

1

Read and find.

Read this leaflet about exercise. Can you find pictures to show someone who is **supple**, **strong** or has lots of **stamina**? Write the number in the box next to each heading.

WHY EXERCISE?

People who are fit live longer, healthier lives than people who are not fit.
To be fit is to be supple, strong and have lots of stamina!

SUPPLE

If you can bend, stretch, twist and turn easily then you are supple. If you are supple, you will keep active and be able to move all your life.

STRONG

If you can pull, push and lift objects easily then you are strong. To do this, you need strong arms, legs, shoulders, back and tummy.

STAMINA

If you can do hard physical work and not get tired then you have stamina. The best activities for stamina are ones where you have to keep moving for 20 minutes or more, until you are a little out of breath.



3



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1 Read and label.

Look at this information about exercise. Choose a word from the basketball to label each sentence with.



1 _____
Exercise makes your heart and lungs stronger, so you won't get out of breath.

2 _____
Exercise makes your muscles stronger, so you won't get tired when you play and work.

3 _____
Exercise helps you move more easily, so you won't feel stiff or sore.



2 Read, think and match.

Look at these statements below. Match each statement to a picture.

a



Are you fit?

1. If you can't touch your toes easily, you are too stiff – you are not supple.

2. If you get out of breath when you run for more than 2 minutes, you do not have stamina.

b



3. If your legs hurt when you climb stairs, you are not strong enough.

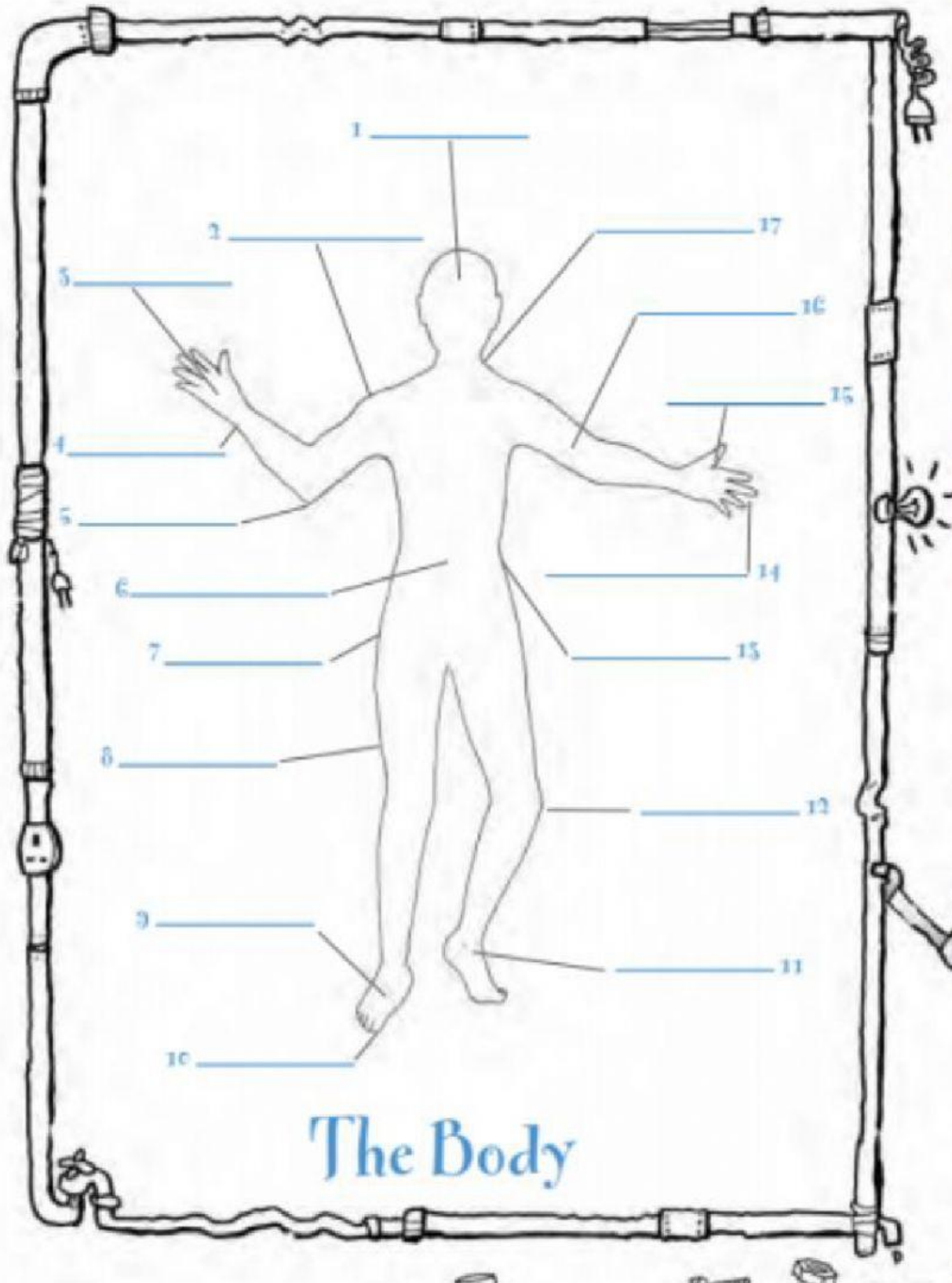
c



1

Look and label.

Look at the picture of the body. Label the body using the words in the box.



ankle
arm
elbow
finger
foot
hand
head
hip
knee
leg
neck
shoulder
stomach
thumb
toe
waist
wrist