Physical Activity – Activity 6, Worksheet 1 – CLB 2–3

Physical Activities

Look at the local recreation centre's schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m.–11 a.m.				Family Skate		Adult Yoga
11 a.m.–12 p.m.	Children's Swim					
12 p.m.–1 p.m.					Seniors' Fitness	
1 p.m.–2 p.m.		Seniors' Fitness				Family Skate
5 p.m.–6 p.m.					Children's Swim	
6 p.m.–7 p.m.			Adult Yoga			
7 p.m.–8 p.m.		Family Skate				

Answer the questions.

1 List the 4 classes offered.

_____ _____ _____ _____

2 Dev enjoys yoga. He works every weekend. When can he take a class?

_____

3 Jenna wants to take her family skating. She has a night class Tuesdays and her children have school Thursday mornings. When can she go?

_____

4 Fadi knows it is important for his school-age children to learn how to swim. What class is good for them?

_____

5 When is the yoga class on the weekend?

_____

6 Alice's grandfather loves to stay active. What fitness program is specifically for him?

_____

LIVEWORKSHEETS

Physical Activity – Activity 6, Worksheet 2 – CLB 2–3

Physical Activities

It can be expensive to play sports, but you can buy gently used equipment at garage sales and thrift stores.

Read the following statements, look at the ads and match each statement with the best ad.

1. Sarah plays tennis. She needs a racquet.
2. Pema plays hockey. He is looking for skates at a discounted price.
3. Michael and his son love playing soccer. They need a new ball.
4. Brahim and Mariam want to walk after supper with pedometers. Where can they go?
5. Wiebke wants to ride a bike to work. She doesn't have much money.
6. Mary grows vegetables in her yard. She needs a shovel.

Centretown Garage Sale



Bikes – Clothes – Books
9 a.m.–1 p.m.

_____

Recycle Sport Store
Sale
Sale

Tennis! Volleyball! Baseball!

_____

The Garden Place



Gently Used
Gloves
Rakes
Shovels

_____

For Sale

Children's skates, pucks and sticks

Call 555-231-1231

$ $ $ $ $ $

_____

Public Library

Walking Accessories:

Pedometers
now available

_____

Moving Sale



Books
CDs
Soccer balls
Clothes

_____

LIVEWORKSHEETS