

11 Listen and read. TR: 9

Get Rest *and* Exercise!

In some video games, you only sit on the sofa and play. This is fun, but you don't get much exercise. In other video games, you have fun *and* you get exercise. In these games, you move your whole body! A camera records the way you move. You can dance, run, or pretend to play soccer and watch yourself on the screen. These video games are a great way to keep fit. They make your muscles strong, but you don't get enough fresh air. Why don't you play a real game of soccer outside with your friends?



12 Look and write. Write about exercise with video games.

Video game	How you play	Why is it good?	Why is it bad?
1. 	Sit on the sofa and play. Press buttons with your fingers.		
2. 	Stand up and move. Watch yourself on the screen.		



You can control some video games with your brain!

READING

Date

Activity 1. Read. Fill in each blank with ONE word.

In some games, you only sit on the sofa and (1)_____. This is fun but you don't get much exercise. In other video games, you have fun and you get (2)_____. In these games, you move your whole body! A camera (3)_____ the way you move. You can dance, run, or pretend to play soccer and watch yourself on the (4)_____. These video games are great way to keep fit. They make your muscles strong, but you don't get enough fresh (5)_____. Why don't you play a real game of soccer (6)_____ with your friends?

Activity 2. Read. Circle T (True) or F (False). Underline the incorrect part in the false sentences. (SB – p.12)

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|---|---|---|
| 0. You <u>get enough</u> fresh air when you play video games. | T | Ⓕ |
| 1. You only sit and play in every video game. | T | F |
| 2. You have fun and get exercise in some video games. | T | F |
| 3. Some video games have cameras to record you. | T | F |
| 4. You can't see yourself on the screen in any video games. | T | F |
| 5. Your muscles become strong when you play some video games. | T | F |

Activity 3. Answer the questions about yourself. (Homework)

1. Do you like to play video games? Why (not)?

2. Can video games help you keep fit? Why (not)?

3. Why is it important to get enough fresh air?
