

1 ANSWER THE FOLLOWING QUESTIONS IN YOUR OWN WORDS !

Why is being physically active important? _____

What does strength training do to your body? _____

Why won't girls get bigger muscles if they exercise harder? _____

How can you increase strength? _____

What is cardiovascular fitness? _____

Name a few aerobic activities? _____

Where can you feel your pulse best? _____

How can you find out your heart rate? _____

What is the target heart rate zone? _____

Why is this zone not the same for everyone? _____

Why is it important to have healthy joints? _____

How can you keep them fit and healthy? _____

2 ANSWER THE FOLLOWING QUESTIONS IN YOUR OWN WORDS !

How should flexibility exercises be done? _____

What should you look at when you buy shoes? _____

What should your clothing be like in the winter time? _____

What else should you wear when you go biking or roller skating? _____

What is muscles soreness? _____

How do you make a side-ache go away? _____

How should you choose the activities that you want to do? _____

3 EXPLAIN IN ENGLISH

mouth guard _____

strenuous _____

immune system _____

muscle _____

blood vessel _____

push-up _____

gym _____

efficient _____

heart rate _____

4 MATCH THE WORDS WITH THE DEFINITIONS

A	activity		the joint between your foot and leg
B	physical		to say that you don't like something or are unhappy about something
C	size		event in which people or teams play against each other
D	complain		gas that is in the air and that we need to breathe
E	aerobic		the number of times your heart beats every minute
F	sit-up		something you do because you enjoy or like it
G	oxygen		the feeling that you have when something hurts
H	exercise		activity that makes your lungs and heart stronger and uses a lot of oxygen
I	blood vessel		how big something is
J	heart rate		when your skin starts to swell, for example after a burn
K	wrist		to make better
L	ankle		everything that is connected with your body
M	blister		a tube through which blood flows in your body
N	lightweight		part of your body where your hands come together with your arms
O	pain		to do sport very often so that you stay healthy
P	competition		not very heavy and easy to wear
Q	improve		an exercise that makes your stomach muscles stronger

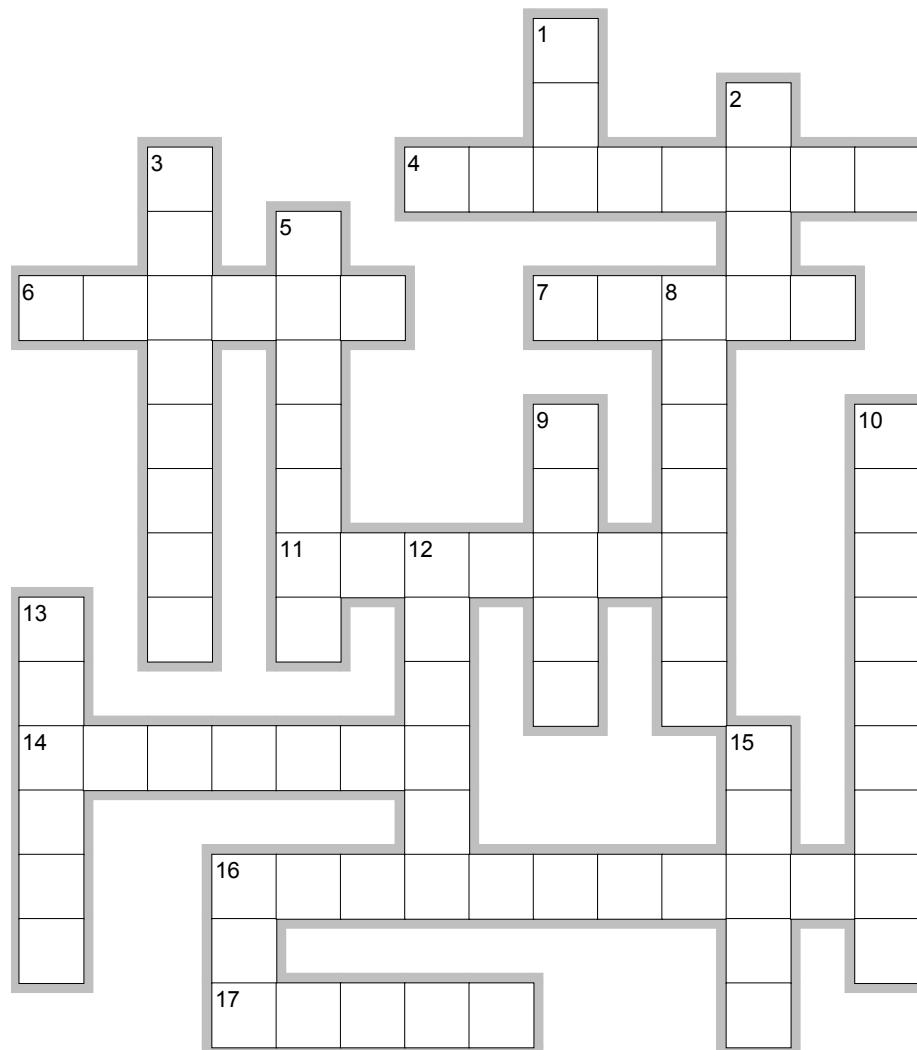
5 FIND THE CORRECT ANSWER !

