

Which two activities seem most suitable for you? Why?

Swimming

Horse riding

Basketball

Kick boxing

Weight lifting

Speaking

Talk in pairs. You and your friend want to sign up for at least two activities over the summer to keep in shape. Look at the activities below and discuss the advantages and disadvantages of each one. After you and your partner have discussed the different activities, choose two options that seem most suitable for you.



swimming



horse riding

What are the advantages and disadvantages of each activity?



basketball



kick boxing



weight lifting