



2nd Quim

NAME:	GRADE: 8th	PROJECT: 5	WEEK: 3
DATE:	2021 - 2022		

PHYSICAL EXERCISES



Exercise requires a person to **use their body** and a bit of effort in order **to complete an activity**.

BEFORE START: Choose your answer:

a. How often do you get physical exercise?

Never (0%) **sometimes** (50%) **often** (75%) **usually** (90%) **always** (100%)

✚ **Reflect on values:**



Value: Healthy recreation habits

Finding a physical activity such as dancing or doing sports will prevent you from getting many diseases, and it is also a productive way to spend your free time.

Additionally, it can open new opportunities such as making new friends, and becoming a professional in the future.



1. Read the text aloud, then record your voice and send to your teacher by WhatsApp or Teams.



If you are an art lover and would also like to be in a good shape, there are certain sports that are the perfect balance between them both. There is figure skating or ice skating, rhythmic gymnastics, and synchronized swimming, among others. These sports are very demanding. Skaters spend very long hours practicing so that they can perfect their techniques and give excellent performances. In addition, there are important health benefits. This sport requires lots of stamina, balance, and flexibility. All are necessary to keep your body healthy and in good shape.



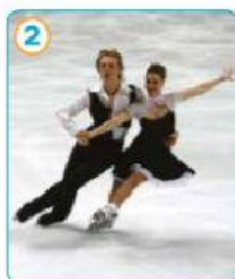


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2. Identify the artistic sports from the reading, then write their names under each picture.

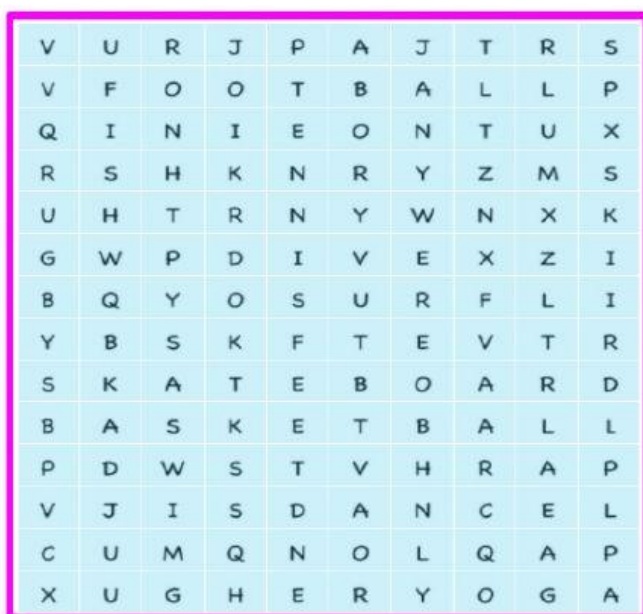






3. Think, then write an Artistic Sport that you like.

4. Find the vocabulary in the word search about other sports.



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|---------------|------------|
| 1. Swim | 7. surf |
| 2. Skateboard | 8. dive |
| 3. Skii | 9. Yoga |
| 4. Dance | 10. Rugby |
| 5. Football | 11. Tennis |
| 6. Basketball | |