



# Are You Ready?

Listen to me.



Eyes on me.

# More Exercise



# You are going to learn:



**Topic: Feelings and health —  
More exercise**



**Words: physical exercise, movement,  
flexible, equipment**



**Grammar: Phrasal verb (carry on)**



# Warm-up



What kind of exercise do you often do?



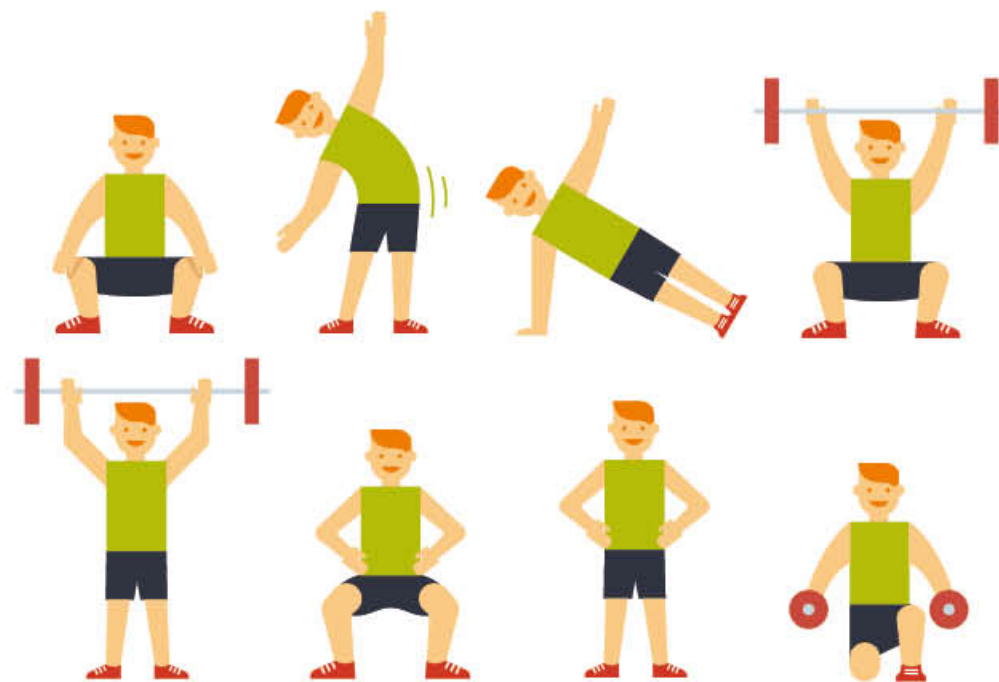
# Let's prepare!



# Vocabulary

**Physical exercise** is exercise that needs you to move your body.

phys·i·cal ex·er·cise



Which shows physical exercise?





# Vocabulary

Dancing involves lots of body **movement**.

**move·ment**



Which exercise needs more movement?



# Vocabulary

Gymnasts' bodies are very **flexible**.

flex·i·ble



Are you flexible enough to do this?

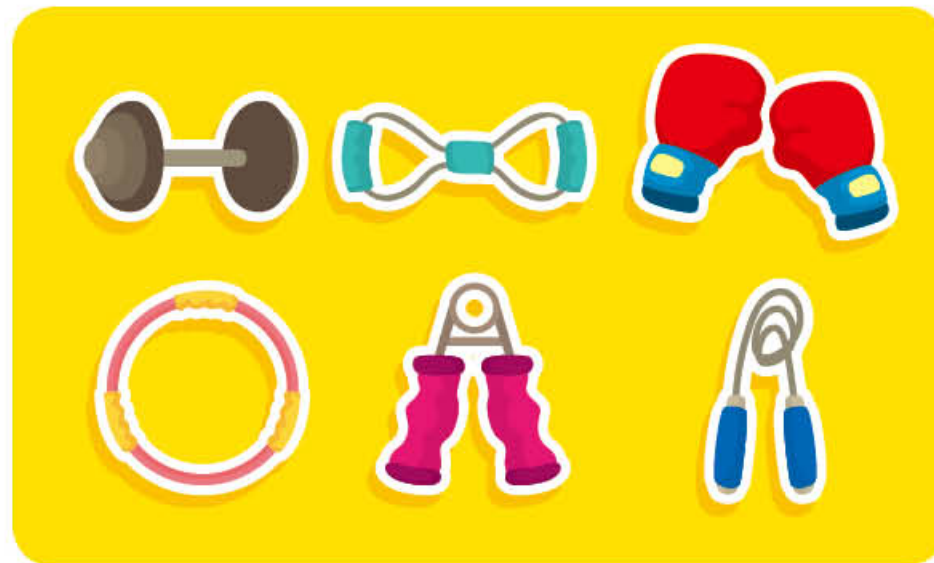




# Vocabulary

Here is some **equipment** that is used for physical exercise.

e·quip·ment



What is this equipment for?



