

7 Look, read and circle. Then ask and answer.

LOOK!


Can you wave your arms?	Yes, I can.
Can he run?	Yes, he can. No, he can't.
Stamp your feet! Clap your hands!	

Can he jump?
Yes, he can.

1 Can you jump?

Yes, I can.


No, I can't.



2 Can you run?

Yes, I can.

No, I can't.



8 Write (✓) or (X) for you. Then ask a friend.

	run	jump	hop	skip	swim
Me	✓	✓	✓	✓	X
My friend	✓	✓	✓	X	X

9 Write about yourself. Then ask a friend.

I can hop. I can't swim.

My friend can play football.

~~He~~/She can't play basketball.



Name: Jamie

Age: 12

Sport: basketball



My name's Jamie. I'm a basketball player! I exercise every day. I can run fast. I can jump too. It's fun. I play basketball a lot, but I can't play football.

11 Read again. Tick (✓) the sentences that are true.

- 1 Jamie can run. ✓
- 2 Jamie can't jump. ✗
- 3 Jamie can't play basketball. ✗
- 4 Jamie can play football. ✗

VALUES

Exercise regularly.

HOME-SCHOOL LINK

Draw a picture of yourself doing exercise. Show it to your family.



6 Look, write and circle.

hop ~~run~~ jump swim

1

Can he run ?



Yes, he can. / No, he can't.

2

Can you _____ ?



Yes, I can. / No, I can't.

3

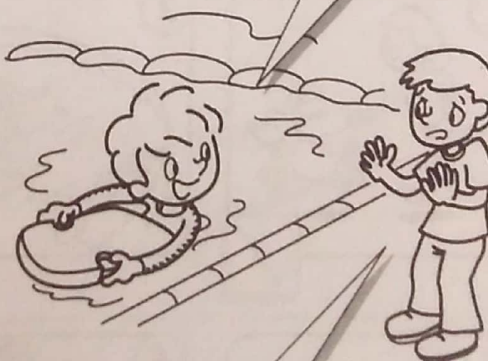
Can he _____ ?



Yes, he can. / No, he can't.

4

Can you _____ ?



Yes, I can. / No, I can't.

7 Read. Complete the sentences.



Name: Dan

Age: 15

Sport: football

My name's Dan. I'm a football player. I exercise every day. I can run. I can hop and skip too. It's fun! I play football a lot, but I can't swim.

His name's _____.

He's a _____ player.

He can _____. He _____ hop and skip too.

He can't _____.

8 Exercise or not exercise? Write (✓) or (X).

