

## 1 VOCABULARY: Exercising



A Read the three interviews and complete the text. Use the correct form of the verbs in the box.

jump    lie down    lift    sit down    stretch    throw

A Yoga is my favorite exercise. I'm waiting for my class to start. The class is very good and a lot of people take it. The teacher <sup>1</sup> *sits down* in front of the class and we sit behind him. Here we are <sup>2</sup> \_\_\_\_\_ our bodies to warm up. Then we <sup>3</sup> \_\_\_\_\_ on the floor at the end of class. I love that part!

B My daughter is taking a dance class. She likes it because her friends from school are in the same class. The girls are <sup>4</sup> \_\_\_\_\_ their arms above their heads at the moment. The teacher asks them to follow her instructions.

C My friends and I play on a baseball team. We meet every Thursday in the park. First, we <sup>5</sup> \_\_\_\_\_ balls for a few minutes to warm up. We are <sup>6</sup> \_\_\_\_\_ up and down in the photo because we're happy! My friends and I love this sport!

## 2 GRAMMAR: Simple present and present continuous

A Write the verbs in parentheses in the correct form.

1 Tony \_\_\_\_\_ *plays* \_\_\_\_\_ (play) football every weekend.

2 We \_\_\_\_\_ (lift) our arms at the moment.

3 Sari \_\_\_\_\_ (climb) up the stairs to get to class every day.

4 They \_\_\_\_\_ (lie) down on the floor at the moment.

5 How many people \_\_\_\_\_ (swim) in the pool right now?

6 How often \_\_\_\_\_ (he / run)?

7 What kind of exercise \_\_\_\_\_ (they / do) now?

8 \_\_\_\_\_ (your boyfriend / watch) the game on TV this afternoon?