

ใบงานที่ 10 เรื่อง กิจกรรม Follow Me!  
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness  
แผนการจัดการเรียนรู้ที่ 15 เรื่อง Time to Exercise 2  
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Directions: Study the script about easy exercises for beginners, then demonstrate it to the class.

Guideline

How to do it: .....

Benefits: .....

**Chair squats** are a great way to build lower body strength while using a chair for support. Stand in front of a chair with your feet shoulder-width apart. Lower yourself to sit on the chair by bending your knees and pushing your hips back. Stand back up to the starting position. This exercise targets your thighs, hips, and buttocks and helps improve balance and coordination.



**Wall sits** are a simple exercise that strengthens your lower body muscles. Stand with your back against a wall and your feet about two feet away from it. Slide down the wall until your knees form a 90-degree angle and hold the position for as long as you can. This exercise builds endurance in your quadriceps, hamstrings, and glutes.



**Standing calf raises** are an easy way to strengthen your calf muscles and improve balance. Stand with your feet hip-width apart and lift your heels off the ground, rising onto your toes. Lower your heels back down and repeat. This exercise helps tone your calves and enhances stability.



**Arm circles** are an easy exercise to improve shoulder mobility and warm up your shoulder muscles. Extend your arms out to the sides at shoulder height and make small circles, gradually increasing the size. After a set amount of time, reverse the direction of the circles. This exercise helps keep your shoulders flexible and strong.



**Marching in place** is a great way to get your heart rate up and warm up your body. Lift your knees one at a time as if you're marching, swinging your arms in rhythm with your steps. Keep a steady pace to increase your heart rate and improve coordination. This exercise is perfect for a quick cardio session without any equipment.



**Bicep curls with light weights** are an effective way to strengthen your arms. Hold a light weight in each hand with your arms at your sides and palms facing forward. Bend your elbows to lift the weights towards your shoulders, then lower them back down. This exercise builds your biceps and improves arm endurance, making it easier to perform everyday tasks.

