

C2
Unit 1: School
Lesson 4:
Fitness
Are you Ready?
Let's Go!



Reading

Today, I have a fitness exam. I am excited to show my teachers how strong I am. First, I will do some pull-ups. Then, sit-ups. Finally, I will show how far I can jump with the long jump.



Reading

My sister is taking the fitness exam, too. She is nervous because she doesn't think she is strong. I cheer her on for the long jump. Wow! She jumped farther than me! Great job, sis!



Reading

1. What exam does the speaker have today?
2. How does the speaker feel about the exam?
3. What happens in the long jump?



Vocabulary



exercise

I do exercise to stay healthy.



strong

I want to be strong.

Vocabulary



sit ups

Sit ups are my favorite exercise.



pull ups

Pull ups are difficult for me.

Vocabulary



fitness exam

We have a fitness exam at school today.



Long jump

I can jump far in the long jump.

Vocabulary

Which of these are “exercise”?



Match



exercise

long jump

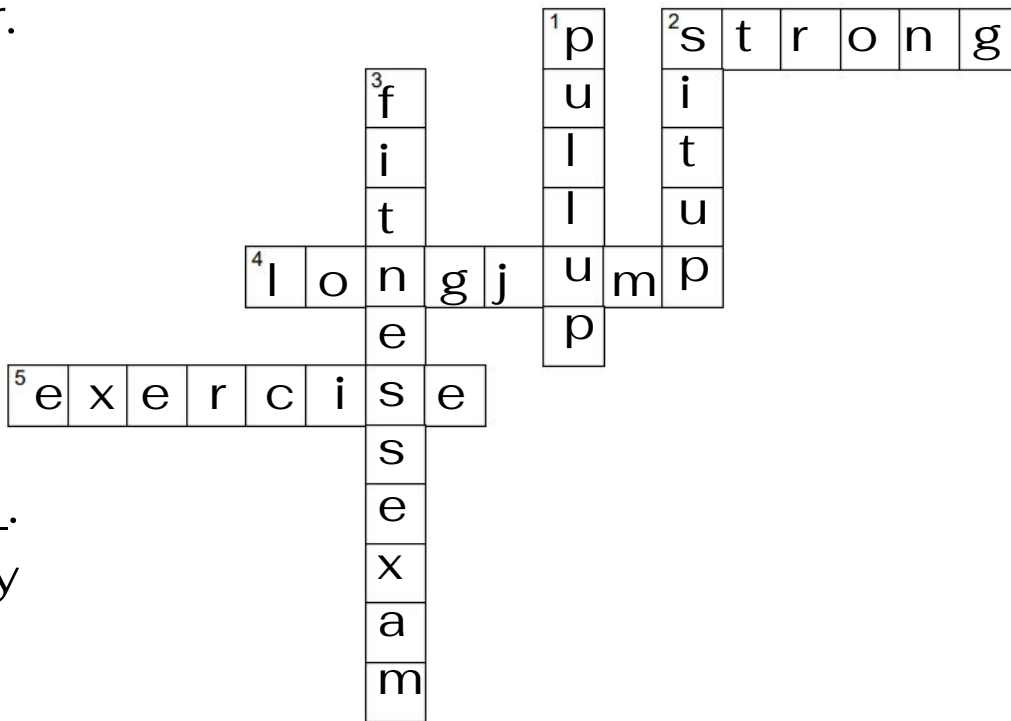
sit up

strong


fitness
exam

Vocabulary


1. I do a _____ on the bar.
2. (down) I do a _____ on the floor.
2. (across) I want to be _____.
3. I have a _____ at school.
4. I went far in the _____.
5. I like to _____ to stay healthy.



Dialogue

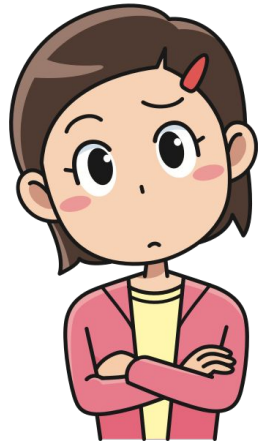


What will you
do at school
today?



I will do some
exercise so I can
be strong for the
fitness exam.

Dialogue




What exercises
are on the fitness
exam?



I have to do pull
ups, sit ups, and
the long jump.

Dialogue

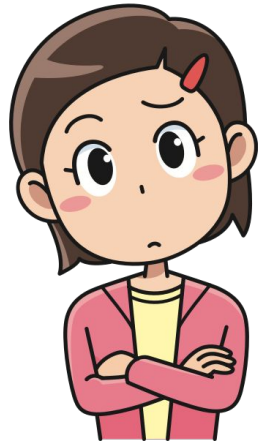


What will you
do at school
today?



I will do some
_____ so I can
be _____ for the
_____.

Dialogue



What exercises
are on the fitness
exam?



I have to do _____,
_____, and the
_____.

Dialogue

What will you do at school today?

I have to do sit ups, pull ups, and the long jump.

What exercises are on the fitness exam?

I will do some exercise so I can be strong for the fitness exam.

