

# 3.2 THE 16TH STEP

## 1 VOCABULARY: Exercising



A Read the three interviews and complete the text. Use the correct form of the verbs in the box.

jump lie down lift sit down stretch throw

A Yoga is my favorite exercise. I'm waiting for my class to start. The class is very good and a lot of people take it. The teacher <sup>1</sup> sits down in front of the class and we sit behind him. Here we are <sup>2</sup> stretching our bodies to warm up. Then we <sup>3</sup> lie down on the floor at the end of class. I love that part!

B My daughter is taking a dance class. She likes it because her friends from school are in the same class. The girls are <sup>4</sup> lifting their arms above their heads at the moment. The teacher asks them to follow her instructions.

C My friends and I play on a baseball team. We meet every Thursday in the park. First, we <sup>5</sup> throw balls for a few minutes to warm up. We are <sup>6</sup> jumping up and down in the photo because we're happy! My friends and I love this sport!

## 2 GRAMMAR: Simple present and present continuous

A Write the verbs in parentheses in the correct form.

1 Tony plays (play) football every weekend.

2 We lift (lift) our arms at the moment.

3 Sari climb (climb) up the stairs to get to class every day.

4 They lie (lie) down on the floor at the moment.

5 How many people swim (swim) in the pool right now?

6 How often he / run? (he / run)?

7 What kind of exercise they / do now? (they / do) now?

8 your boyfriend / watch (your boyfriend / watch) the game on TV this afternoon?

B **Correct the sentences.**

- 1 Are you stretching every morning when you wake up?  
\_\_\_\_\_
- 2 Look! I lift two coffee cups now!  
\_\_\_\_\_
- 3 I'm not going to the gym every evening.  
\_\_\_\_\_
- 4 Look! The fans are run onto the field!  
\_\_\_\_\_
- 5 The race is on. Everyone is run.  
\_\_\_\_\_
- 6 Do you listening to the game on the radio now?  
\_\_\_\_\_
- 7 Your dog lies down under the tree.  
\_\_\_\_\_
- 8 Are all the athletes exercise at the gym now?  
\_\_\_\_\_

**3 GRAMMAR AND VOCABULARY**

A **Complete the gym questionnaire with your own answers.**

- 1 Do you exercise?  
\_\_\_\_\_
- 2 Are you a gym member?  
\_\_\_\_\_
- 3 Do you play a sport?  
\_\_\_\_\_
- 4 What is your regular exercise routine?  
\_\_\_\_\_
- 5 What sports do you like?  
\_\_\_\_\_
- 6 Do you prefer to exercise in the morning, afternoon, or at night?  
\_\_\_\_\_

