

E32204 : EXCELLENT EXERCISE



Warm Up

1. What are these people doing?

2. Why is it important?

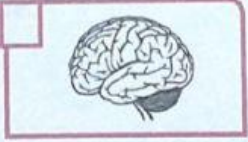
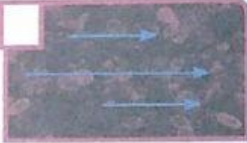
3. How often do you do this?

NEW WORD

1. benefit (n.) a good or helpful result or effect
2. sick (adj.) affected by illness or disease; when you are not healthy
3. heart (n.) the organ in your chest that pumps blood through your body
4. pump (v.) to move something, like air or blood, by beating or an up-and-down motion
5. blood (n.) a red liquid that flows through people's and animals' bodies
6. brain (n.) the organ in your head that controls your body movements and thoughts
7. memory (n.) the power of remembering what has been learned
8. stress (n.) the strong feeling of worry caused by problems in life, school, work, etc.

A : Listen. Match the numbers and letters, then write.

TRACK 20

a 	b 	c 	d 
_____	_____	_____	_____
e 	f 	g 	h 
_____	_____	_____	_____

COMPARATIVE ADJECTIVES

B. READ

1. *The more you walk, the stronger your legs get.*
2. *The more you study, the smarter you get.*

C. Correct the underlined word and write.

1. A more you exercise, the healthier you become.
2. The many you smile, the better you feel.
3. The more you exercise, the more strong you get.

Answer

- 1.....
- 2.....
- 3.....

READING : TRACK 21

EXCELLENT EXERCISE

Being active is very important, but do you know why? There are many benefits to exercise. It is good for your mind and body in many ways.

😊 Exercise makes your body stronger. You need a strong body so you don't get sick easily.

😊 Exercise is good for your heart. Your heart pumps blood around your body. The more you exercise, the stronger your heart is.

😊 Exercise helps you keep a healthy weight. A healthy weight is important so you don't get sick.

😊 Exercise helps your brain work better. When you exercise, more blood goes through your brain. The more blood through your brain, the better your memory get.

😊 Exercise makes you happier that goes. Exercise is a great way to reduce stress. It gives you more energy to do things that make you happy. The more things you do, the better you sleep.

There's a kind of exercise out there for everyone. You can do it alone or with others. You can ride your bike or climb the stairs. You can learn a new team sport. You will meet people and make friends! Exercise makes you strong, healthy, and happy. And it's fun to exercise. So don't forget to exercise!

1. What is this reading about?

- | | |
|-----------------------------|---------------------------------|
| a. the healthiest food | b. the best time to exercise |
| c. the benefits of exercise | d. the way to exercise properly |

2. How does exercise help us not get sick?

- | | |
|---------------------------------|--------------------------|
| a. By helping us makes friends. | b. By making us eat more |
| c. By keeping our body strong. | d. By going to school. |

3. What happens to your brain when you exercise?

- a. It gets less blood.
- b. It gets more blood.
- c. It feels stress.
- d. It has less energy.

4. What is one way to get rid of stress mentioned in the passage?

- a. memorizing
- b. talking
- c. eating
- d. exercising

READING SKILL : MAIN IDEA AND SUPPORTING DETAILS

Directions: Check ☒ the details that are **true**.

MAIN IDEA: EXERCISE has many health benefits.

Supporting Details:

- ___1. Exercise helps you keep healthy weight.
- ___2. Exercise reduces stress and makes you happier.
- ___3. Exercise gives you more energy and keeps you awake all night.
- ___4. Exercise makes you tired and makes you get sick more easily.
- ___5. Exercise makes you stronger so you get sick less often.
- ___6. Exercise helps your brain and your memory.
- ___7. Exercise makes your heart work better at pumping blood.
- ___8. Exercise helps your brains and makes your memory better.

Using Synonyms.

Directions: Match the words from the reading with words that have the same meaning.

Words in the passage

1. brain ☐
2. happy ☐
3. healthy ☐
4. help ☐
5. reduce ☐
6. sick ☐
7. strong ☐

Synonyms

- ☐ a. cheerful
- ☐ b. cut down
- ☐ c. function
- ☐ d. good
- ☐ e. ill
- ☐ f. improve
- ☐ g. mind

Complete the writing plan. Use the reading and writing skills of this unit. Use synonyms from above to replace words from reading.

Main Idea: _____

Supporting Details:

1. ___Exercise helps you keep a good weight. _____

2. _____

3. _____

4. _____

5. _____

6. _____