

Physical activity and seasons

Click on the audio below

Listen and fill in the gaps with the word you hear.

helmet **activity** knees **sleep** body sport energy
healthy information activity dangerous bodies

Physical _____ and rest.

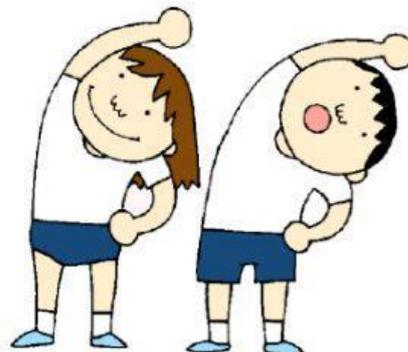
To stay _____ we need regular physical exercise. Exercise keeps us agile and makes our _____ strong.

- Do warm up and cool down exercises before and after _____.
- Wear a _____ or protective clothing if your sport can be _____.
- Keep good posture. Bend your _____ when you pick things up.

Getting enough rest and _____.

During sleep, our muscles and organs reduce their _____. Our body replenishes its _____ and repairs itself. Our brain remembers and stores _____. Children's _____ grow more during sleep.

What is the text about? Select the correct picture.



Match the leisure activities with the perfect season for doing it.

- | | | | | |
|--------------------------|-----------------------|-----------------------|---|--------|
| Fly a kite | <input type="radio"/> | <input type="radio"/> |  | summer |
| Snowboarding | <input type="radio"/> | <input type="radio"/> |  | winter |
| Pick up flowers | <input type="radio"/> | <input type="radio"/> |  | autumn |
| Surfing | <input type="radio"/> | <input type="radio"/> |  | spring |
| Play with falling leaves | <input type="radio"/> | | | |
| Taking a sunbath | <input type="radio"/> | | | |
| Make a snowman | <input type="radio"/> | | | |
| Pick up mushrooms | <input type="radio"/> | | | |

Watch this video about seasons and activities

What's your favourite season? Why? What do you like to do on it?
