

Wednesday, 22nd September 2021

UNIT 2 – FIT AND HEALTHY (READING WEEK)

Learning Objective

→ We are learning to rearrange the words to make a correct sentence.

Steps to Success

- ✓ Read the unjumbled words.
- ✓ Arrange the words in the correct order.
- ✓ Check your sentence.

Keeping Fit



What can we do to stay fit?

Try to be active. Don't do the same exercise all the time. You will get bored and you won't want to exercise!



Here are some ways to keep fit:

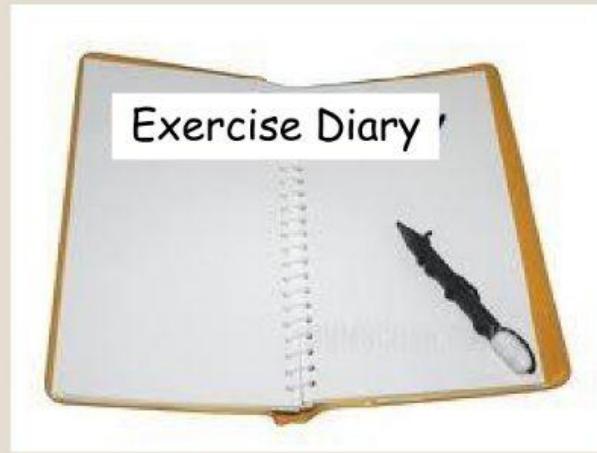
walk

jog

sports

swim

How do you keep fit?



Keep a diary and write down the exercise that you do each day.

Start a class exercise diary today!

Comprehension questions:

Choose the correct answer.

1. List 4 ways to keep fit.
2. What is an exercise diary used for?
3. Why would you keep an exercise diary?

Arrange the words:

Thank you for attending class!
Take care and stay safe.

1. need to / We / be active.
2. and play. / to run / We need
3. important. / is / Being active
4. healthy,/ you are happier./ When you / are