

1. Read the definitions of the concepts in the text above.
Match the concepts (1-5) below to the definitions (A-E) .

- 1) Heart rate
- 2) Anaerobic exercise
- 3) Warm-up
- 4) Aerobic exercise
- 5) Cool down

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

- a) It is important to stretch after you do sport. ☐
- b) Jogging for 30 minutes is anaerobic exercise. ☐
- c) If you cycle for 20 minutes at a normal speed, your body has enough oxygen. ☐
- d) Your resting heart rate is similar to your minimum heart rate. ☐
- e) Running fast is a good way to warm up. ☐

3. Answer the question below.

- a) What are your PE lessons like? What do you do during PE lessons?
-