Form 7
Lesson 4
Keeping Fit

- Basketball - athletics
- Badminton - aerobics
- Volleyball - gymnastics
- Handball
- Baseball ice hockey/ ice skating
- Football figure skating

kickboxing

water skiing

windsurfing

Keep Fit

Answer the questions:

1. What do people do to keep fit?
2. Can you name the most popular individual sports? Name.
3. Why can people hardly do sports?
4. Why do people do exercises at home?
5. What do some people do in the mornings/ evenings?

Complete the sentences:

1. To keep fit most people…
2. Some people…
3. People work hard so they…
4. They can hardly…
5. In the mornings and evenings some people…

Why People Keep Fit

Why??? Purposes

- **be healthy …**
- **to live long…**

How? Ways

- **to do exercises…**
- **to play sport games…**

A Dialogue:
Why People Keep Fit

P 1 Why do people keep fit?

P 2 To my mind people keep fit to…

P 1 What do people do to keep fit?

P 2 Some people… others …

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