# Grammar



It's very late, but he has to **carry on** with his work.



Even though it's very hard to finish, Timmy still decides to **carry on** doing his homework.



What should you do if you don't want to give up?

# Let's talk!





# Introduction



Grandpa is trying to  
get Timmy to do more  
physical exercise.

OK, Timmy. You've been sick recently, so let's do some **physical exercise** to keep you fit and healthy.

OK, Grandpa. Good idea! I want to keep you fit and healthy too!





OK. So what exercise shall we do? Anything that involves lots of **movement** is good for the body.

OK. So how about we go downhill bike riding?





No joking, Timmy. Let's **carry on** with this plan. We need an exercise that keeps our bodies **flexible**.

### Grammar

#### Phrasal verb: carry on

"Carry on" means to continue doing something.

**e.g. I want to carry on with my course.**

Sorry, Grandpa. Yes, let's carry on. Dad says it's really important to stay flexible at your age.



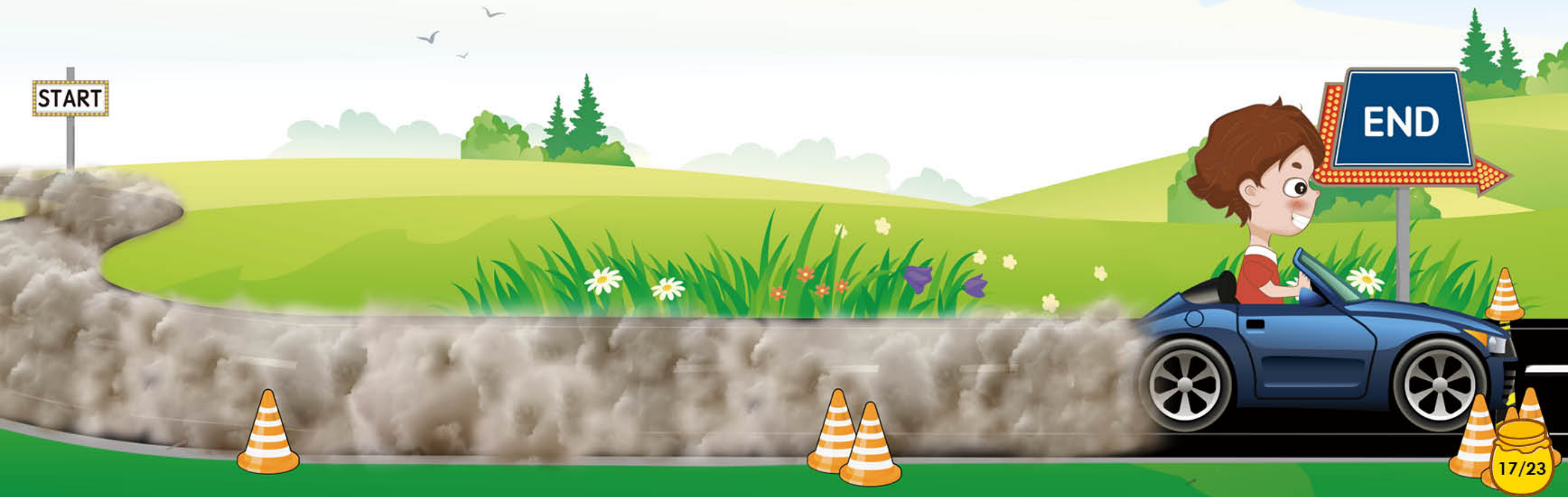
OK. So choose  
something from  
your dad's exercise  
**equipment.**

Um... This stuff is really  
boring...  
Aha! Yes, Grandpa!  
Let's play Wii Boxing!





