

# Student's Worksheet 1a

## UNIT 3 Tiger values

### Fitness






1. Read the text. Look at the pictures and circle the correct answers.



It's healthy and fun to be active. How do you keep fit?


1.

I have football practice on Wednesday. We kick the ball and  **do the front crawl / skip**. I often  **hop / go swimming** and  **walk / do push-ups**.



Jacob


2.

I  **skip / jog** with my sister on Saturdays and Sundays. I walk my dog in the park every day.



Amelia




3.

I go swimming with my father on Saturdays. I can  **hop / do the front crawl**.



Lily

4.

I exercise with my brother in the garden. We  **do jumping jacks / jog** and we  **play tennis / do sit-ups**. I can  **balance on one leg / skip** for 5 minutes!



William

**Student's Worksheet 1b**  
**UNIT 3 Tiger values**  
**Fitness**



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**2 Answer the questions. Write the correct names in the gaps.**

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1. Who does sit-ups?

William

2. Who can balance on one leg for 5 minutes?

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3. Who jogs with her sister?

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4. Who skips?

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5. Who does jumping jacks?

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6. Who can do the front crawl?

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7. Who does push-ups?

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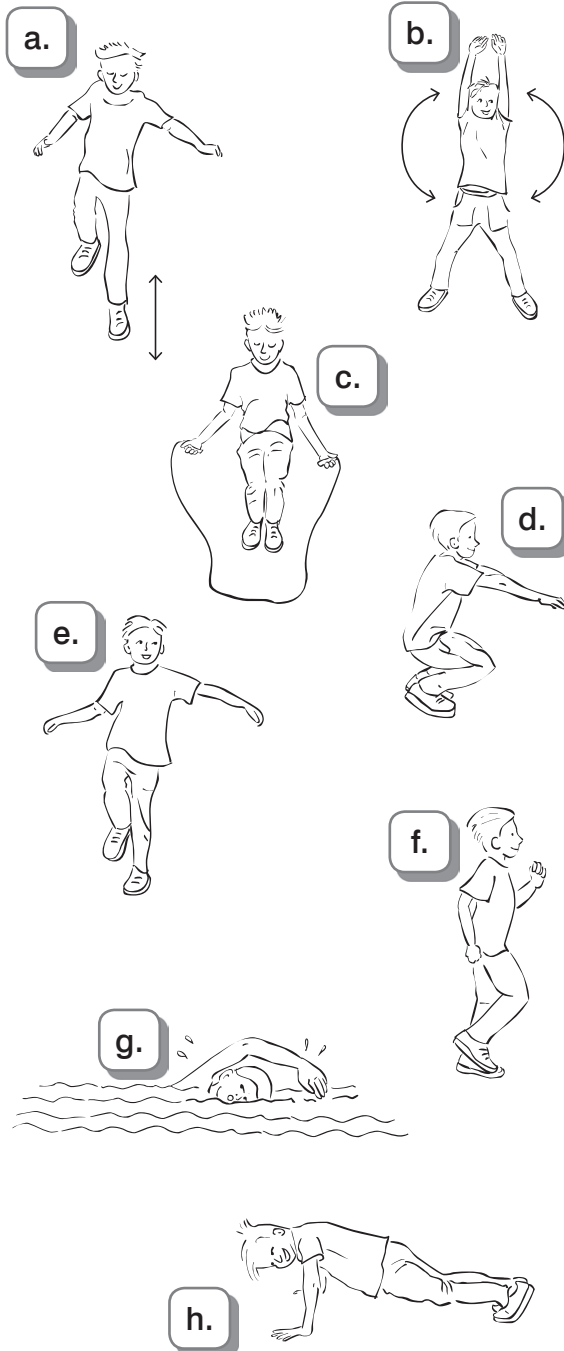
# Student's Worksheet 2

## UNIT 3 Tiger values

### Fitness



#### 1. Match the pictures to the questions.



Question	Name
1. Can you skip for 5 minutes?	_____
2. Can you do 10 sit-ups?	_____
3. Can you balance on one leg for 2 minutes?	_____
4. Can you do 10 jumping jacks?	_____
5. Can you jog for 15 minutes?	_____
6. Can you do 5 push-ups?	_____
7. Can you hop for 1 minute?	_____
8. Can you do the front crawl?	_____

#### 2. Ask your classmates the questions. Write down their names.

#### 3. Work in pairs. Report your results.



1. Plan your physical activities for 7 days.



# 7-Day Fitness Challenge



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

