



PUT THE STEPS IN THE CORRECT ORDER (1-7)

- _____ Breakfast
- _____ Training session
- _____ Shower
- _____ Video games
- _____ Wake up at 6:00 a.m.
- _____ Gym workout
- _____ Lunch (turkey meatballs + sweet potato)



FILL IN THE BLANKS. USE WORDS FROM THE BOX.

- Neymar starts his day with a quick _____.
- He eats eggs, spinach and a _____ for energy.
- His _____ focuses on speed, _____ and coordination.
- Later, he continues working out in the _____.
- In the afternoon, he relaxes by playing _____.

video games - training - shower - balance - gym - protein shake



RINCONITO DE INGLÉS



ANSWER THE FOLLOWING QUESTIONS.

- Why does Neymar wake up early, according to the video?
- What makes his training style different from regular athletes?
- What part of his routine surprised you the most?
- Do you think this lifestyle is realistic for most people? Why / why not?



IF YOU WERE A FOOTBALL PLAYER...

Complete the sentences about you:

- If I followed a routine like Neymar's, I would _____.
- If I had to train every morning, I would _____.
- If I were a professional player, I would change this part of the routine: _____.



WRITE A SHORT MORNING ROUTINE (50-80 WORDS) IMAGINING YOU ARE PREPARING FOR A WORLD CUP MATCH.

Include:

- ✓ Time you wake up
- ✓ One fun activity (like Neymar playing games)
- ✓ What you eat
- ✓ One prediction using WILL
- ✓ One physical activity
- ✓ One conditional sentence

