

Physical Activity – Activity 6, Worksheet 1 – CLB 2–3**Physical Activities**

Look at the local recreation centre's schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m.– 11 a.m.				Family Skate		Adult Yoga
11 a.m.– 12 p.m.	Children's Swim					
12 p.m.– 1 p.m.					Seniors' Fitness	
1 p.m.– 2 p.m.		Seniors' Fitness				Family Skate
5 p.m.– 6 p.m.					Children's Swim	
6 p.m.– 7 p.m.			Adult Yoga			
7 p.m.– 8 p.m.		Family Skate				

Answer the questions.

- List the 4 classes offered.

- Dev enjoys yoga. He works every weekend. When can he take a class?

- Jenna wants to take her family skating. She has a night class Tuesdays and her children have school Thursday mornings. When can she go?

- Fadi knows it is important for his school-age children to learn how to swim. What class is good for them?

- When is the yoga class on the weekend?

- Alice's grandfather loves to stay active. What fitness program is specifically for him?



Physical Activity – Activity 6, Worksheet 2 – CLB 2–3

Physical Activities

It can be expensive to play sports, but you can buy gently used equipment at garage sales and thrift stores.

Read the following statements, look at the ads and match each statement with the best ad.

1. Sarah plays tennis. She needs a racquet.
2. Pema plays hockey. He is looking for skates at a discounted price.
3. Michael and his son love playing soccer. They need a new ball.
4. Brahim and Mariam want to walk after supper with pedometers. Where can they go?
5. Wiebke wants to ride a bike to work. She doesn't have much money.
6. Mary grows vegetables in her yard. She needs a shovel.

Centretown Garage Sale



Bikes – Clothes – Books
9 a.m.–1 p.m.

Recycle Sport Store

Sale
Sale

Tennis! Volleyball! Baseball!

The Garden Place



Gently Used
Gloves
Rakes
Shovels

For Sale

Children's skates, pucks
and sticks

Call 555-231-1231

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Public Library

Walking Accessories:

Pedometers
now available

Moving Sale



Books
CDs
Soccer balls
Clothes
