**Datos:**

**Profesora Alicia Velàzquez Inglès**

**Grupos :  5to C1, 5toc2, 5to C3, 5to B1, 5to B2, 5toB3, 5toB4, 5toB5, 5To B6**

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Hola, queridos muchachos. Esperando que uds y sus flias se encuentren bien. Seguimos en la página del liceo y me envían las tareas por el mail ya conocido por uds.

Muchos saludos. Espero verlos pronto. Prof. Alicia Velàzquez

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**5TH HOMEWORK 17 th APRIL 2020**

**Student`s name: …………………………………. Group:……………….**

Referring to sports/ physical activity

 **Read the following text and do activity 1.**

People start a physical activity in their free time and they feel great, both physically and emotionally . Practising sport gives the person a lot of advantages apart from **keeping you fit**. When you make this decision, the most important point is that you **do good to yourself**. The person feels satisfied and this **increases also our self-esteem**. A sport frequently becomes a passion, and **people are** **happier, continue young and live longer** . Another positive point is that you **can meet a lot** **of people and make friends**. Also, doing a sport helps you to **lose weight** and, in most cases, it gives good results. You get a **good physical condition** and also **reduces the risk of many** **diseases.** **The heart becomes stronger**, the **stomach works appropriately**, and often people **sleep well.** As you can see, the advantages for your body are unquestionable.

**New words / expressions :**

**fit**: estar en forma / **do good**: hacerse bien/ **Increases**: aumenta / **become**: se transforma / **advantage:** ventaja / **disadvantage:** desventaja/ **risk of diseases**/ riesgo de enfermedades/

**heart**: corazón / **work:** funciona ( en este texto)/ **lose weight** : perder peso

**Activity 1. Read the text and pay attention to the expressions in black, underlined (subrayadas)**

**Now, write the appropriate phrases/ words below( debajo) in the chart :**

**Benefits that practising a sport gives the person.**

**( los beneficios del deporte para la persona)**

**You can repeat the phrases.**

**1.- for the body :**

**2.- for the mind ( mente):**

**3.- for the life:**

**4.- for our weight( peso) :**

**Activity 2: Using the information about sports that you have found out ( has averiguado) in Homework 4.**

**Fill in the lockers with adequate information**

At least two words in each line ( por lo menos 2 en cada lìnea)

**Type of sports:** traditional and extreme

At least two words in each line ( por lo menos 2 en cada lìnea)

a.- Names of traditional sports:……………………………………………………………………………………

b.- Places to practise traditional sports:………………………………………………………………………….

c.- Places to practise extreme sports :……………………………………………………………………………..

d: Adjectives to qualify extreme sports : …………………………………………………………………………..

**17th April 2020 Teacher: Alicia Velàzquez**