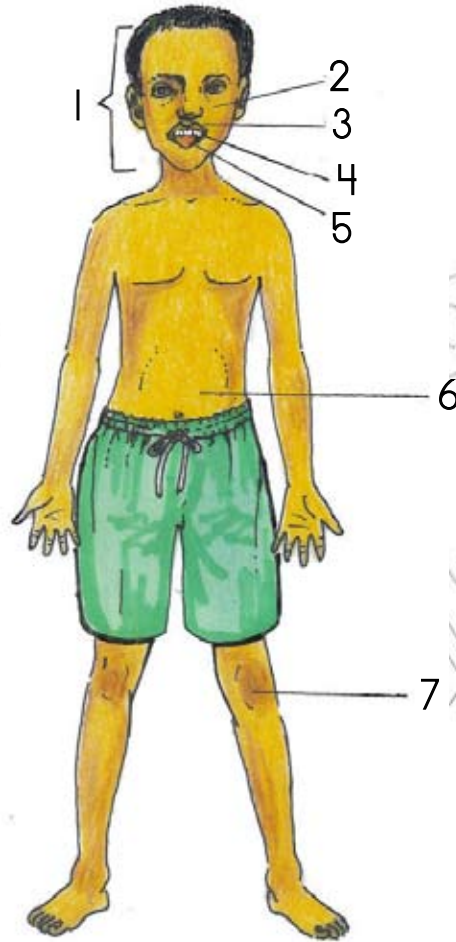


UNIT 4: LET'S KEEP FIT

LESSON ONE



Activity

Directions: Study the diagram above. With a partner match the body part words in the Word Bank with the numbers on the diagram.

Word Bank – Body Parts			
cheek	face	knee	lip
stomach	tongue	tooth	

LESSON TWO

Activity

Directions: In your exercise book write a list of the contractions from the Word Bank and the two words that make up each contraction. Check your work with a partner.

Word Bank – Contractions			
1. what's	2. we're	3. he's	4. you're
5. she's	6. they're	7. I'm	8. that's

LESSON THREE

Activity

Directions: In your exercise book list the body part words from the Word Bank in order from the top to the bottom of the body.

Word Bank – Body Parts				
hair	knee	neck	stomach	beard
chin	face	leg	shoulder	foot

LESSON FOUR

Activity I

Directions: Read the words in the Word Bank below. Choose five of the body part words and write a sentence for each.

Examples: I use my nose to smell. My neck is below my chin.

Word Bank – Body Parts				
chin	shoulder	eye	hair	leg
foot	neck	trunk	nose	lip

Activity 2

Directions: In your exercise book write the body part words from Activity 1 in alphabetical order.

LESSON FIVE

Activity 1

Directions: In your exercise book draw a diagram of a body. On the diagram show the body parts using the words given to your group by your teacher.

Activity 2

Directions: In your exercise book write numbers 1–8. Unscramble the letters to make the names of body parts. Then write numbers 9–16 and unscramble the movement words. Number 1 is completed for you, as an example.

1. ecnk (neck)	9. fhisni
2. hinc	10. trast
3. tofo	11. thacc
4. seno	12. worth
5. runkt	13. pots
6. cabk	14. tawi
7. shotamc	15. cera
8. pli	16. filt

Activity 3

Directions: Sing the song, “Hokey Pokey,” with your teacher. Then perform the actions while singing.

Hokey Pokey

You put your **right foot** in,
You put your **right foot** out,
You put your **right foot** in
And you shake it all about.
You do the Hokey Pokey
And you turn yourself around,
That’s what it’s all about.

Continue singing substituting the following body parts for the bolded words:

left foot
right hand
left hand
right shoulder
left shoulder
right hip
left hip
whole self

LESSON SIX

Activity I

Directions: Listen as your teacher reads the passage, “Women First.” Answer the questions your teacher asks about the meanings of words and details from the passage.