Phonics: l-blends

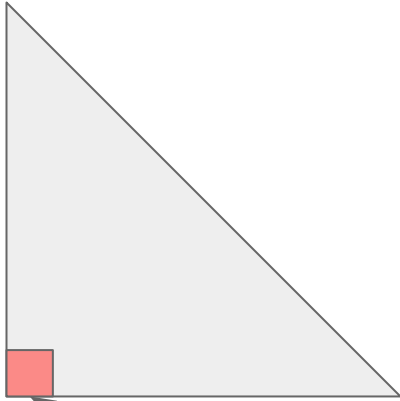
cl-		clock	
sl-		sleep	
gl-		glow	
pl-		play	
bl-		blue	
fl-		flower	

Reading

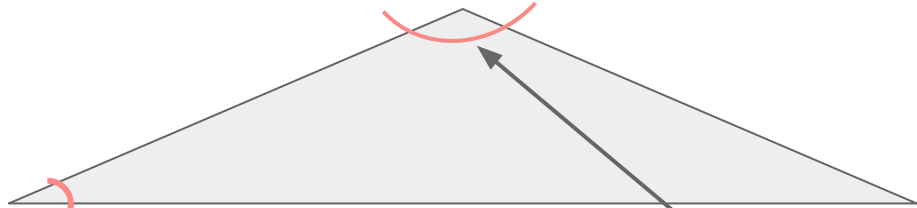
In the morning glow, my clock wakes me up from sleep. The sun slowly slip through the blue sky. I clap my hands and slap my leg. I glide outside and make a plan to play with my pal, Glen.



Math



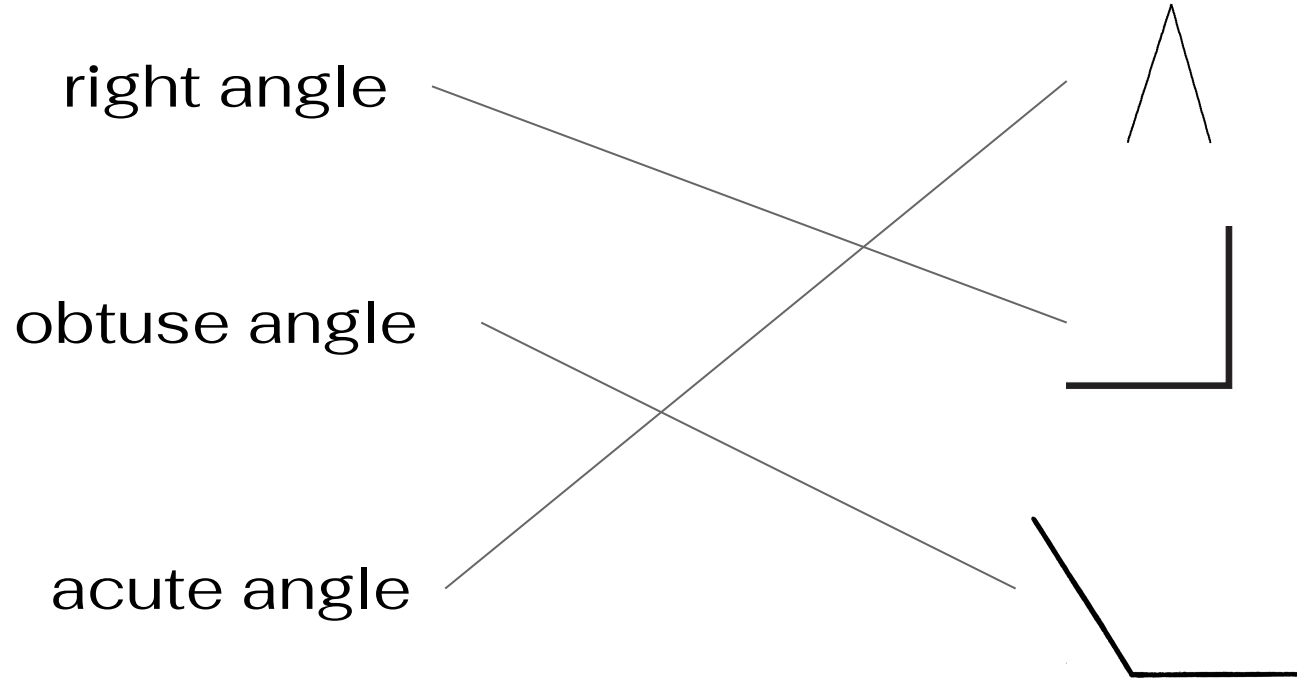
right angle



acute angle

obtuse angle

Math



Free Talk: What are some exercises you might do in a fitness exam?



Review

Vocabulary:

Exercise

Pull ups

Strong

Fitness exam

Sit ups

Long jump

Math:

- Acute angle
- Right angle
- Obtuse angle



Dialogue:

What will you do at school today?

I will do some _____ so I can be
_____ for the _____.

What exercises are on the fitness
exam?

I have to do _____, _____, and _____.

Phonics:

Clock

Play

Sleep

Blue

Glow

Flower



Goodbye! See you next time!

Sources for this lesson:



No sources to cite.

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