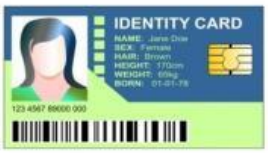
Physical Activity – Activity 4, Worksheet 2 – CLB 2–3

Walking

It is important to stay safe when you walk. Listen to ideas on how to walk safely.
Write the number under the correct picture.

_____	_____	_____
_____	_____	_____
 _____	_____	1

LIVEWORKSHEETS

Physical Activity – Activity 5, Worksheet 1 – CLB 2–3

Walking Clubs

Below is a chart with information about 3 walking clubs. It states where and when club members walk, who walks, the price and contact numbers.

Program	Description	Audience	Hours	Cost	Contact
ABC Steps Club	Outdoor walking	Adults	Daily at 6 p.m.	$1.00	555-717-5431
The Happy Hoofers	Indoor walking	All	Mon–Fri mornings	children – free adults – $2.00	555-890-2450
Wild About Walking	Mall walking	Seniors	Tues & Thurs 8:30 a.m. to 10:30 a.m.	free	555-580-6744

Read the chart and answer the questions below.

1. This program is for everyone.

   ABC Steps Club The Happy Hoofers Wild About Walking

2. This program is good for people who like fresh air.

   ABC Steps Club The Happy Hoofers Wild About Walking

3. This program is for seniors.

   ABC Steps Club The Happy Hoofers Wild About Walking

4. Children can go to this program.

   ABC Steps Club The Happy Hoofers Wild About Walking

5. This program is free for everyone.

   ABC Steps Club The Happy Hoofers Wild About Walking

LIVEWORKSHEETS

Physical Activity – Activity 5, Worksheet 2 – CLB 2–3

Walking Clubs

Listen to the walking club messages and fill in the blanks. You may find the words in the Word Bank helpful. However, not all of the answers are in the Word Bank.

Word Bank

adults	free	mall	outdoor
afternoons	indoor	mornings	seniors

Program	Description	Audience	Hours	Cost	Contact
Downtown Walkers	_____ walking	All	Daily at 6 p.m.	_____	555-___-5431
Happy Feet Walking Club	_____ walking	_____	Mon–Fri mornings	$___.00	555-890-2450
Walk with Us	_____ walking	Adults	Saturdays at __:____ a.m.	$___.00/month	555-580-6744

LIVEWORKSHEETS