

## Joe Wicks' Blue Peter workout

What do you do to keep fit when you're at home? Try this workout with Joe Wicks, The Body Coach!

### Tasks

Do the preparation task first. Then watch the video and do the exercises.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

#### Vocabulary

1. .... equipment
2. .... a circuit
3. .... a mood
4. .... on the spot
5. .... to stretch
6. .... to alternate
7. .... to strengthen
8. .... to punch

#### Definition

- a. the way you feel at a particular time
- b. the things you need to do a particular activity
- c. staying in the same place, not moving forwards or backwards
- d. a combination of several different exercises
- e. to make something stronger
- f. to hit the air in front of you with your hand closed
- g. to make a part of your body as straight and long as possible
- h. to do one thing, then another thing, and then the first thing again

### Task 1

Are the sentences true or false?

- |  | <b>Answer</b> |       |
|--|---------------|-------|
| 1. Exercise is important at every age.                     | True          | False |
| 2. You should try to do some exercise once a week.         | True          | False |
| 3. You need some equipment to do these exercises.          | True          | False |
| 4. Do each exercise for thirty minutes.                    | True          | False |
| 5. Have a rest after each exercise.                        | True          | False |
| 6. A home workout gives you energy and improves your mood. | True          | False |

## Task 2

Match the instructions (a–e) with the names of the exercises (1–5).

Exercise	Instruction
1. .... Jumping jacks	a. Lift your knees up, pump your arms and keep your back straight.
2. .... Punches	b. Jump, move your feet apart and put your hands above your head.
3. .... Lunge	c. Sit down and stand up, imagining a chair behind you.
4. .... Running on the spot	d. Close your hands and stretch one arm in front of you in a hitting action.
5. .... Squats	e. Stand with your feet together, then step one leg back, bending your knees.

## Task 3

Complete the sentences with words from the box.

head	legs	arms	back
knees	feet	hands	body

- When you run on the spot, lift your ..... up and keep your ..... straight.
- When you do jumping jacks, put your ..... above your .....
- When you do squats, you are strengthening your ..... . They are good for your lower .....
- When you do punches, put your ..... up and punch as quickly as you can.
- When you do a lunge, start with your ..... together.

## Discussion

Do you do any exercise to keep fit at home?

## Answers

### Preparation task

1. b
2. d
3. a
4. c
5. g
6. h
7. e
8. f

### Task 1

1. True
2. False
3. False
4. False
5. True
6. True

### Task 2

1. b
2. d
3. e
4. a
5. c

### Task 3

1. knees, back
2. hands, head
3. legs, body
4. arms
5. feet