

UNIT 3

Exercise 1: Sports (1)

Track 66x1

1/ Listen to a lecture about the activities. Tick the things each activity is good for.

	heart	lungs	bones	muscles
walking	✓			
jogging				
swimming				
cycling				

/ Listen again and complete the notes in the table with one or two words or a number.

walking	1. 20% less than _____ years ago	2. Power walking is walking _____.
jogging	3. Improve your jogging time by _____ every week.	4. Find a jogging _____.
swimming	5. Swimming for _____ periods is very good.	6. Join a _____.
cycling	7. 30 minutes of cycling uses _____ calories.	8. Good for people with a short distance to _____.