Women First

Running is a favourite sport in Ethiopia. Every year in March a five kilometer race takes place in Addis Ababa, the capital city. The date of the race is always near the date that International Women’s Day is celebrated. The name of the race is Women First.

Only women can participate in the race. At the starting point thousands of women of all ages wait for the signal to start the race. Many spectators stand along the race course and cheer the runners on, but most of the spectators are lined up at the finish line. They watch the winner as she lifts her arms, crosses the finish line and stops running.

Activity 2

Directions: Find the correct words in the Word Bank to fill in the gap in each of the sentences below. Write the completed sentences in your exercise book.

1. The Women First _____ takes place in Ethiopia's _____ city.
2. The _____ kilometre race is held every _____.
3. The women _____ at the _____ point.
4. The spectators _____ the runners on.
5. The race ends at the _____ line.

Word Bank			
wait	capital	finish	cheer
March	starting	race	five

Activity 3

Directions: With a partner sequence the pictures from the passage, "Women First." Then each partner will retell the passage using complete sentences.



LESSON SEVEN

Activity 1

Directions: Write numbers 1–5 in your exercise book. Study the pictures. Match the pictures to the correct sentences by writing the sentences in the order of the pictures.

She shouldn't eat too much.
He should wash his hands.
She should brush her hair.
He should clean his teeth.
He shouldn't eat spoiled food.



Activity 2

Directions: Copy the T-Chart into your exercise book. In a small group fill in the T-Chart with six pieces of advice for keeping fit and healthy.

You should	You shouldn't

Activity 3

Directions: Write 5 sentences in your exercise book to give advice to a school student about keeping fit and healthy.

Share your sentences with a partner.

LESSON EIGHT

Activity 1

Directions: Read the dialogue quietly with a partner. Then switch characters and read the dialogue again.

Kedaffo	I am not feeling well.
Ouma	What hurts? Is it your back, your trunk, your neck?
Kedaffo	It is my arm. It hurts when I move it.
Ouma	Did you injure it?
Kedaffo	Yes, when I fell off my brother's camel yesterday.
Ouma	You should go to the doctor.
Kedaffo	Maybe I will wait another day and see how it feels.
Ouma	You shouldn't wait. It could be broken. Go to the doctor today.
Kedaffo	Thank you for the advice. I will go to the doctor today.

Activity 2

Directions: Study the picture. With your partner create a dialogue to go with the picture. Include the words **should** and **shouldn't** in your dialogue. Write the dialogue in your exercise book and practice reading it together out loud.



Activity 3

Directions: With your partner share your dialogues with the class or a small group.

LESSON NINE

Activity 1

Directions: Read the title of the brochure below. With a partner predict what the brochure is about. Predict five words that will be in the brochure. Write the words in your exercise book.

Activity 2

Directions: Read the brochure, "Ways to Keep Fit and Healthy."

Ways To Keep Fit and Healthy

You should choose to walk or ride a bicycle to go to a place that is near.



You should exercise every day. You shouldn't be lazy.



You should make healthy choices when you eat. Choose fruits and vegetables instead of candy.

Drinking clean water is something you should do every day.



You shouldn't drink soft drinks instead of water.

You shouldn't eat with dirty hands.

You should wash them before each meal.



You should keep your fingernails and hair clean.



You should always be clean and neat. You shouldn't let your body and clothes get dirty.



You shouldn't forget to clean your teeth daily.

Activity 3

Directions: Read the following statements. Write numbers 1–5 in your exercise book. Copy the true statements. Make the false statements true and write them in your exercise book.

1. Eating vegetables is a healthy choice.
2. You should exercise often.
3. You should always wash your hands before you eat.
4. You shouldn't wash your clothes to keep fit and healthy.
5. It isn't important to clean your teeth daily.
6. It is not healthy to drink soft drinks.

