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 [1] *sits down* in front of the class and we sit behind him. Here we are [2] _____ our bodies to warm up. Then we [3] _____ 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 [4] _____ 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 [5] _____ balls for a few minutes to warm up. We are [6] _____ 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) 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?

LIVEWORKSHEETS

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? _____



LIVEWORKSHEETS