



ACTIVITY 1: Match the verbs and the pictures.

BEND YOUR BODY

CYCLE

HOLD WEIGHT

sostener peso

LIFT WEIGHT / PICK UP WEIGHT

levantar peso

PULL

PUSH

RUN

SIT

STRETCH YOUR BODY

TOUCH YOUR FEET

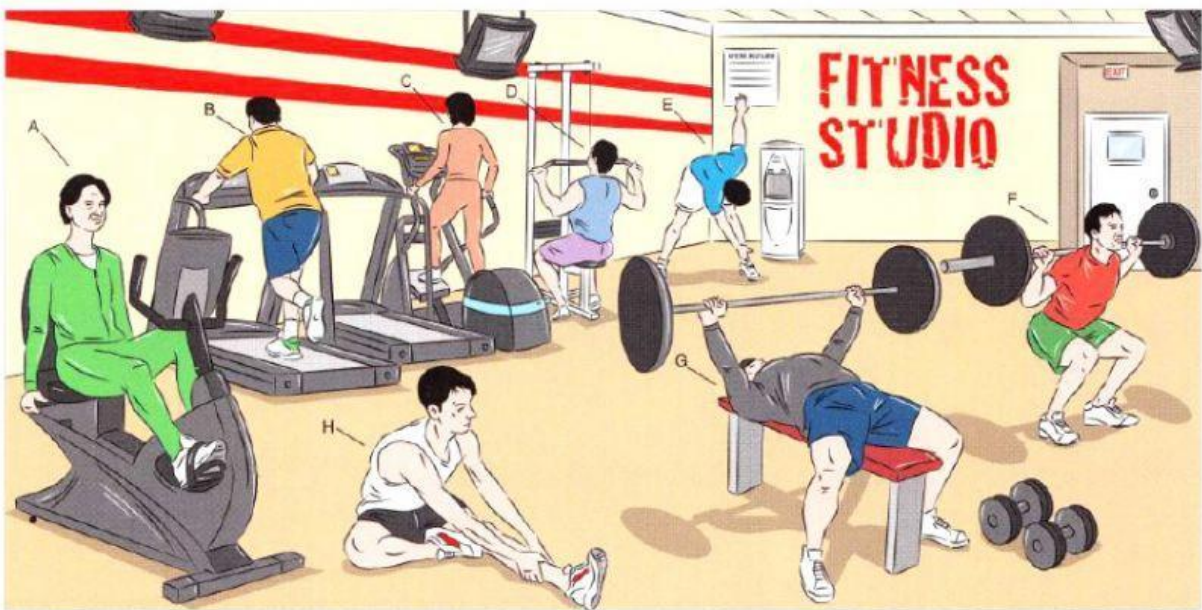


ACTIVITY 2: Revise the rule to make sentences in the present continuous. (*Revisá la regla para hacer oraciones en presente continuo*)

Personal pronoun	Verb be	Verb + ing
I	am	stretching.
He, she, it	is	running.
You, we, they	are	sitting.

ACTIVITY 3: What are the people in the gym doing? Choose the best answer to describe the picture.

bend cycle hold lift pick up pull push run sit stretch touch



- A _____
- B _____
- C _____
- D _____
- E _____
- F and G _____
- H _____