



Form 7
Lesson 4

Keeping Fit





Basketball

Badminton

Volleyball

Handball

Baseball

Football

- **athletics**

- **aerobics**

- **gymnastics**

ice hockey/ ice skating

figure skating

kickboxing

water skiing

windsurfing



Keep Fit

Answer the questions:

- 1. What do people do to keep fit?**
- 2. Can you name the most popular individual sports? Name.**
- 3. Why can people hardly do sports?**
- 4. Why do people do exercises at home?**
- 5. What do some people do in the mornings/evenings?**

Complete the sentences:

- 1. To keep fit most people...**
- 2. Some people...**
- 3. People work hard so they...**
- 4. They can hardly...**
- 5. In the mornings and evenings some people...**

Why People Keep Fit

Why??? Purposes

- be healthy ...
- to live long...

How? Ways

- to do exercises...
- to play sport games...



A Dialogue:
Why People Keep Fit

P 1 Why do people keep fit?

P 2 To my mind people keep fit to...

P 1 What do people do to keep fit?

P 2 Some people... others ...





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