

## ใบงานเรื่อง Reading

### หน่วยการเรียนรู้ที่ 6 เรื่อง How to keep Yourself Fit and Strong

Top 5 exercises that keep yourself fit and strong.



Running. Running makes you happy. It is easy. You can run everywhere. You can strengthen your body. And it helps you to stay healthy.



Volleyball. You can strengthen your upper and lower body. It burns a lot of calories. You can play with your friends.



Swimming. You can exercise your whole body. It builds muscles and burns your calories. You can do it alone, with your family, or friends.



Aerobic. You can lose your weight very easily. It is fun and easy. You can do it at home. It helps you to stay healthy and keeps your body fit and firm.



Football. You can lose your weight. It builds your muscles. You can meet new friends and have fun with them.

Directions: Read and answer the questions. You can answer more than one.

1. Which one builds your muscles? .....
2. Which one helps you exercise your whole body? .....
3. Which one will strengthen your body? .....
4. Which one is easy and fun? .....
5. Which one helps you burn a lot of calories? .....
6. Which one is an indoor game? .....
7. Which one is an outdoor game? .....
8. Which one makes you happy? .....
9. Which one helps you meet new friends? .....
10. Which one can people do it everywhere? .....

