

Lesson 10

Sports and Health

Writing

Write about your favourite sport.

My favourite sport is _____.

It's great!

You need _____.

There are _____ teams

and there are _____ players in each team.

The players move very quickly.

I like _____ because it's _____.

It's a good exercise and it's lots of fun.



Speaking

Say what you usually do in the morning and in the evening to be healthy and strong.

Morning



make bed ☐



take a shower ☐



get dressed ☐



eat breakfast ☐



brush teeth ☐



brush hair ☐

Evening



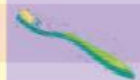
ride a bike ☐



eat dinner ☐



take a bath ☐



brush teeth ☐



read a book ☐



go to bed ☐

