

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ21102
ชั้นมัธยมศึกษาปีที่ 1

เรื่อง How to keep yourself
fit and strong ?

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How to keep yourself fit and strong ?





Objectives

1. บอกคำศัพท์เกี่ยวกับกีฬาได้
2. อ่านจับใจความของเรื่องที่อ่านได้

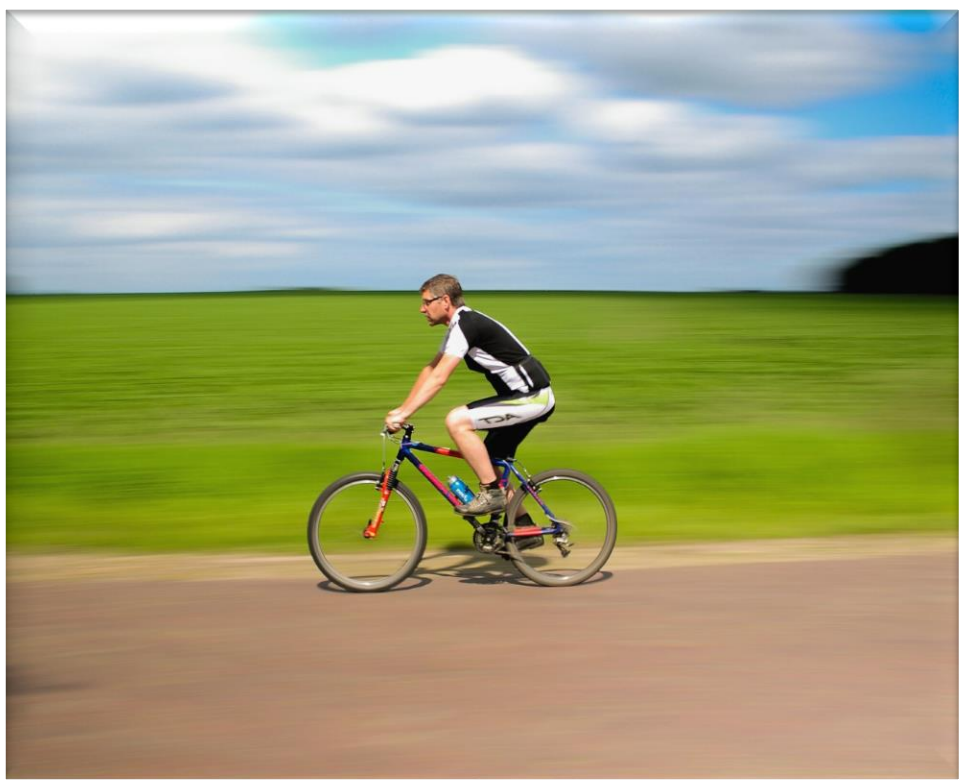




swimming



Photo by David Mark from Pixabay



cycling



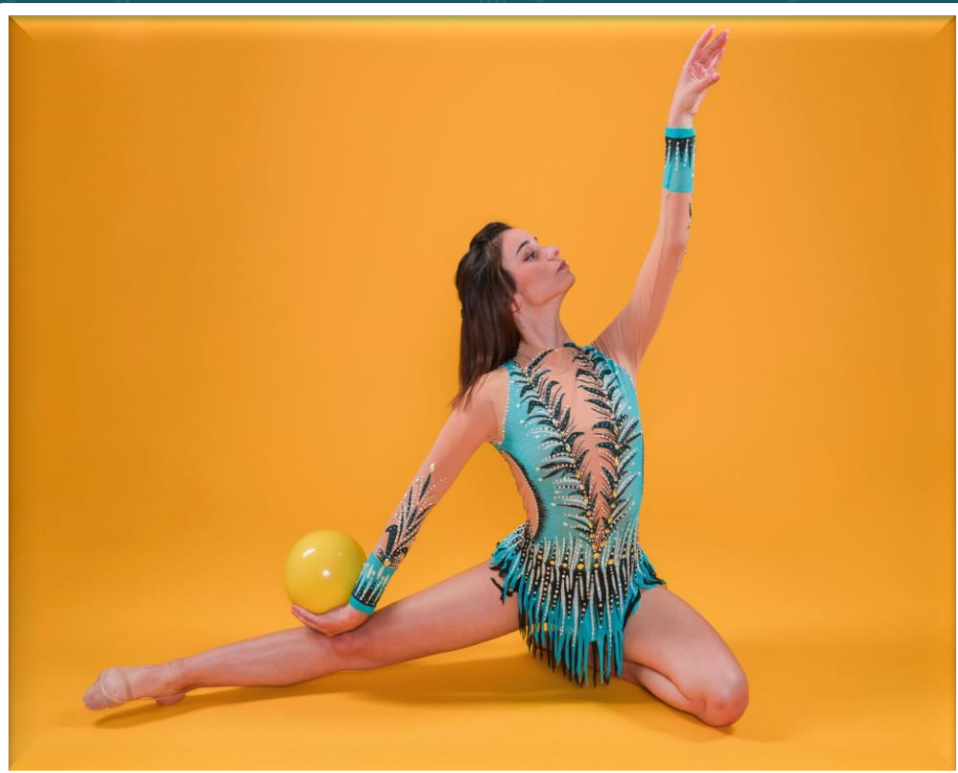
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ice hockey