1. **Muscle soreness...**
 - a. is a sign that your muscles are hurt
 - b. is normal and will go away after some time
 - c. shows that you are too weak
 - d. means that you have to exercise much harder
2. **You can make a side-ache go away by**
 - a. running as fast as you can
 - b. doing sit-ups and push-ups
 - c. taking deep breaths
 - d. taking some medicine
3. **When you exercise in the summer time**
 - a. wear lightweight clothing
 - b. wear many layers of clothes
 - c. don't wear shoes
 - d. wear a helmet to protect your head
4. **What is not a joint ?**
 - a. knee
 - b. wrist
 - c. ankle
 - d. heart
5. **Stretching helps you**
 - a. run faster
 - b. avoid injuries
 - c. sleep at night
 - d. improve your muscle strength
6. **You can feel your pulse best**
 - a. by putting your hand on your stomach
 - b. by putting your fingers on your heart
 - c. by putting your fingers on your wrist
 - d. by putting your foot in the air
7. **Exercising in the target heart rate zone**
 - a. makes your heart and lungs stronger
 - b. allows you to lift heavy things
 - c. makes you more tired
 - d. makes you breathe more slowly
8. **What does the target heart rate zone not depend on ?**
 - a. age
 - b. sex
 - c. weight
 - d. pulse
9. **To make your muscles stronger**
 - a. they must work harder than normal
 - b. they must rest for a few days after an exercise
 - c. they must always lift heavy things
 - d. they must never rest
10. **It is important to bring oxygen to your**
 - a. joints
 - b. ankles
 - c. muscles
 - d. hormones
11. **You burn a lot of calories by**
 - a. sleeping
 - b. doing exercise
 - c. eating
 - d. sitting
12. **Regular exercise**
 - a. strengthens your immune system
 - b. makes your muscles bigger
 - c. gives you more hormones
 - d. makes you sweat faster
13. **Boys may get bigger muscles while exercising because**
 - a. more blood is pumped into the muscles
 - b. because they get heavier
 - c. their hormones may rise
 - d. boys are stronger than girls

6 TRUE OR FALSE ?

	T	F
Activity burns more calories than just sitting around.		
If you are strong you always have large muscles.		
Boys have the same kind of hormones than girls.		
You can only get stronger muscles by lifting weights in a gym.		
Sit-ups help you strengthen your stomach muscles.		
Lungs bring oxygen to the blood.		
If you can bring a lot of oxygen to your muscles you can exercise longer.		
If you do more exercise you need less oxygen.		
When you rest your heart beats more slowly than when you exercise.		
The target heart rate zone is the zone in which you should stop exercising.		
This zone only depends on how old you are.		
Healthy joints can move in all directions.		
Stretching helps you after you exercise and keeps you relaxed.		
It's better not to wear socks during a competition.		
In winter you should wear many layers of clothes.		
If you feel muscle soreness go to the doctor at once.		
You should do activities that you enjoy.		

8 CROSSWORD



ACROSS

4. to say that you are unhappy about something or don't like it
6. gas that is in the air and that we need to breathe
7. part of your body that can bend because two bones meet there
11. to make better
14. to straighten your arms and legs before and after exercising
16. event in which people or a team play against each other
17. the beat that you can feel when your heart pumps blood around your body

DOWN

1. special room or building that is full of machines to exercise with
2. the feeling that you have when something hurts
3. everything that is about your body
5. kind of exercise that makes your lungs and heart stronger
8. disease
9. to prevent something from happening
10. to work well together without wasting energy
12. activity in which you lie on the ground face down and try to move your body up with your arms
13. a part inside your body that you use so that you can move
15. the ability to do something well because you have learned it
16. a flat hat that is curved on one end

9 FILL IN THE BLANKS WITH THE WORDS FROM THE BOX !

When you _____ air the _____ take up the _____ from the air and and bring it into your blood _____. Your _____ pumps the blood all around your body so that every part gets _____ oxygen. When you can bring more oxygen to your _____ you can exercise a lot without getting tired. This is called _____ fitness.

Every time your heart _____ blood is pushed through your body. You can feel this beat when you put your _____ and middle finger on the inside of your _____. You can find out your heart _____ by counting the number of _____ in six seconds and putting a zero at the end. When you run or do another kind of _____ your heart should beat faster.

It is important to do your exercises in the _____ heart rate zone. Not all people have the same zone. It _____ on your age, sex and _____. Try to keep your heart rate in this zone for a little _____ every day and you will see that your fitness is _____.

activity	improving	rate
aerobic	index	target
beats	longer	vessels
breathe	lungs	weight
depends	muscles	wrist
enough	oxygen	
heart	pulses	

10 WRITE A DIALOGUE !

- You are a fitness freak. You exercise as much as possible and have really become strong and healthy!
- Your friend doesn't want to exercise. He/She just wants to sit around in front of the computer or TV .
- Try to convince him that doing regular exercise is very important !

