

Lesson 10 Exercise

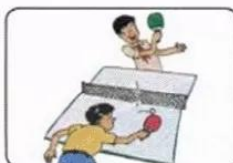
1 What is exercise?



Riding a bike is exercise.



Walking is exercise.



Playing ping-pong is exercise.



Running is exercise.

Exercise helps make your body healthy and strong.

2 How many minutes does Danny exercise?

1

How often do you exercise, Danny?

I walk to school in the morning, and I walk home after school.

2

That's twice a day. How many minutes do you walk?

About five minutes.

3

I think you need about an hour of exercise a day, Danny!




Okay! I'm going to watch more sports on TV!

No, Danny! You have to play sports for exercise!

3 Let's do it!

Read and write.

Exercise helps make our bodies healthy and strong. I run for 20 minutes every morning. Ping-pong is my favourite sport. I play ping-pong three times a week. That's an hour and a half a week. I play basketball twice a week. That's two hours of exercise a week. How many minutes do I exercise a week?

exercise			
How often?	every day		
How many minutes (a week)?			120

I exercise _____ minutes a week.

I'm healthy and strong.

How about you?



I...
