ODI 2 P 4

Session 3

What happens when you do not exercise?

- 1. Your body gets weak.
- 2. You get sick easily.
- 3. You lose your muscles.
- 4. **Depression** comes to your life easily.
- 5. You get tired fast.

Depression is a disease that makes you sad

Routine

Routine is the things that you usually do in your day.

And the things you often do.

For example this is a daily routine:

First, i wake up at 7:00.

Then, I tidy my bed.

Next, I eat breakfast.

Finally, I put on my clothes and go to school.

To talk about it, you need to use sequence adverbs:

First Next Then After Finally

Exercise routine.

Everything can have a routine.

This is an example of exercise routine:

First I wear my sporty clothes and pack my stuff.

Then i go to the gym.

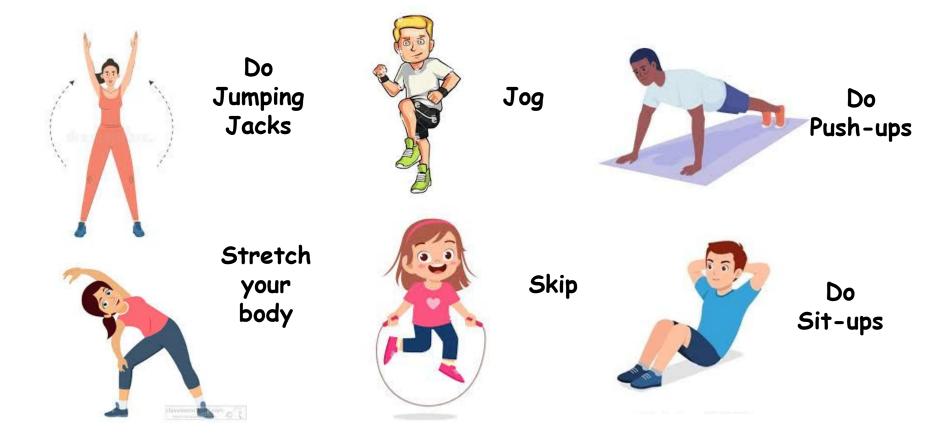
Next, I warm up for 10 minutes.

After that I exercise for 30 minutes

Then, I change my clothes.

Finally, I come back home and rest.

Some move that you can use to talk about exercise routine.



A list of most common verbs

Regular

Irregular

play=played jump=jumped need=needed move=moved open=opened start=started watch=watched like=liked help=helped enjoy=enjoyed close=closed

call=called ask=asked clean=cleaned change=changed dance=danced try=tried walk=walked talk=talked visit=visited look=looked work=worked

go=went break=broke make=made buy=bought come=came get=got do=did eat=ate drink=drank drive=drove fall=fell

find=found give=gave have=had know=knew leave=left meet=met read=read see=saw take=took run=ran ride=rode

Homework

Write an exercise routine using sequence adverbs.

Write about the exercise moves that you did the last time you exercised. And say where were you.

Do 4 pages of grammr book and send the picture to my email.

Be ready for speaking questions again