con estos estándares.



1. **¿Puedo reconocer palabras simples (deportes) en inglés con el apoyo de imágenes? SÍ - NO**
2. **¿Puedo reconocer el significado de expresiones de tiempo ("twice a week", "three times a week")? SÍ - NO**
3. **¿Puedo comprender una conversación corta sobre deportes? SÍ - NO**




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