

Label the pictures with the words in the box. Then, listen and check your answers.

go jogging do karate lift weights do aerobics



1



2



3



4

Complete the poster with the words in the box.

lift weights do aerobics work out do karate fit instructors use machines



A Wind

A. Listen to the dialogue. Then, read it out in groups. Which class does Phil want to join? Why?

do lots of different sports

be fit enough

brilliant fun

ride bike

good exercise

sometimes go jogging

make new friends

Sports you can do at the gym:

Phil doesn't need to work out at the gym because:

1.

2.

3.

It's good to go to the gym because:

1.

2.



Karate is good because:

1.

1.