

Name: _____ Date: _____

Week 35
Day 3 - Keeping Fit and Healthy
Keeping Fit
Saturday, 25th September 2021 (9.15 - 10.15am)

Learning Objective	Steps to Success
To fill in the blanks with the correct word.	1. Read the passage. 2. Fill in a suitable word in the blank. 3. Read again the passage to check.

Cloze Passage

Fill in the blanks with the correct words. Use the word given once only.

beach	important	many	fun	jogging
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Keeping Fit



It is very _____ to keep fit. If we do not keep fit we can become unhappy. People who exercise have less illness than people who do not.

There are _____ ways we can exercise to keep fit. When we exercise we increase our fitness level. Here are some ideas for exercise: _____, swimming, playing sports and biking. Which is your favourite exercise?



If we do the same exercise all the time, we can get bored. It is a good idea to keep an exercise diary.



Where do you like to exercise? Is it at the _____? You can swim at the public pool, or you can join a sport's club. Whatever you do, make sure your activity is _____.

Thanks for attending today's class.
Take care and stay safe!

