

ODI 1 P 2

Session 11

This is _____ (I) book.

Is this _____ (you) pen?

_____ (he) dog is very cute.

She loves _____ (she) new dress.

The cat is drinking _____ (it) milk.

We are going to _____ (we) favorite restaurant.

_____ (they) house is very big.

_____ (I) name is Anna.

Is this _____ (you) hat?

_____ (he) bike is new.

This is _____ (she) doll.

The dog is playing with _____ (it) ball.

We love _____ (we) school.

_____ (they) books are on the table.

What happens when you do not exercise?

1. Your body gets _____ .



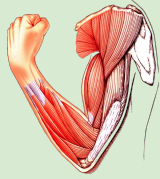
2. You get sick _____ .

3. Your _____ become smaller.

4. You get _____ fast



Benefits of exercise



Body's Health

1. Your _____ get stronger.

2. If you exercise, your _____ health gets better.

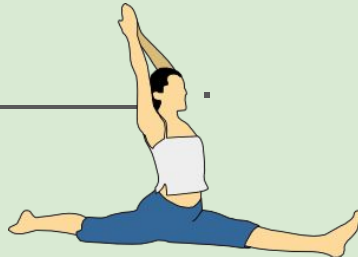
Mind's Health

3. If you exercise, your _____ health gets better.

4. If you exercise you don't get _____ and _____



5. Your body becomes _____.



Routine

Routine: Things you do every day, like brushing your teeth in the morning or going to bed at night. It's like doing the same thing again and again.



To talk about routines you can use **sequence adverbs**

They show the order of actions that you do everyday.

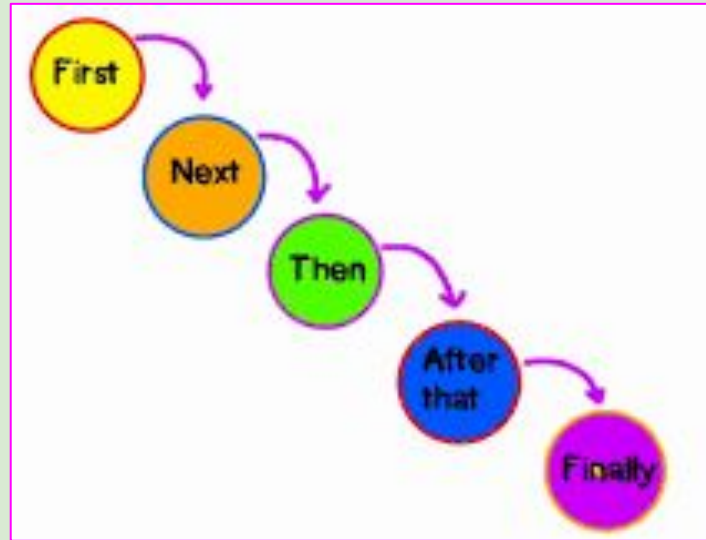
First (start)

Then

Next

After

Finally (end)



Example:

When I want to exercise,

First, I warm-up.

Then, I stretch my body.

Next, I run.

Finally, I change my clothes and come back home.

Sarah

Sarah is a smart girl. She can run fast and jump high. Every morning, she runs in the park.

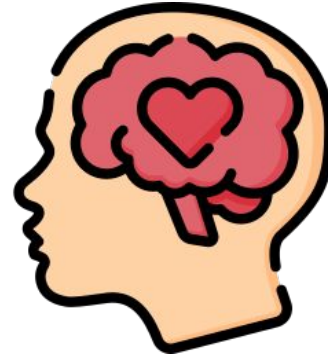
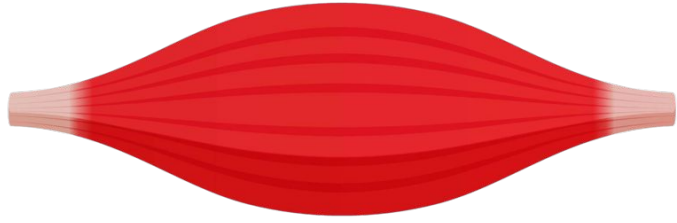
Sarah is good at school. She can read and write. She can also draw nice pictures.

But Sarah can't fly or lift heavy things. She can't play the piano.

At home, Sarah helps her parents. She can wash dishes and feed the cat. Sarah wants to learn new things.

1. What can Sarah do in the park?
2. What can Sarah do at school?
3. What can't Sarah do?
4. How does Sarah help her parents?
5. What does Sarah want to do?





Homework

1. Write a normal routine and use sequence adverbs
2. Write an exercise routine use sequence adverbs
3. Do exercises of PDF
4. Do 5 pages of activity book unit 4