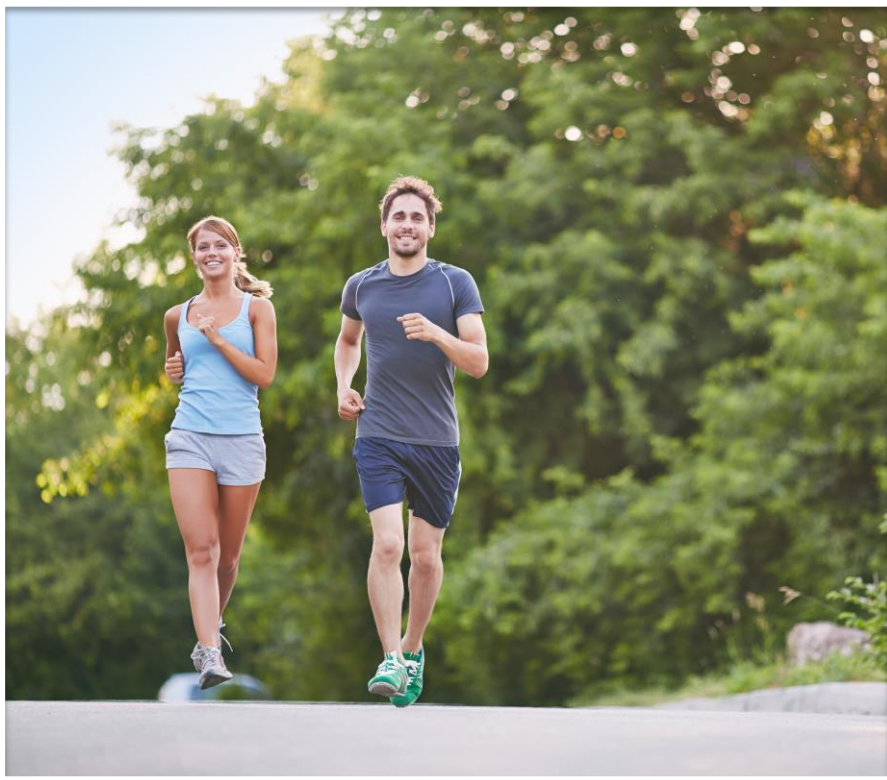


Photo by studioessen from Pixabay



gymnastics





jogging



Photo by pressfoto from freepik



boxing





aerobics





skateboarding



Photo by Skeeze from Pixabay



1 player



2 players



Team

1 player	2 players	Team



Worksheet 34.2

เรื่อง Reading

(ดาวน์โหลดใบงานได้ที่ www.dltv.ac.th รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 1)



Running. Running makes you happy. It is easy. You can run everywhere. You can strengthen your body. And it helps you to stay healthy.



Volleyball. You can strengthen your upper and lower body. It burns a lot of calories. You can play with your friends.



Swimming. You can exercise your whole body. It builds muscles and burns your calories. You can do it alone, with your family, or friends.



Aerobic. You can lose your weight very easily. It is fun and easy. You can do it at home. It helps you to stay healthy and keeps your body fit and firm.



Football. You can lose your weight. It builds your muscles. You can meet new friends and have fun with them.

Read and answer the questions.

You can answer more than one.

1. Which one builds your muscles?
2. Which one helps you exercise your
whole body?
3. Which one will strengthen your body?
4. Which one is easy and fun?
5. Which one helps you burn a lot of calories?

Read and answer the questions.

You can answer more than one.

6. Which one is an indoor game?
7. Which one is an outdoor game?
8. Which one makes you happy?
9. Which one helps you meet new friends?
10. Which one can people do it everywhere?



Conclusion



Next lesson

Food container

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