

ODI 1 P 2

Session 10

Story page 40,41

Kids go on a **tropical** beach to do some **exercise**(as a noun). It's too hot today. Professor is their **coach**. He tells them to move their body. Professor says the first you should **warm up**. One of them is nodding her head, the red shirt boy is stamping his feet. Red hair boy is standing on a rock and waving his arms. Professor says after you finished your exercise, you can **collect** some beautiful **shells** from the beach as your **reward**. And kids get excited and try to do their exercise faster.

Tropical: a hot and rainy area

Exercise: doing sport activities to make your body stronger

Coach: someone who teaches you sports

Warm up: the moves that you do to get ready to do sports

Collect: to bring different things together (give examples)

Shell: show the picture on page 40



Reward: if you do something good you will get a reward.

If you win in a match you will get a reward



Possessive Adjectives

Possessive adjectives are words we use to show the things that belong to someone

Examples:

- **My** (for yourself)
 - **This is my book.**
- **Your** (for the person you are talking to)
 - **This is your toy.**
- **His** (for a boy)
 - **This is his hat.**
- **Her** (for a girl)
 - **This is her dress.**
- **Its** (for an animal or thing)
 - **This is its ball.**
- **Our** (for you and someone else)
 - **This is our house.**
- **Their** (for other people)
 - **This is their car.**

Options:

- my
- your
- his
- her
- its
- our
- their

This is _____ cat. (I have a cat)

Is this _____ ball? (You have a ball)

That is _____ coat. (John has a coat)

_____ name is Anna. (Anna has a name)

The dog is eating _____ bone. (The dog has a bone)

This is _____ classroom. (We have a classroom)

They are riding _____ bikes. (The children have bikes)

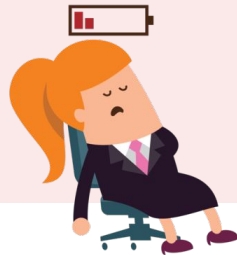
What happens when you do not exercise?

1. Your body gets weak.

2. You get sick easily.

3. Your muscles become smaller.

4. You get tired fast



Page 42

Make sentences with these words.

I love to swim in the pool.

I can run fast.

My brother can jump high.

Skipping rope is my favorite exercise.

Hopping in the park is amazing.

I want to become a football/basketball player one day.

My favorite athlete is



(athlete someone who does sports professionally)

Homework

1. Memorize **benefits of exercise** and **what happens to your body when you don't exercise**





What happens when you do not exercise?

1. Your body gets weak.
2. You get sick easily.
3. Your muscles become smaller.
4. You get tired fast



Benefits of exercise

1. Your muscles get stronger.
2. If you exercise, your physical health gets better.
3. If you exercise, your mental health gets better.
4. If you exercise you don't get anxious and stressed.
5. Your body becomes flexible.



Body's Health

Mind's Health

Stressed = Anxious
When you have stress
and you are worried.

You can move it
easier and bend it
easier

2. Memorize the story of page 40,41

3. Write a text about a famous athlete and say what he can and can't do.