



Eng^{sh}Radio Barranquilla

ME AND MY SURROUNDINGS ACTIVITY WORKSHEET

LESSON 4: PHYSICAL ACTIVITIES, HOW TO GET TO PLACES, DESCRIPTIONS, QUESTION FORMS, NEGATIVE FORMS AND POSSESSIVE FORMS.

Are you a healthy person? Do you have healthy habits? Do you practice any sport? Do you have a sedentary lifestyle?

BENEFITS OF EXERCISE ON YOUR BODY

Being physically active has many positive effects. It can help reduce stress. It can also help you relax and make you sleep better. It can prevent other health problems. Health professionals recommend people incorporate 60 minutes of moderate physical activities every day.

ACTIVITY 1

Listen to the conversation. What physical activities do you include in your daily routine? Write what they /you do and don't do. Remember to use the correct form of the verb. Complete the chart.

ESTEBAN	CLAUDIA	YOU





ACTIVITY 2

Listen to the conversation and practice the vocabulary about asking for and giving directions. Draw a picture describing how you get from your house to El Malecon.

VOCABULARY

How do I get to ...? What's the best way to ...? Where is ...? Go straight Go straight on (until you come to ...). Turn back /Go back. Turn left/right (into ...-street). Go along ... Cross ... Take the first/second road on the left/right It's on the left/right. straight opposite	near next to between at the end (of) on/at the corner behind in front of (just) around the corner traffic lights crossroads, junction
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Draw a picture describing how you get from your house to El Malecon

ACTIVITY 3: QUESTION FORMS

Listen to Michael Phelps routine, take notes, write all the verbs that you hear. Organize the questions and answer them. Review question forms and possessive forms with your teacher.

- 1) is he from where? _____
- 2) of does many coffee how he drink cups? _____
- 3) sisters' what names are his? _____
- 4) tall he is? _____
- 5) for have does lunch he what ? _____

Activity 4: WRITING-A DAY IN THE LIFE OF:

Listen to our special guest, Alberto.

Describe a day in your life. Write about what you do to stay in shape. And what you don't do. Use a topic sentence as in Alberto's Day. Use linkers (first, then, next, finally).

[illegible]



What's your health status?

Complete the survey. Mark an x on the statements that apply to you.
You can also ask a family member about their health status.

I am an active person.	
I prefer to walk instead of taking a car/bus/taxi.	
I enjoy physical activities and sports.	
I include fruit and vegetables in my daily meals.	
I do 20 minutes of exercise at least three times a week.	
I drink six to eight glasses of water every day.	
I sleep around eight hours a day.	
I understand the importance of staying in shape for my health.	