

A. Match the words with the pictures/meanings.

A	B	A-B
1. boating	a. thuốc nhỏ mắt	1.
2. cycling	b. đạp xe	2.
3. exercise	c. chèo thuyền	3.
4. outdoor activity	d. đi bộ	4.
5. running	e. tập thể dục	5.
6. walk	f. hoạt động ngoài trời	6.

WORKSHEET 2 – Complete the sentences with the correct word.

boating – cycling – exercise – running – walk – outdoor activity

- We should _____ every morning.
- My father goes _____ in the park every evening.
- Tom likes _____ because he has a bicycle.
- We went _____ on the lake last Sunday.
- A picnic is an _____.
- I usually _____ to school.

WORKSHEET 3 – Health Problems Choose the correct answer.

- My lips are very dry. I have _____.
 - A. flu
 - B. chapped lips
 - C. acne
- After playing football all day, I have _____.
 - A. tired eyes
 - B. sunburn
 - C. virus
- My face has many _____.
 - A. pimples
 - B. hats
 - C. masks
- You have a fever and cough. You may have _____.
 - A. flu
 - B. boating
 - C. soap
- Eating too much fast food can make you _____.
 - A. put on weight
 - B. exercise
 - C. walk

WORKSHEET 4 – Circle the odd one.

- A. boating B. cycling C. exercise D. acne
- A. flu B. virus C. disease D. running

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|------------|--------------|-------------|------------|
| 3. A. soap | B. lip balm | C. mask | D. pimple |
| 4. A. hat | B. sunscreen | C. eyedrops | D. boating |
| 5. A. walk | B. running | C. cycling | D. disease |

WORKSHEET 5 – Unscramble

- | | |
|----------------------|-------------------|
| 1. KMAS → _____ | TAH → _____ |
| 2. OSAP → _____ | ALIP BMLA → _____ |
| 3. RNUSNEECs → _____ | EYPDROES → _____ |
| 4. NRUNING → _____ | YCCLING → _____ |

Complete the Dialogue

exercise – flu – lip balm – sunscreen – mask

- A: Why are you wearing a _____?
- B: Because I have the _____.
- A: Don't forget to use _____ before going to the beach.
- B: Thanks! My lips are dry, so I'll use _____ too.
- A: Great! Don't forget to _____ every day.

Bài 2: Fill in the Blanks

them theirs ours his hers He her She him They

- Nam has sunburn, so the doctor gave _____ some advice.
- My brother goes cycling every morning. _____ wants to keep fit.
- This is not Nam's lip balm. _____ is in his bag.
- Lan has tired eyes because _____ reads in dim light.
- Mary keeps her room tidy, and her brother also helps _____.
- That beautiful dollhouse is _____. She built it last week.
- The children are doing exercise. _____ have a lot of energy.
- The teacher saw the students cleaning the yard and praised _____.
- This classroom is clean, but the other one is _____. They haven't cleaned it.
- That lunch box is _____. We prepared it this morning.

Bài 4: Multiple Choice

Choose the correct pronoun to complete each sentence.

1. My brother goes boating every weekend. _____ is very active.
A. His B. Himself C. He D. Him
2. The school doctor gave _____ some useful health tips.
A. our B. we C. ours D. us
3. This is not my lunch box; _____ is blue.
A. I B. mine C. my D. me
4. If your acne gets worse, you must see a doctor to treat _____.
A. them B. its C. it D. they
5. My sisters have chapped skin, so our mother gave _____ some cream.
A. theirs B. their C. they D. them
6. The students tidy their classroom every day. _____ keep it clean.
A. Them B. Their C. They D. Theirs
7. Don't touch your pimples with dirty hands because _____ can cause infection.
A. they B. its C. them D. it
8. That sun hat belongs to Nam. It is _____.
A. himself B. him C. he D. his
9. My sister and I have dry hair, so _____ use a special shampoo.
A. us B. we C. our D. ours
10. Soft drinks contain too much sugar, so we shouldn't drink _____ too often.
A. their B. them C. its D. it
11. These bicycles are not theirs. They are _____, because we bought them yesterday.
A. us B. ours C. we D. our
12. I bought some new suncream. Let me show _____ to you.
A. it B. them C. me D. its
13. Her skin is very smooth, but _____ is quite dry in winter.
A. mine B. me C. I D. my
14. We want to avoid crowds, so the guide asked _____ to walk slowly.
A. we B. our C. us D. ours
15. This is their green tea, and that cup is _____.
A. hers B. herself C. her D. she