

Classroom rules:

1. Speak only English



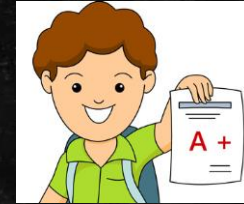
2. Don't chat.



3. Always come to class prepared.



4. Pay attention and do your best.



5. Finish classwork and homework.



6. Help classmates when they need it.



7. Wear appropriate clothing.



Classroom language

1. The connection is choppy.



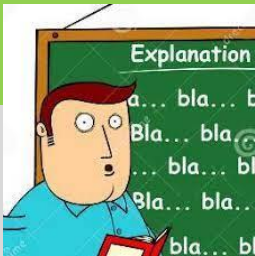
2. You are lagging.



3. Write on the chat box.



5. Can you explain it again?



4. You are breaking up.



6. Please, speak louder.



2026

MONTHS

January

February

March

April

May

June

July

August

September

October

November

December

DAYS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DATES

1 2 3 4

5 6 7 8

9 0

Today is

Today's Date

This Month

Season

Weather

SEASON



WEATHER



clouds



sun



wind



rain



snow



storm



SPIN

shirt

bird

star

burger

turn

park

sort

skirt

born

curl





bend your **k**nees



turn around



twist your body to the left



twist your body to the right



stretch your arms up



run



walk



hop



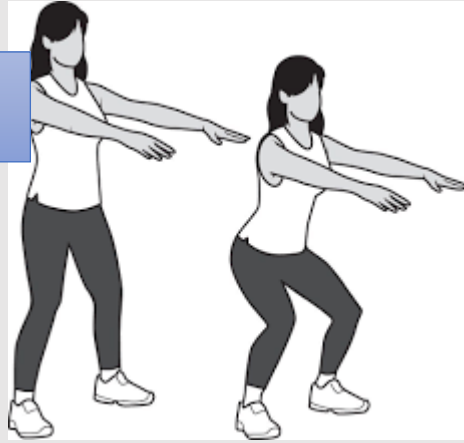
clap your hands

Match.

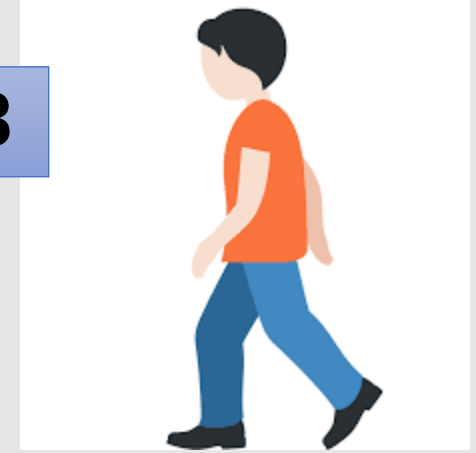
1



2



3



twist your body/ hop/ turn around/ stretch your arms up/walk/ bend your knees

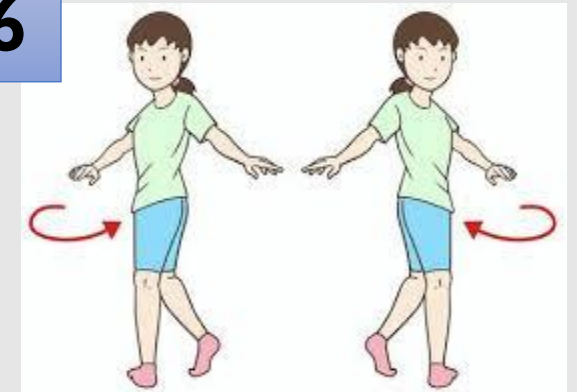
4



5



6



Fill in.

