Physical activity and seasons

Click on the audio below

Listen and fill in the gaps with the word you hear.

helmet	**activity**	knees	**sleep**	body	sport	energy
healthy	information	activity	dangerous	bodies		

Physical _____ and rest.

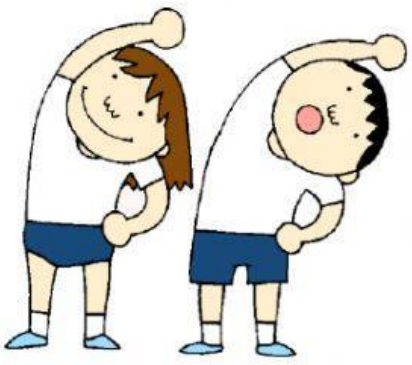
To stay _____ we need regular physical exercise. Exercise keeps us agile and makes our _____ strong.

- Do warm up and cool down exercises before and after _____.
- Wear a _____ or protective clothing if your sport can be _____.
- Keep good posture. Bend your _____ when you pick things up.

Getting enough rest and _____.

During sleep, our muscles and organs reduce their _____. Our body replenishes its _____ and repairs itself. Our brain remembers and stores _____. Children's _____ grow more during sleep.

What is the text about? Select the correct picture.



LIVEWORKSHEETS

Match the leisure activities with the perfect season for doing it.

Fly a kite

Snowboarding

Pick up flowers

Surfing

Play with falling leaves

Taking a sunbath

Make a snowman

Pick up mushrooms

summer

winter

autumn

spring

Watch this video about seasons and activities

What's your favourite season? Why? What do you like to do on it?

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