



## PUT THE STEPS IN THE CORRECT ORDER (1-7)

- \_\_\_\_\_ Breakfast
- \_\_\_\_\_ Training session
- \_\_\_\_\_ Shower
- \_\_\_\_\_ Video games
- \_\_\_\_\_ Wake up at 6:00 a.m.
- \_\_\_\_\_ Gym workout
- \_\_\_\_\_ Lunch (turkey meatballs + sweet potato)



## FILL IN THE BLANKS. USE WORDS FROM THE BOX.

- Neymar starts his day with a quick \_\_\_\_\_.
- He eats eggs, spinach and a \_\_\_\_\_ for energy.
- His \_\_\_\_\_ focuses on speed, \_\_\_\_\_ and coordination.
- Later, he continues working out in the \_\_\_\_\_.
- In the afternoon, he relaxes by playing \_\_\_\_\_.



video games - training - shower - balance - gym - protein shake



## ANSWER THE FOLLOWING QUESTIONS.

- Why does Neymar wake up early, according to the video?
- What makes his training style different from regular athletes?
- What part of his routine surprised you the most?
- Do you think this lifestyle is realistic for most people? Why / why not?



## IF YOU WERE A FOOTBALL PLAYER...

Complete the sentences about you:

- If I followed a routine like Neymar's, I would \_\_\_\_\_.
- If I had to train every morning, I would \_\_\_\_\_.
- If I were a professional player, I would change this part of the routine: \_\_\_\_\_.



## WRITE A SHORT MORNING ROUTINE (50-80 WORDS) IMAGINING YOU ARE PREPARING FOR A WORLD CUP MATCH.

### Include:

- ✓ Time you wake up
- ✓ One fun activity (like Neymar playing games)
- ✓ What you eat
- ✓ One prediction using WILL
- ✓ One physical activity
- ✓ One conditional sentence

