

# ODI 1 P 2

Session 9

# Warm up questions

Look at the picture.

Can you move your legs?

Can you jump?

Can you clap your hands?

Can he stamp his feet?

Can she nod her head?

What is the blonde boy doing?

What is Professor doing?

# Questions for speaking

How often do you exercise?

What is your favorite sport?

Why do you like it?

What tools 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?

## 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)

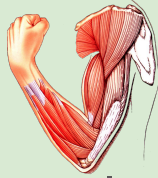
**Shell:** show the picture on page 40



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

If you win in a match you will get a reward

# Benefits of exercise



Body's Health

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.

Mind's Health



Stressed = Anxious  
When you have stress  
and you are worried

You can move it  
easier and bend it  
easier



What can you do when you exercise?

## Anna and Ben's Exercise

Anna likes to run. She can run fast and she can swim. But she can't lift heavy things. She can do yoga.

Ben likes team sports. He can play basketball and soccer. He can't swim, but he can ride a bike far. He can't run for a long time.



Can Anna run fast?

Can Anna lift heavy things?

Can Anna do yoga?

Can Ben play basketball?

Can Ben swim?

Can Ben ride a bike far?

Can Ben run for a long time?



# Homework

1. Memorize benefits of exercise
2. Answer the Speaking questions