Learn through English

1- Read the introduction and answer the questions.

Muscles

We use our muscles to move our bodies. We need healthy muscles. Healthy muscles are strong and flexible. Running, jumping and swimming make strong muscles. Stretching makes flexible muscles.

1 What are healthy muscles?
2 What makes strong muscles?
3 What makes flexible muscles?
4 Are you using any muscles now? Where are they?

2- Now read the second part of the article and match the description of the stretches (a-f) to the pictures (1-6)

a She's sitting down. Her knees are bent. She's holding her feet.

b She's got her right arm in the air. She's touching her left foot with her left hand.

c He's standing up. His elbows are bent and his hands are behind his head.

e He's sitting down. His left foot is touching the top of his left leg. He's touching his right foot with his right hand.

d He's standing up, with his left leg in front of his right leg. His left knee is bent; his right leg is straight. His hands are on his left leg.

f She's standing on her left leg. She's holding her right foot with her right hand.



3- Answer

a. Which child is stretching her back, arm and leg muscles? It's number 1

b. Which child is stretching his leg muscles? _____

c. Which child is stretching his arm and shoulder muscles? _____

d. Which child is stretching her leg muscles? _____

e. Which child is stretching his leg and back muscles? _____

LIVEWORKSHEETS