رياض ومدارس الأخلاء التربوية
Al Akhelaa Educational Schools and Kindergartens

*Read the following paragraph then choose the correct answer :

Swimming is a healthy activity that can be continued for a lifetime, and the health **benefits** of swimming are more than worth the effort it takes. It works on practically all of the muscles in the body. So swimming can develop a swimmer's general strength. Swimming is also a way for you to cool off. It fills a wonderful **recreational** need for individuals and families, from beach and pool to fun water parks. Maybe you are a runner, training on a regular basis and want to find an activity that keeps your heart rate up but takes some of the **impact** stress off your body. Perhaps you have been doing some other form of exercise, and now an **injury** prevents you from putting weight on a knee or ankle. Swimming can help you. Kicking workouts, water aerobics, pool running or a regular swimming can all give you a great exercise **session** without the weight of your body pounding you with each move.

1-Swimming works on practically :

a. your internal muscles b. arm muscles c. all of the muscles in the body

2-swimming fills a wonderful recreational need for :

a. individual b. families c. individual and families

3-The word that means " an effect that remains" is :

a. impact b. injury c . session

4-The word ' recreational means :

a. relaxing and fun. B. hurt. C. end

*.Choose the correct answer :-

1- When i got up this morning, the sun was shining
Shined
Were shining

2- We driving to Ramalla last Sunday
Was driving
Drove

3- They was eating in the restaurant on the corner when i saw them
Eat
Were eating

4- When you telephoned, I am having dinner oct,24
was having
had

*Drop and drag the words according to the pronunciation of the {th}:-

through the theme father

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LIVEWORKSHEETS