

- 4 In pairs, look at the icons for each photo and guess what other sports Harry, Sally and Luke do.

Harry: badminton, _____, _____

Sally: _____, _____, _____

Luke: _____, _____, _____

- 5 **CD-3.1 MP3-98** Complete the sentences with Harry, Sally or Luke. Then listen and check.

1 Harry goes ice skating on Monday evenings.

2 _____ goes jogging before school three times a week. After jogging he has a healthy breakfast.

3 _____ plays table tennis for a team. Her team often wins.

4 In summer, _____ goes swimming and kayaking. He has a very healthy lifestyle.

5 _____ and his/her friends go skiing in winter.

They go to the gym to play volleyball twice a week, to keep fit.

6 _____ plays tennis or badminton every week.

7 _____ plays football at the weekend with his friends.

8 _____ takes part in karate competitions.



Luke



WORD STORE 6A

- 6 **CD-3.2 MP3-99** Complete WORD STORE 6A with the sports in Exercises 1 and 3. Then listen, check and repeat.

WORD STORE 6B

- 7 **CD-3.3 MP3-100** Look at the phrases in red in Exercise 5 and complete WORD STORE 6B with go, play or do. Then listen, check and repeat.

- 8 In pairs, follow the instructions.

- 1 Make a list of at least six sports you or your friends do.
- 2 For each sport on your list write go, play or do.
- 3 Tell your partner about the sports you do, when you do them and who you do them with.

In winter I go skiing with my family.

I play tennis with my friend Daniel on Mondays.

WORD STORE 6C

- 9 **CD-3.4 MP3-101** Look at the underlined phrases in Exercise 5 and complete WORD STORE 6C. Then listen, check and repeat.

- 10 Complete the questions with the verbs in WORD STORE 6C. Then ask and answer in pairs.

- 1 Do you have a healthy breakfast? What do you have?
- 2 What do you do to _____ fit?
- 3 Do you _____ for a sports team? What sport do you play?
- 4 Do you _____ a healthy lifestyle? What do you do?
- 5 How often do you _____ to the gym?
- 6 Do you _____ part in any sports competitions? What kind?

- 11 Complete the text with one word in each gap. Use WORD STORES 6B and 6C to help you.

EXAMS AND YOUR HEALTH

- Don't study all night. You learn better when you're not tired.
- Try to have a healthy diet. A healthy² _____ first thing in the morning gives you energy for the whole day.
- Exercise is important. You're never too busy to ³ _____ jogging or swimming. If you don't have time to ⁴ _____ tennis or football, walk or cycle to school. Or ⁵ _____ to the gym for an hour.
- If there isn't a gym near your home, ⁶ _____ exercises for ten minutes every morning.
- And take regular breaks when you're studying.

- 12 In pairs, find these things in the text in Exercise 11.

- two things you already do
I have a healthy diet.
- two things you'd like to do
I'd like to do more exercise.