

## UNIT 6: MATERIALS

### Lesson 5



ACTIVITY 1: Match the verbs and the pictures.

BEND YOUR BODY



CYCLE



HOLD WEIGHT

*sostener peso*



LIFT WEIGHT / PICK UP WEIGHT

*levantar peso*



PULL



PUSH



RUN



SIT



STRETCH YOUR BODY



TOUCH YOUR FEET

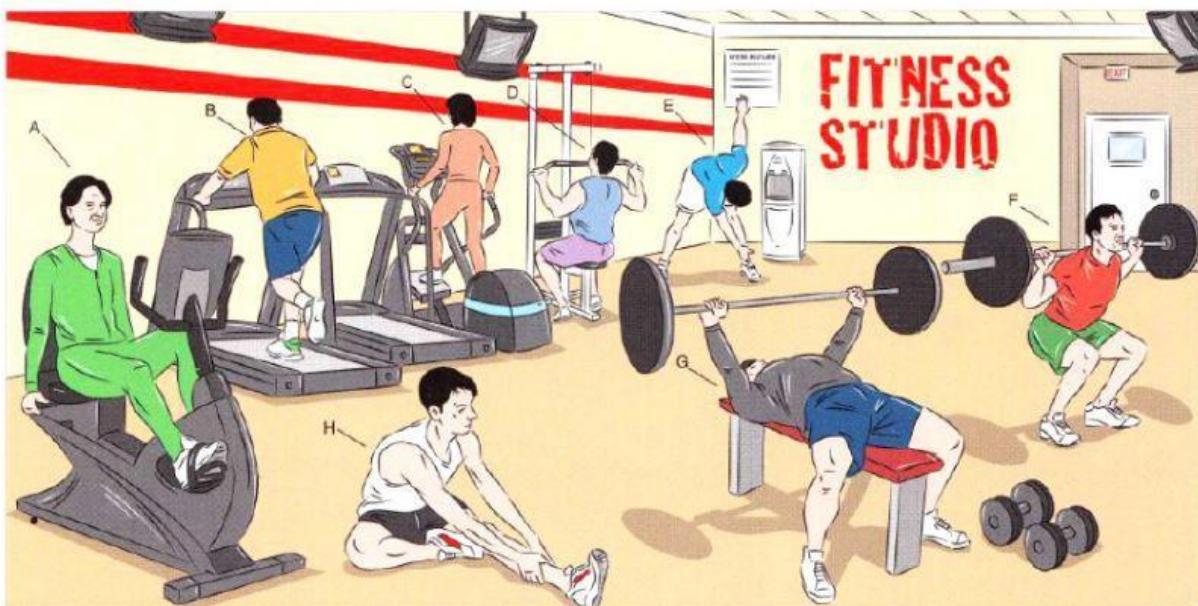


**ACTIVITY 2:** Revise the rule to make sentences in the present continuous. (Revisá la regla para hacer oraciones en presente continuo)

Personal pronoun	Verb be	Verb + ing
I	am	stretching.
He, she, it	is	running.
You, we, they	are	sitting.

**ACTIVITY 3:** What are the people in the gym doing? Choose the best answer to describe the picture.

bend cycle hold lift pick up pull push run sit stretch touch



A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_

D \_\_\_\_\_

E \_\_\_\_\_

F and G \_\_\_\_\_

H \_\_\_\_\_