

## Lesson 10

## Sports and Health

### Writing

Write about your favourite sport.

My favourite sport is \_\_\_\_\_.

It's great!

You need \_\_\_\_\_.

There are \_\_\_\_\_ teams

and there are \_\_\_\_\_ players in each team.

The players move very quickly.

I like \_\_\_\_\_ because it's \_\_\_\_\_.

It's a good exercise and it's lots of fun.



### Speaking

Say what you usually do in the morning and in the evening to be healthy and strong.

#### Morning



#### Evening



	make bed .....	<input type="checkbox"/>		ride a bike .....	<input type="checkbox"/>
	take a shower .....	<input type="checkbox"/>		eat dinner .....	<input type="checkbox"/>
	get dressed .....	<input type="checkbox"/>		take a bath .....	<input type="checkbox"/>
	eat breakfast .....	<input type="checkbox"/>		brush teeth .....	<input type="checkbox"/>
	brush teeth .....	<input type="checkbox"/>		read a book .....	<input type="checkbox"/>
	brush hair .....	<input type="checkbox"/>		go to bed .....	<input type="checkbox"/>