

**ODI 2 P 4**

**Session 4**

# Speaking Questions

What is your favorite sport? Why do you like it?

What are the **benefits** of exercising?

What equipment do you need to do your favorite sport?

What sports are very **popular** in your country?

Do you prefer **individual** sports or **team** sports?

What sports did you do in the last week?

What happens to your body when you don't exercise?

Tell me about the last time that you won a **trophy**.

If something is popular, it means a lot of people like it.



# Speaking Questions with sample answers

**What is your favorite sport? Why do you like it?**

- My favorite sport is soccer. I like it because it is fun to play with friends and I love running and scoring goals.

**What are the benefits of exercising?**

- Exercising makes you strong and healthy. It also makes you feel happy and helps you sleep better.

**What equipment do you need to do your favorite sport?**

- For soccer, you need a ball, soccer shoes, and sometimes a goal net.

**What sports are very popular in your country?**

- In my country, soccer and volleyball are very popular. Many people enjoy watching and playing these sports.

# Speaking Questions with sample answers

**Do you prefer individual sports or team sports?**

- I prefer team sports because I like playing with my friends and working together as a team.

**What sports did you do in the last week?**

- Last week, I played soccer with my friends and went swimming at the pool.

**What happens to your body when you don't exercise?**

- When you don't exercise, you can become weak and tired. It's important to exercise to stay healthy and strong.

**Tell me about the last time that you won a trophy.**

- The last time I won a trophy was at a school soccer tournament. Our team worked very hard and we were so happy when we won the first place trophy.

# Past tenses of exercise moves



**Did  
Jumping  
Jacks**



**Jogged**



**Did  
Push-ups**



**Stretched  
your body**



**Skipped**



**Did  
Sit-ups**

## Example

I exercised on Monday In the morning, I was at the basketball court. I had a wonderful routine on that day because my friends were at the court too! First, I changed my clothes and went to the court, then we warmed up a little and jogged for about 15 minutes. Next I did 10 push-ups and I did jumping jacks for 5 minutes. After that, we played together, we jumped it the air, we scored and we were so happy. Finally I packed my things and went home. Monday was an amazing day for me.

# Listen to your friend's routines and write a text like this.

On Monday in the morning, Sarah was at the pool. She swam for an hour.

On Tuesday in the afternoon, Alex was at the gym. He played basketball.

On Wednesday in the evening, Emily was at the park. She did yoga.

For times of the day use

**in**

Like:

In the morning.

In the afternoon.

For the days use **on**

Like:

On Monday.

On Tuesday.

For places use **at**

Like:

At the gym.

At the tennis court

1. On Saturday in the morning, Tom \_\_\_\_ in the park. He played football with his friends.
2. On Friday evening, my parents and I \_\_\_\_ at the movie theater. We watched a new film.
3. Last Sunday, Lisa and her brother \_\_\_\_ at the zoo. They saw many animals.
4. Yesterday, the weather \_\_\_\_ very cold, so we \_\_\_\_ at home all day.
5. On Wednesday in the afternoon, the students \_\_\_\_ in the classroom. They had a science lesson.
6. The library \_\_\_\_ open last Monday because it \_\_\_\_ holiday.
7. The children \_\_\_\_ happy because they \_\_\_\_ allowed to stay up late.
8. This morning, I \_\_\_\_ at the café with my friend. We had breakfast together.
9. Last night, the concert \_\_\_\_ amazing. Everyone \_\_\_\_ excited.
10. On Thursday, the playground \_\_\_\_ empty because it \_\_\_\_ raining.
11. The store \_\_\_\_ closed yesterday, I bought some candies..
12. The team \_\_\_\_ excited when they won the match last weekend.
13. My dog \_\_\_\_ very tired after our long walk on Sunday.
14. The museum \_\_\_\_ very interesting. We \_\_\_\_ there for hours.
15. The beach \_\_\_\_ crowded last weekend, so we found a good place for sitting easily

Was	Were
Wasn't	Weren't



1. Yesterday, I \_\_\_\_ in the park. (run)
2. Before starting my workout, I \_\_\_\_ for 10 minutes. (warm up)
3. After I \_\_\_\_ my clothes, I started my exercise routine. (change)
4. Last Saturday, we \_\_\_\_ to the gym together. (go)
5. My friend \_\_\_\_ to my house after our run. (come)
6. They \_\_\_\_ jumping jacks and stretched their bodies. (do)
7. He \_\_\_\_ push-ups and sit-ups for strength. (do)
8. We \_\_\_\_ for an hour in the park. (jog)
9. She \_\_\_\_ for the school's basketball team. (practice)
10. Last week, our team \_\_\_\_ at the sports festival. (compete)
11. I \_\_\_\_ to the library after my exercise. (walk)
12. They \_\_\_\_ with skipping ropes during the warm-up. (exercise)
13. We \_\_\_\_ a game of soccer yesterday evening. (play)
14. He \_\_\_\_ very hard for his final match. (train)
15. After the workout, we \_\_\_\_ our clothes and \_\_\_\_ home. (change, go)

# Homework

1. Write a text and say what did you do last time that you exercised. (Use this pdf verbs) And say **where** were you and **when** you were there.

Look at my text and get ideas from it.

I exercised on Monday, I **was** at the basketball court. I **had** a wonderful routine on that day because my friends **were** at the court too! First, I **changed** my clothes and **went** to the court, then we **warmed up** a little and **jogged** for about 15 minutes. Next I **did 10 push-ups** and I **did jumping jacks** for 5 minutes. After that, we **played** together, we **jumped** it the air, we **scored** and we were so happy. Monday **was** an amazing day for me.

2. Do this PDFs exercises.