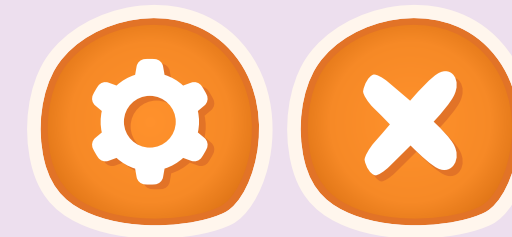




Let's Exercise Together

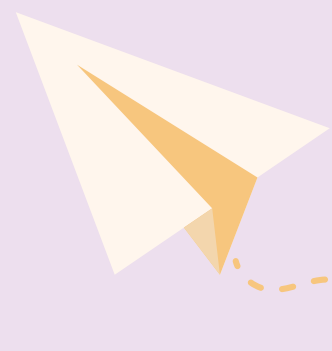
This week's topic



What Are You Doing?

Quiz Time





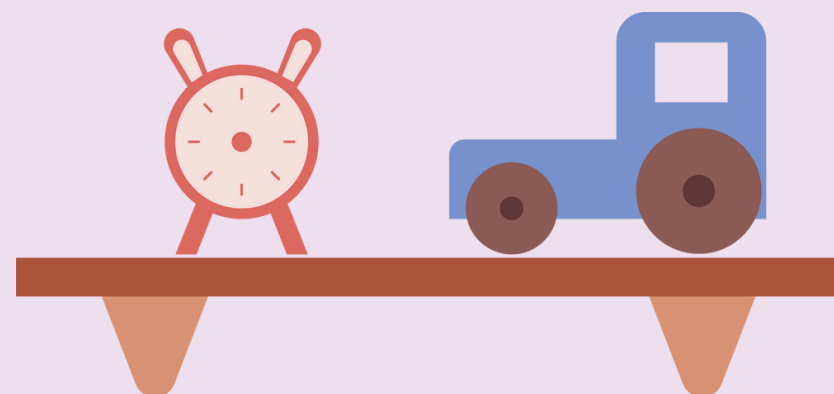
Instruction



Choose the correct answer!

Answer quickly and correctly!

Good luck!





What is she doing?

A. She is writing

B. She is reading

C. She is playing

D. She is singing





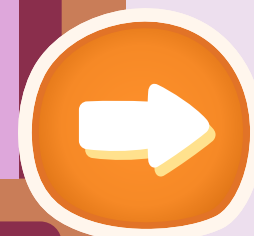
What is she doing?

A. She is writing

B. She is reading

C. She is playing

D. She is singing





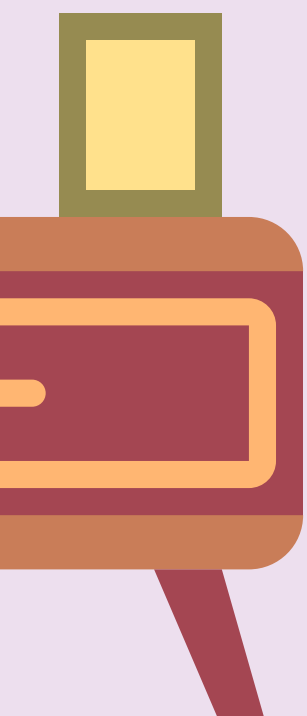
What is she doing?

A. She is dancing

B. She is singing

C. She is writing

D. She is drawing





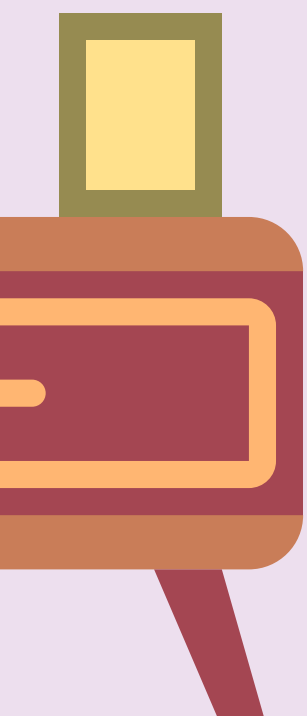
What is she doing?

A. She is dancing

B. She is singing

C. She is writing

D. She is drawing





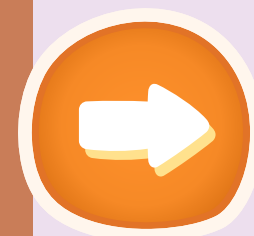
What is he doing?

A. He is eating

B. He is sleeping

C. He is writing

D. He is playing





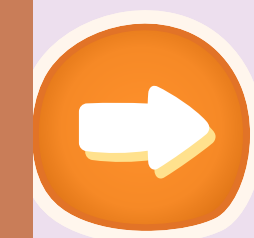
What is he doing?

A. He is eating

B. He is sleeping

C. He is writing

D. He is playing





What are they doing?

A. They are singing

B. They are eating

C. They are playing

D. They are dancing





What are they doing?

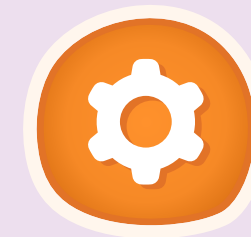
A. They are singing

B. They are eating

C. They are playing

D. They are dancing





Great job!





