

1. When do you have to do the warm-up? Click the correct answer.

- A. After doing physical activities.
- B. Before beginning a physical activity.
- C. In the middle of the activity.

2. What happens when we warm up? Write the correct answer

- It helps us to \_\_\_\_\_ and \_\_\_\_\_ our muscles.



- It prepares our \_\_\_\_\_ and \_\_\_\_\_ for games and sports.



- It makes us feel \_\_\_\_\_ doing the physical activity.



3. **Adjectives:** Match the opposites:

Big  
Clean  
Beautiful  
Closed  
New  
Hungry  
Happy

Dirty  
Sad  
Thirsty  
Small  
Old  
Ugly  
Open

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