# Let's practice!





# Activity

**Put the correct words in the blanks and read the sentences.**

flexible      movement      physical exercise      equipment

1



You should do some  every day.



2



Exercise that involves lots of  is good for the body.



3



Gymnasts need to have very  bodies.



4



This is some useful  for physical exercise.



# Activity

Make sentences using “carry on”.



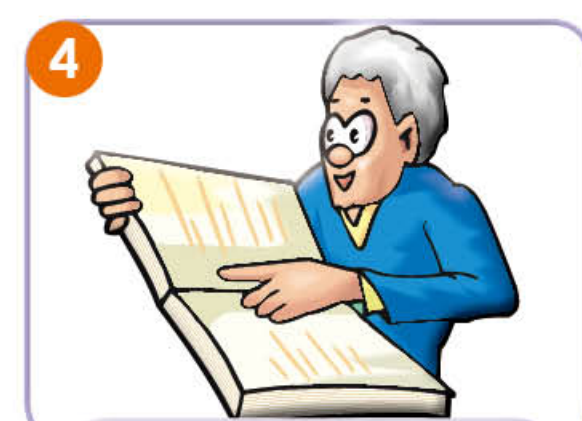
dangerous fighting



tired riding



very late operation



old learning



Even though it is dangerous, the man still **carries on** fighting.



# Activity

*Look at the picture and role-play.*



Timmy. You've been sick recently, so let's...

Good idea! I want to... !



OK. So what exercise shall we do? Anything... is good for the body.

Let's go downhill bike riding!



**Hints:** physical exercise  
fit and healthy  
movement

Continued on  
next page.





# Activity

Continued...



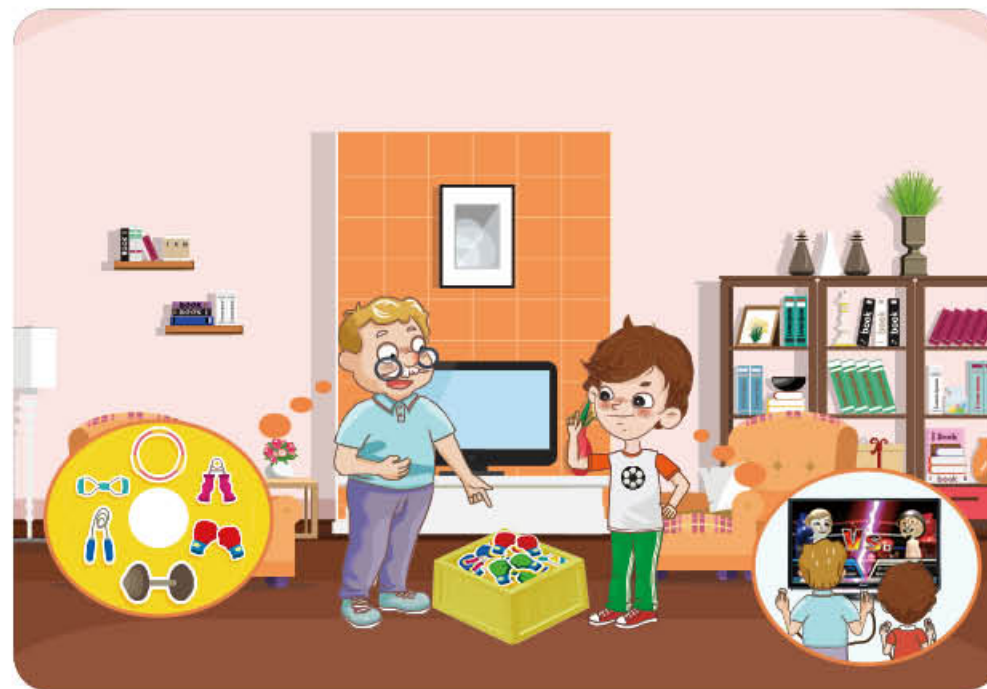
No. We need an exercise that...

Dad says it's really important to...



OK. So choose...

This equipment is really boring,  
Grandpa. Let's play Wii Boxing!







**Hints:** flexible equipment

# Today I learned:

## Topic

Feelings and health —  
More exercise

## Words

-  physical exercise
-  movement
-  flexible
-  equipment

## Grammar



Phrasal verb  
(carry on)

e.g. Let's **carry on**  
with this plan.



SEE YOU SOON!



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TALK