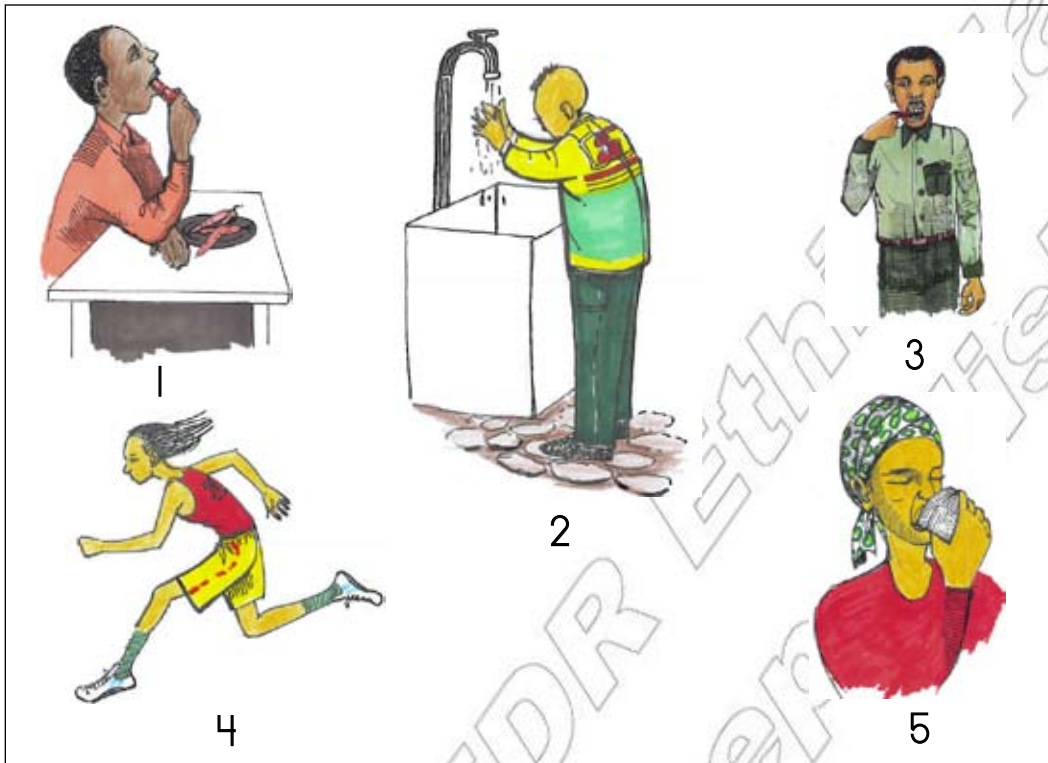
LESSON TEN

Activity 1

Directions: Help your teacher to fill in a T-Chart with advice from the brochure in Lesson Nine.

Activity 2

Directions: Study the pictures. In your exercise book write the matching sentences in the same order as the pictures.



Matching Sentences:

1. You should keep your hands clean.
2. You should eat vegetables.
3. You should drink clean water daily.
4. You should exercise daily.
5. You should keep your teeth clean.

Activity 3

Directions: With your partner create a “Keep Fit and Healthy” brochure. Be sure to include advice and pictures. Share your brochure in a small group.

LESSON ELEVEN

Activity 1

Directions: Listen to the words and phrases your teacher says. Write them in your exercise book.

Activity 2

Directions: In a small group create a “Keep Fit and Healthy” poster.

LESSON TWELVE

Activity 1

Directions: Share the poster you made in Lesson Eleven, Activity 2 with your classmates. You will grade each other’s work.

Activity 2

Directions: In your exercise book write a paragraph of five sentences about how you keep fit and healthy at home. Copy the main idea sentence: **There are many ways I keep fit and healthy at home.**

LESSON THIRTEEN

Activity 1

Directions: Listen to your teacher and follow the instructions for taking a spelling test.

Activity 2

Directions: Read the passage, “Women First,” out loud with your teacher. With a partner reread the passage.

Activity 3

Directions: Follow your teacher’s instructions to complete the revision activities.



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