Name: .....
Class: 4.....

READING

Get Rest *and* Exercise!

In some video games, you only sit on the sofa and play. This is fun, but you don't get much exercise. In other video games, you have fun *and* you get exercise. In these games, you move your whole body! A camera records the way you move. You can dance, run, or pretend to play soccer and watch yourself on the screen. These video games are a great way to keep fit. They make your muscles strong, but you don't get enough fresh air. Why don't you play a real game of soccer outside with your friends?



Look and write. Write about exercise with video games

Video game	How you play	Why is it good?	Why is it bad?
1. 	Sit on the sofa and play. Press buttons with your fingers.		
2. 	Stand up and move. Watch yourself on the screen.		

Practice reading and record.

LIVEWORKSHEETS