



1 sh a r k

2 c o r n

3 g i r l



4 s u r f

5 c a r

6 f u r

a



Turn around.

b



Bend your knees.

c



Twist your body to the left.

d



Twist your body to the right.

e



Stretch your arms up.

12 Read and number.



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# WRITING

4 I played handball with my friends yesterday.

1 Dear Rita

5 I scored a goal!

3 What did you do yesterday?

6 Love, Jenny

2 How are you?



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13 Look at Activity 12. Write your own postcard.

Dear Soha

How are you ?

What did you do yesterday?

I was at the tennis court yesterday.

I played tennis with my friends.

I jumped in the air!

Love

Mobina



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Pages 74 and 75

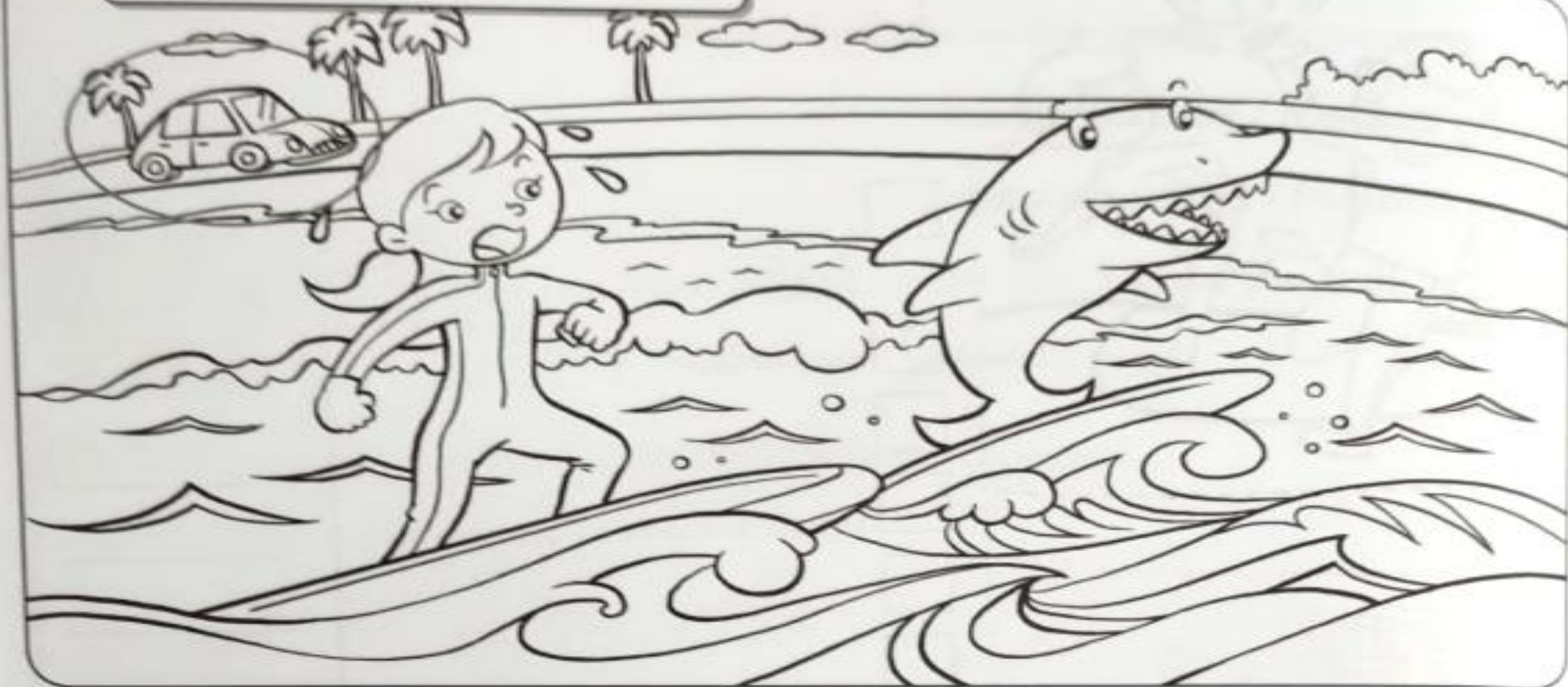
Activity Book

14 Read the words. Circle the pictures.

# PHONICS

ar ir or ur

car girl shark surf



15 Write *ir*, *or*, *ur* or *ar*. Then match and say.

1 g i r l

2 f        

3 s         f

4 c         n

5 sh         k

6 c        



16 Read aloud.

See the girl surf. See the shark surf!

17 Look and write.

around arms knees left right



1 twist to the  
right



2 bend your  
\_\_\_\_\_



3 turn  
\_\_\_\_\_



4 twist to the  
\_\_\_\_\_

18 Make an exercise plan. Write.

climb jump play badminton play basketball play football  
play tennis play volleyball

My exercise plan

Sunday	
Monday	
Tuesday	
Wednesday	

Thursday	
Friday	
Saturday	

**19** Write about your exercise last week.

On Sunday, I played \_\_\_\_\_ . On Monday, I \_\_\_\_\_ .

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_