

LIFE SKILLS PHYSICAL WELL-BEING

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

- | | |
|-----------------------------------|---------------------------------------|
| 1 regular programme of activities | 4 move something to a higher place |
| 2 stop something from happening | 5 pull something to make it longer |
| 3 in a good or correct way | 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.

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|---|---|
| 1 Tom usually plays _____ after school. | 5 Tom and Paul usually play _____ at the weekend. |
| 2 Tom sometimes goes to _____ with friends. | 6 Anna says Tom should _____ with his friend Danny. |
| 3 Anna's got _____ practice twice a week. | |
| 4 Anna also _____ on Tuesdays and Fridays. | |

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 _____.