

Read all the instructions carefully and ask your teacher if you have doubts.

1. In pairs, open the Canva presentation, look at the pictures and talk about what you see. When you finish, let your teacher know and be ready to share your thoughts. Let's start by clicking on the following link: [Canva presentation](#)

2. Get ready to play a game. Click on the link and follow the teacher's instructions: <https://kahoot.it/>

3. Scan the following code that will take you to a text. Read the text carefully and then solve exercise 4.



4. After reading the text, answer the following questions.

1. Which is the hardest-working muscle in your body?
2. Why does your heart beat faster when you exercise?
3. Why is exercise good for your brain?
4. What happens to your bones when you get older?
5. How many bones are there in your body?
6. How many bones are there in your feet?

5. Listen to three children. What kind of exercise do they do? Write.

■ [Listen to 3 children.mp3](#)

1 dancing 2 _____ 3 _____

6. Ask four of your classmates and find out what kind of exercise they do.

What kind of exercise do you do?

Name	Exercise
1.	
2.	
3.	
4.	

7. Tell the class about your classmates: record a video of yourself reporting about what kind of exercise your interviewed classmates do. Use the following sentences as a model:

Thomas doesn't do exercise at all, but Marta walks to school every day. She also likes dancing.

8. After you record your video, upload it to the institution's Padlet account. Click on the following link that will take you to the Padlet.

[What-kind-of-exercise-do-your-classmates-do](#)