

1. Answer the following questions.

a) How often do you walk more than a kilometre?

.....

b) When was the last time you took any form of physical exercise?

.....

c) Circle any of the following activities that you do regularly:

cycling / watching TV / playing team games (football, basketball) / playing computer games /
listening to music / going to a gym / texting your friends

2. Write T (true) or F (false) next to each statement.

a) Lots of teenagers follow their favourite athletes' healthy examples. ☐

b) Watching TV and playing computer games are outdoor activities. ☐

c) Many parents allow their children to play in the park. ☐

d) In the past, schools spent more time on sports. ☐

e) Nowadays young people don't have enough time to do sports. ☐