

## PART I: VOCABULARY & PRONUNCIATION

### Sports and Physical Activities



**Outdoor workout**

I work out.

**Gym workout**

I work out at the gym.  
I hit the gym.

**Jogging**

I do the jogging.  
I go jogging.



**Cycling**

I go cycling.

**Swimming**

I go swimming.

**Walking**

I go walking.



**Yoga / Meditation**

I do yoga.  
I meditate.

**Martial arts**

I do karate  
I do judo

**Jump rope**

I do jump rope.  
I jump rope.



Football / Soccer

I **play** football.

Volleyball

I **play** volleyball.

Tennis

I **play** tennis.

## PART II: VOCABULARY IN CONTEXT (LOOK AND LISTEN)

All recent research and studies say that every sound individual, **who leads a sedentary lifestyle**, **must** do a **physical activity** at least 3 times a week. There are many types of sports and physical activities, but they all play the same role in **supporting and maintaining our health and fitness**.

For me, **practicing sport** is a priority. My different responsibilities keep me busy all day long from 05.00 a.m. in the morning to 11.00 p.m. at night. However, I manage **to play football** once a week and **do other physical activities** at least 3 times a week.

To stay **physically active**, I usually **go jogging** at a **nearby garden**. Then, I love to finish up with a simple **outdoor workout**. And to add some fun, I usually **jump rope** for a bit by the end of every workout session.

Also, once in a while, I break the routine and **go cycling** to a **close-by mountain** or **play a football game** which are my **\*favorite** physical actives. After all, it is always good to **\*have fun** while trying to stay fit and healthy.



### PART III: HOME PRACTICE

**Task:** Re-read the short text from PART II and answer the following questions:

1/ Do you lead an active lifestyle or a sedentary lifestyle?

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2/ Is sport necessary for people leading a sedentary lifestyle? →

3/ How often should we practice sport?

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4/ Is practicing sport a priority for the teacher? →

5/ What physical activities does the teacher do?

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6/ Does the teacher jump rope? →

7/ What are the teacher's favorite activities?

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8/ What physical activities do you usually do? Or you don't practice sport at all?

→

9/ What are your favorite physical activities?

10/ List all the activities that were not mentioned in PART II.

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