

# 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.



**Do  
Jumping  
Jacks**



**Jog**



**Do  
Push-ups**



**Stretch  
your  
body**



**Skip**



**Do  
Sit-ups**

# A list of most common verbs

## Regular

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

## Irregular

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