**Let's Get
Moving!**



**Are you ready?
Let's stand up!**

**Check if you have enough
space to move about!**



**Can
you...**



**touch
your
toes?**

**Can
you...**



**balance
on one
foot?**

**Can
you...**



**lift
your
leg?**

Can
you...



lean
forward
with one
knee?

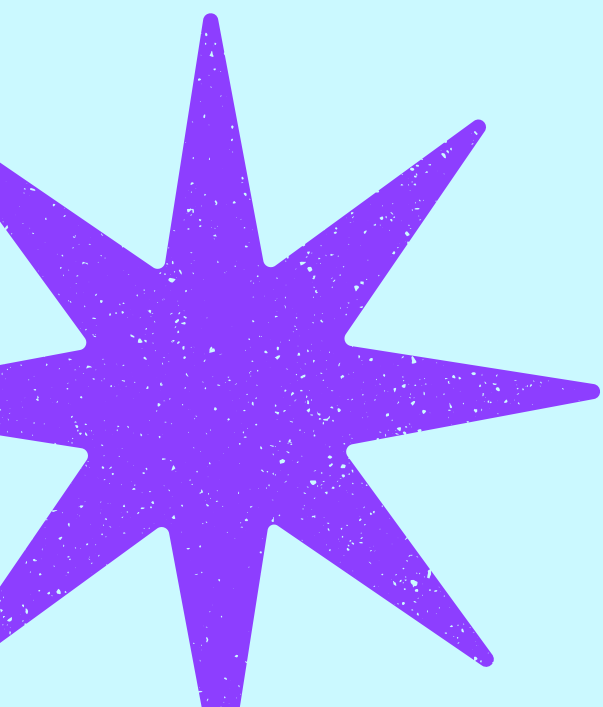
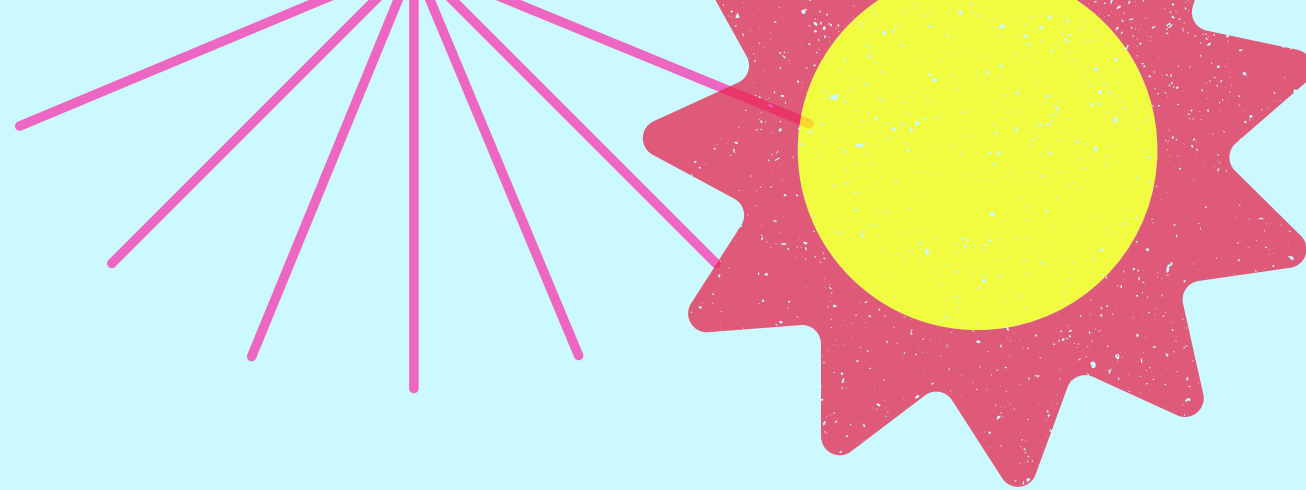
**Can
you...**



**pull
your
elbow?**



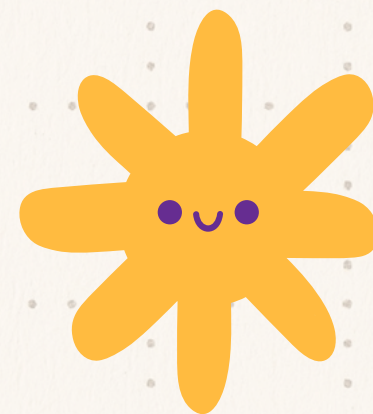
Well done!





Speaking

- Why is exercise good for your body?
- How many legs do you use when you run?
- Can jumping up and down be exercise?
- What happens to your heart when you exercise? (beats faster / slower?)
- Name one exercise you can do without equipment.





True or False



- Exercise helps you stay strong. (True/False)
- Watching TV is a type of exercise. (True/False)
- Dancing can be exercise. (True/False)
- Exercise can make you feel happy. (True/False)
- Exercise is only for grown-ups. (True/False)





**THANK
YOU**