

10 Listen and read.

READING

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

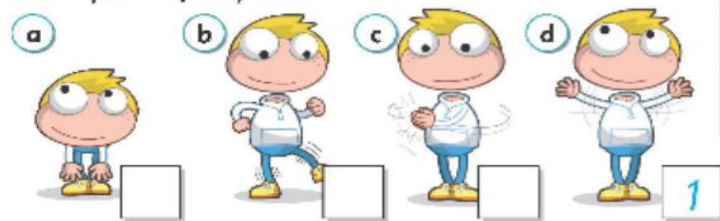
Draw a picture of yourself doing exercise. Show it to your family.



WRITING

12 Look and read. Then number the pictures in order.

My exercise routine. This is my exercise routine. I exercise every day. First, I wave my arms. Then, I touch my toes. Next, I move my legs. Finally, I clap my hands!



LOOK!

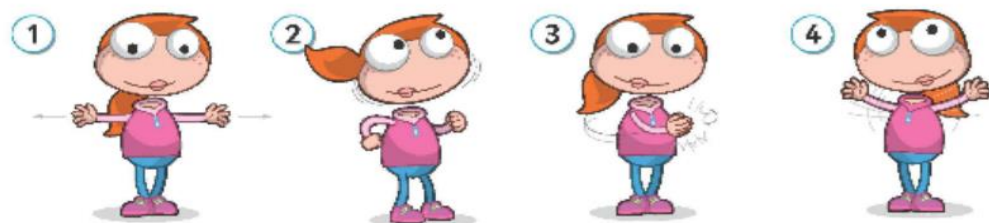
These words show the order of actions:

- First,
- Then,
- Next,
- Finally,

13 Underline the words which show the order of the sentences.

First, I touch my toes. Then, I clap my hands. Next, I wave my arms. Finally, I move my legs.

14 Look at the pictures. Complete the sentences.



- 1 First, I stretch my arms.
- 2 \_\_\_\_\_, I \_\_\_\_\_ my head.
- 3 \_\_\_\_\_, I \_\_\_\_\_ hands.
- 4 \_\_\_\_\_, I wave \_\_\_\_\_.



## Unit 4

38	Can you stretch your arms? Yes, I can. / No, I can't.	
39	Can your dad swim? Yes, he can. / No, he can't.	
40	What can you do? I can hop, ... . But I can't skip, ... .	
41	What can (your mum) do? She can run, .... . But she can't play football, .....	
42	Do you exercise regularly? Yes, I exercise every day.	
43	Do you have an exercise routine? Sure. First, I wave my arms. Then, I move my legs. Next, I touch my toes. Finally, I stretch my arms.	