

## 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> \_\_\_\_\_ our bodies to warm up. Then we <sup>3</sup> \_\_\_\_\_ 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> \_\_\_\_\_ 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> \_\_\_\_\_ balls for a few minutes to warm up. We are <sup>6</sup> \_\_\_\_\_ 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.

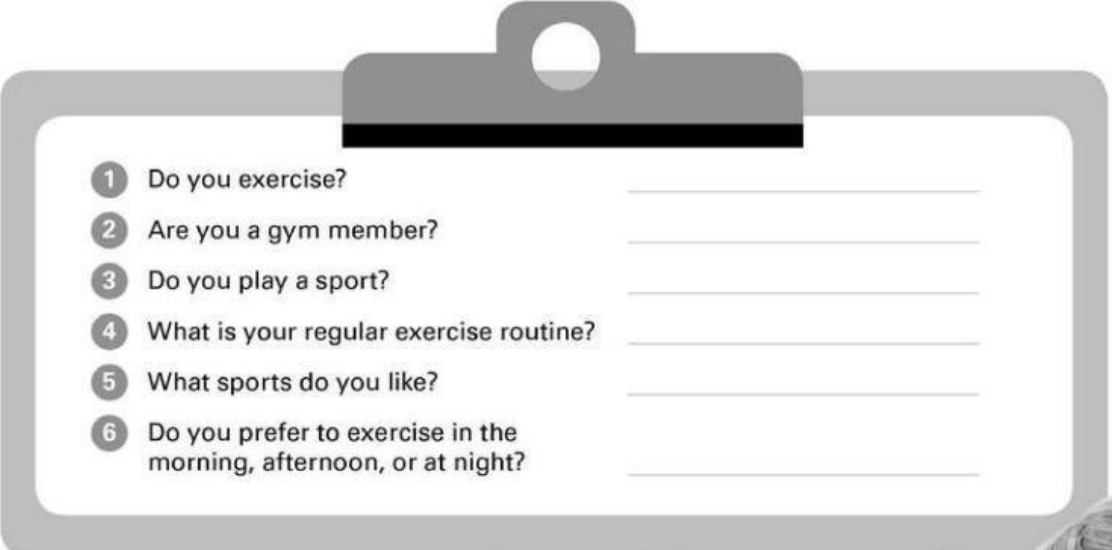
- 1 Tony \_\_\_\_\_ (play) football every weekend.
- 2 We \_\_\_\_\_ (lift) our arms at the moment.
- 3 Sari \_\_\_\_\_ (climb) up the stairs to get to class every day.
- 4 They \_\_\_\_\_ (lie) down on the floor at the moment.
- 5 How many people \_\_\_\_\_ (swim) in the pool right now?
- 6 How often \_\_\_\_\_ (he / run)?
- 7 What kind of exercise \_\_\_\_\_ (they / do) now?
- 8 \_\_\_\_\_ (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? \_\_\_\_\_

