

LIFE SKILLS

PHYSICAL WELL-BEING

4 Match the highlighted words in the text to the meanings.

- 1 regular programme of activities
- 2 stop something from happening
- 3 in a good or correct way

- 4 move something to a higher place
- 5 pull something to make it longer
- 6 ability to exercise for a long time

20 5 Listen to Anna and Tom talking about their fitness habits. Who is usually more active?

20 6 Listen again. Complete the sentences with one or two words.

- 1 Tom usually plays _____ after school.
- 2 Tom sometimes goes to _____ with friends.
- 3 Anna's got _____ practice twice a week.
- 4 Anna also _____ on Tuesdays and Fridays.

- 5 Tom and Paul usually play _____ at the weekend.
- 6 Anna says Tom should _____ with his friend Danny.

7 Complete the *Useful language* phrases with the words in the box.

about active after school
could go swimming stairs



USEFUL LANGUAGE

Making a fitness plan

- 1 I usually play (basketball) _____.
- 2 I don't usually _____ on weekdays.
- 3 I do _____ an hour of exercise most days.
- 4 I'm not very _____ at weekends.
- 5 I _____ ride my bike to school more often.
- 6 We should always walk up the _____.