

Take care!

Activities 4,5,6

Unit 4

Bp4/ B

Samieh.lahiji@gmail.com

Everyone should exercise for 30 minutes or
more every day

2

There are many
ways to keep in
shape

Go for a Walk

3

Don't forget

- ❖ **Bring water**
- ❖ **Wear comfortable shoes**

What it's good for

- ❖ **Your heart**



New words

Comfortable : /'kʌmftəb(ə)l/ (adj)

making you feel physically relaxed;
pleasant to wear, sit on, etc

Play a Sport

5

Don't forget

- ❖ Warm up and stretch
- ❖ Wear equipment

What it's good for

- ❖ Your muscles



New words

Stretch : /stretʃ/ (Verb)

to make something longer, wider or looser

Equipment : /I'kwɪpmənt/ (Noun)

the things that are needed for a particular purpose or activity

Take Yoga

7

It helps you

- ◆ Stay healthy
- ◆ In focus

What it's good for

- ◆ body and mind



New words

Breathing : /'bri:ðɪŋ/ (Noun)

The action of taking air into the lungs and sending it out again

Jump Rope

9

What it's good for

- ◆ heart and muscles



Swim

10

Don't forget

- ◆ Use sunscreen
- ◆ Swim with another person

What it's good for

- ◆ all the muscles in the body



- ❑ What should you wear when you go for a walk?
- ❑ What should you wear when you play soccer?
- ❑ Why is yoga good for you?

Let's have a great
time 😊

