

# ODI 1 P 2

Session 12

# Questions for speaking

How often do you exercise?

What is your favorite sport?

Why do you like it?

What equipment do you need to do it?

Do you exercise in your PE (physical education) class? What do you do?

What are the benefits of exercising?

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

Routine

For how long?

How many times?

First, I warm up for 10 minutes.

Then, I run for 15 minutes.

Next, I skip for 10 minutes.

After that, I touch my toes 10 times and I Jump up and down 20 times.

Finally, I change my clothes and go home.

# Say how long and how many times you do something in your routine

For saying how long: “for .... minutes”

I clap my hands for 5 minutes.

He runs for 10 minutes.

We nod our heads for 5 minutes.

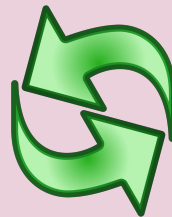


If you wanna say how many repeats: “.... times”

I clap my hands 10 times.

He jumps 15 times.

They touch their toes 5 times.



# Some exercise moves



Do  
Jumping  
Jacks



Jog



Do  
Push-ups



Stretch  
your body



Skip



Do  
Sit-ups

# Warm - up

The moves that you do before exercise to get ready.



# Equipment

The things that you need to do sports.



# Homework

1. Write another exercise routine.
2. Work on speaking questions to give better answers. (use this PDF)
3. Watch Peppa pig  
up to minute 2:30

Here is the link:

<https://www.youtube.com/watch?v=SyWAlvH9MHc&t=47s>