

Lesson 5 Reading, Writing and Speaking

15 Read and match.

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|-------------------------------|--------------------------|
| 1 Workouts give you ... | put on weight. |
| 2 Workouts keep you ... | concentrate at school. |
| 3 Workouts help you sleep ... | exercise. |
| 4 You don't ... | well. |
| 5 Workouts help you ... | strong, fit and healthy. |

16 Look and write.

Touch Tap Walk Stretch Turn Roll



1 Walk on
the spot.



2 _____
around.



3 _____ your
toes.



4 _____ your
arms.



5 _____ your
legs.



6 _____

17 Read. Answer Yes, I can or No, I can't. Ask a friend.

- Can you touch your toes? _____
- Can you roll your arms? _____
- Can you tap your legs? _____
- Can you stretch? _____

18 Choose and write your favourite action.

My favourite action is