



Read.

### 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 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?

\* **True (T) or false (F)**

- |   |   |            |
|---|---|------------|
| 0. You get enough fresh air when you play video games.        | T | <b>(F)</b> |
| 1. You only sit and play in every video game.                 | T | F          |
| 2. You have fun and get exercise in some video games.         | T | F          |
| 3. Some video games have cameras to record you.               | T | F          |
| 4. You can't see yourself on the screen in any video games.   | T | F          |
| 5. Your muscles become strong when you play some video games. | T | F          |

\*\***Read again and write NO MORE THAN THREE WORDS from the text.**

1. In some video games, you don't ..... *get much* ..... exercise.
2. A camera..... the way you move your whole body.
3. In other video games, you can dance, run, or ..... to play soccer and watch ..... on the screen
4. Some video games make your ..... strong, but you ..... fresh air.
5. Why don't you play ..... of soccer outside with our friends?