1. **_l_p yo_r h_n_s**

2. **b_n_ your _n_es**

3. **t_i_t y_u_ b_d_ to the r_g_t**

4. **s_re_c_ your _rms _p**

5. **t_rn _ro_n_**

6. **_o_**

7. **_a_k**

start

1

2

3

4

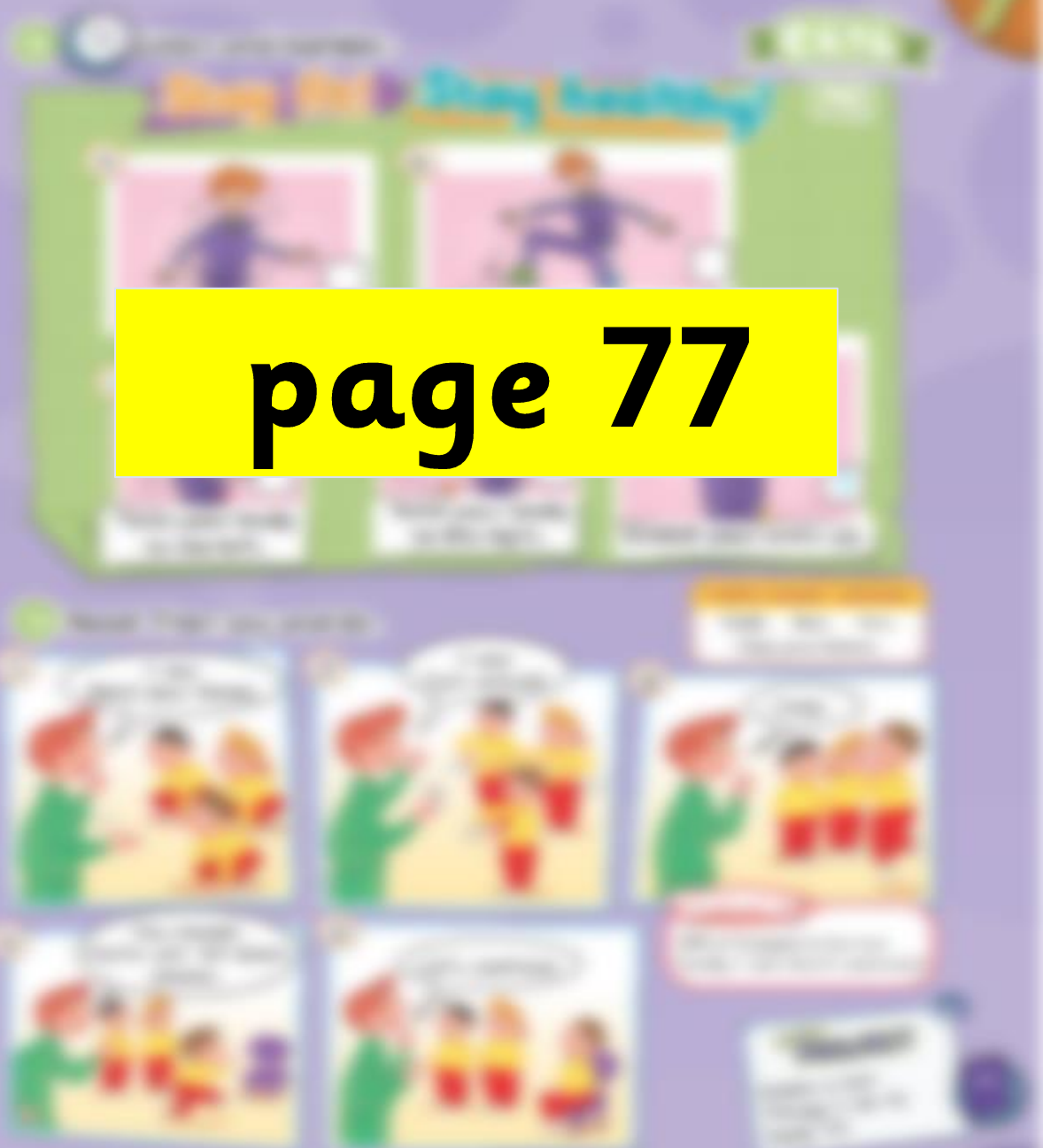
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8

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Listen and number.

CLIL

Stay fit!

Stay healthy!

PE

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.



Listen and number.

Stay fit!

Stay healthy!

PE

a



5

Turn around.

b



2

Bend your knees.

c



4

Twist your body
to the left.

d



3

Twist your body
to the right.

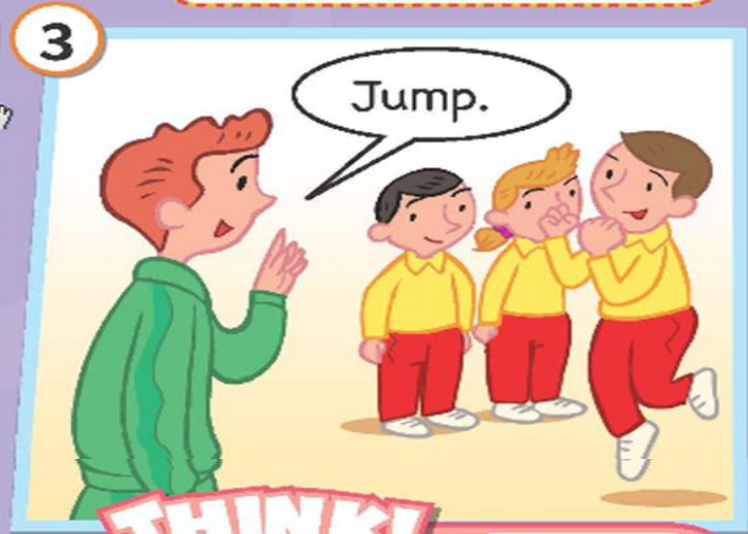
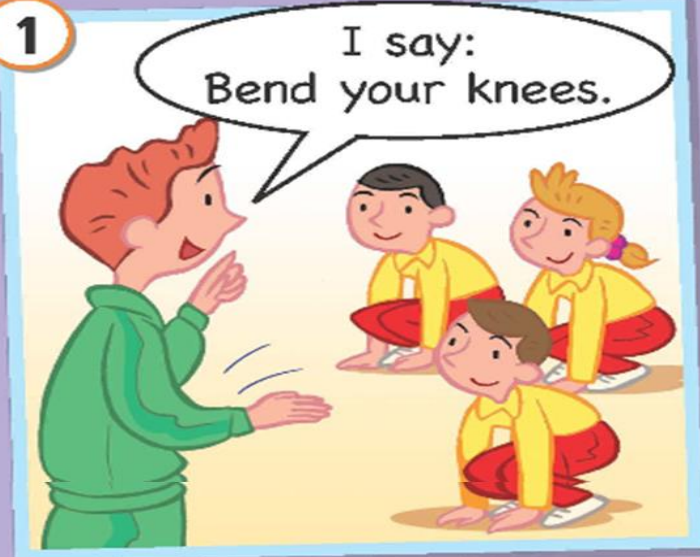
e



1

Stretch your arms up.

19 Read. Then say and do.



Useful words / phrases

Walk. Run. Hop.
Clap your hands.

THINK!

What happens to our
body if we don't exercise?

MINI-PROJECT

Make a list:
Things I do to
keep fit.

AB



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		Thursday	
Monday		Friday	
Tuesday		Saturday	
Wednesday			

19 Write about your exercise last week.

On Sunday, I played _____. On Monday, I _____

