

4 MATCH THE WORDS WITH THE DEFINITIONS

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

7 MATCH A PART FROM A, B AND C TO FORM COMPLETE SENTENCES !

Joints are the places in your body that allow you to move

You should do some stretching to keep your joints healthy.

Shoes do not have to be expensive but they should be comfortable and fit well.

If you go skating or biking always wear a pads and a helmet to protect yourself

Muscles soreness is normal and will go away in a few days.

Some people like exercising alone, others prefer team games or other competitions.

Young people want to be physically active because it makes them feel good.

Strength training keeps your bones strong but does not always make your muscles bigger.

You can build up a lot of strength by doing sit-ups and pushups.

8 CROSSWORD



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

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

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

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

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