

Worksheet for the class scenario

Movement Means Health!

Task 1

Below, you can see sentences about the Olympic Games. Write a letter in the dotted spaces:

A – if the piece of information is true for games held **in ancient Greece**

C – if the piece of information is true for games held **in our times**

AC – if the piece of information is true for both **ancient** and **contemporary** games

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| | • 1. The Olympic Games are held in honour of the gods. |
| | • 2. The Olympic flame is lit during the opening ceremony. |
| | • 3. Only men can compete. |
| | • 4. The athletes compete in the nude. |
| | • 5. The prizes for the winners are medals and money. |
| | • 6. Only one winner gets an award. |
| | • 7. The prize for the winner is symbolic, e.g. a laurel wreath, a vase of olive oil. |
| | • 8. Athletes from all around the world take part in the games. |
| | • 9. The games take place every four years. |
| | • 10. Olympic competitions include football, volleyball, cycling. |
| | • 11. The athletes compete in sport clothing. |
| | • 12. War is stopped for the time of the Olympic Games. |
| | • 13. The competitors prepare for the Games for many years. |



Task 2

Henryk Jordan wanted children and young people to care for their health and well-being. He know that proper development of a human being requires not only duties and work but leisure time which should be appropriately utilized. He propagated outdoor activity and entertainment. You can start promoting recreation, too! Prepare daily timetables for Paweł, Julia and Kacper. Take account of the time spent at school or at work. Determine the times for meals and sleep. Plan leisure activities.

Mr. Paweł, 35 years old – a distressed corporate employee, spends many hours at the desk and computer, works between 9 a.m. and 5 p.m.

Julia, 16 years old – a teenager learning at an artistic high school; likes fine arts, does not particularly like team sports; she is usually at school between 8 a.m. and 2:30 p.m.

Kacper, 8 years old – a boy who spends much time in front of a TV, likes to play video games, has many friends who spend their leisure time in a similar way; he is at school between 7.30 a.m. and 2 p.m.

