LIFE SKILLS PHYSICAL WELL-BEING

KEEPING FIT

LIFE SKILLS

Keeping fit

Fitness is an important part of a healthy lifestyle. If you want to keep fit, you need to care for your body and do physical activity every day.

1 **Ask and answer the questions with a partner.**

1 What activities do you enjoy doing in PE class?
2 What physical activities do you do in your free time?

2 **Read the text quickly. Match the sentences with the types of training.**

aerobic training | flexibility training | sport-specific training | weight training

1 It's good for warming up before exercising. _____

2 It's exercise that gives you stronger muscles. _____

3 It's a typical activity for professional athletes. _____

4 It includes physical activities like cycling. _____

LIVEWORKSHEETS

4 ways to keep fit

Scientists say that people should do one hour of physical activity every day. It can be sports, exercise or everyday activities, such as walking. In the USA, only 25% of teenagers do enough physical activity, and that's a problem. In addition, teens need three types of training to keep fit: weight, aerobic and flexibility training. They also need to train well for specific sports. Good coaches understand athletes' needs and help them to train properly.

1

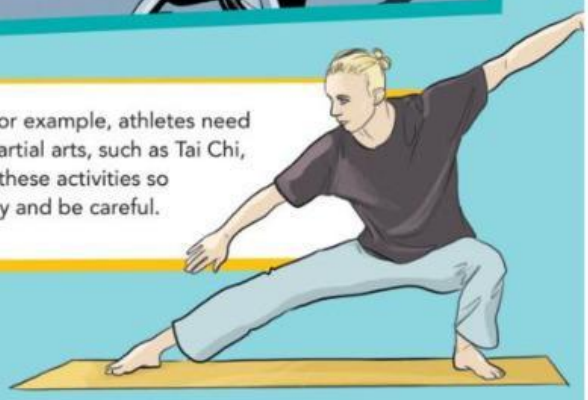
Weight training gives you stronger, healthier muscles. If you lift big weights, your muscles get larger. You can also use smaller weights and lift them more times. This trains your body to exercise for a longer time. At the gym, some people use weight machines, but other people prefer free weights. In both cases, they must lift the weights carefully to prevent accidents.

2

Aerobic training is good for you because it makes your heart work harder. You can do light exercise for a longer time, such as cycling slowly for an hour. This gives you stamina so you can exercise longer. You can also cycle hard for five minutes and then rest for a minute. Then you cycle for another five minutes and rest again. This is interval training and it helps you become faster.

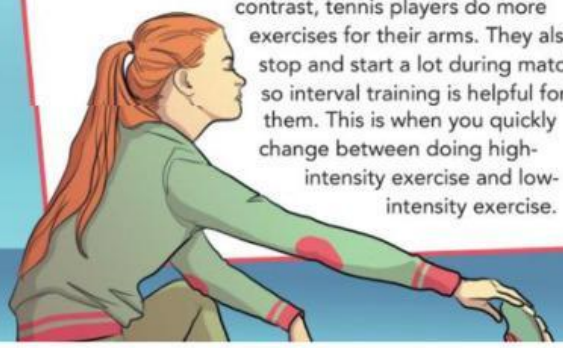
3

Flexibility training is also important for fitness. For example, athletes need to warm up and stretch their muscles before they exercise. Martial arts, such as Tai Chi, are great for flexibility training. People also need balance for these activities so they don't fall down. In flexibility training, it's best to go slowly and be careful. You don't want to hurt yourself!



4

Sport-specific training is a special exercise routine that helps athletes play one sport better. For example, professional football players run a lot and do extra weight training for their legs. In contrast, tennis players do more exercises for their arms. They also stop and start a lot during matches, so interval training is helpful for them. This is when you quickly change between doing high-intensity exercise and low-intensity exercise.



PROJECT

An exercise plan

Make a plan for doing exercise in your free time. Think about the questions and make notes.

- What sports can you do after school?
- What other exercise can you do on school days?
- What activities do you usually do at the weekend?
- What sports or exercise can you do with friends?
- What other activities can help you to keep fit?

Present your exercise plan to the class.

LIVEWORKSHEETS

3 Read the text again and answer the questions.

1. How can lifting smaller weights help you keep fit?
2. What two ways can people lift weights at the gym?
3. How does aerobic exercise keep your heart healthy?
4. What type of training can help you cycle faster?
5. Why is balance important for some types of exercise?
6. Why is interval training a good idea for tennis players?

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

lift | prevent | properly | routine | stamina | stretch

1. regular programme of activities
2. stop something from happening
3. in a good or correct way
4. move something to a higher place
5. pull something to make it longer
6. ability to exercise for a long time

5 Listen to Anna and Tom talking about their fitness habits. Who is usually more active?

Anna is usually more active.

Tom is usually more active.

LIVEWORKSHEETS

6 **Listen again. Complete the sentences with one or two words.**

1 Tom usually plays _____ after school.

2 Tom sometimes goes to _____ with friends.

3 Anna's got _____ practice twice a week.

4 Anna also _____ on Tuesdays and Fridays.

5 Tom and Paul usually play _____ at the weekend.

6 Anna says Tom should _____ with his friend Danny.

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 _____.

LIVEWORKSHEETS