

Listen and complete the chart.

Escucha y completa la tabla

NAME	SPORT	WHEN	BENEFITS
Jane	Tennis	Saturday mornings	It gives her energy
Alex		_____ and _____	Relax
Gloria		_____ and _____	Learn about self discipline and have fun

Listen and complete the text.

Escucha y completa el texto

Jane:

I can't swim but I can play tennis very well. I love it, it's my favorite sport. I play tennis with my _____ on Saturday mornings. Tennis gives me energy and I always have fun. I do a lot of exercise when I _____ tennis.

Alex:

I love swimming. I think I can swim very well. I go swimming on Wednesdays and Fridays after _____. When I swim I can relax a lot.

Gloria:

¡Karate is excellent! I love it. I do karate on Tuesdays and Thursdays. With karate, I can learn about self-discipline, I have _____ and I can do a lot of exercise, too.