

7th Grade Unseen Quiz

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Workout¹ Kid

Most kids love to play games on the computer and watch TV, but not 10-year-old CJ Senter. He says, "I love staying fit² and healthy." He is one of the youngest fitness instructors³ in the U.S.A.

CJ loves football. He is an excellent football player. He is the best on his
5 team, and they win most of their games. He decided to show other kids that exercise⁴ can be fun and that it can help them win games too.

He made two workout DVDs. They are called "Workout Kid". Each DVD has a 40-minute workout with great music and fun activities. CJ's plan is to get kids off the sofa and moving to the music with kids their
10 own age.

In his DVD he tells the kids to drink water, to warm up before the workout and to cool down at the end. He always tells the kids, "You can do it!"

More about CJ

- Favorite subject: math
- 15 • Other sports: basketball and running
- Pets: five dogs
- Family: an older brother, Brandon, and a younger sister, Jasmine
- Plans for the future: to be a football
20 player

Go to CJ's website⁵ to find out more:
<http://www.workoutkid.com/about.html>



¹workout אימון גופני / تدريب رياضي

²fit בכוסר / בליاقة بدنية

³fitness instructors מדריכי כוסר / مدربي اللياقة البدنية

⁴exercise תרגילי ספורט / تدريبات رياضية

⁵website אתר אינטרנט / موقع إنترنت

A) Answer the questions- ענו על השאלות מהטקסט (6x5=30 points)

1. What does CJ call his DVDs?

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2. Name three things CJ makes sure kids do in his DVDs.

1. 2. 3.

3. How many children are there in CJ's family?

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4. Where can you get more information about CJ?

.....

B) Write the words in the correct column- כתבו את המילים בטור המתאים להן (6x5=30 points)

subject ■ football ■ sister ■ computer ■ player ■ brother

Family	School	Sports

C) Complete the information about yourself-עצמכם-מידע על (40 pt)

More About Me

My favorite subject is:

Hobbies / Sports:

.....

Pets:

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Family:

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Plans for the future:

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.....

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