



## MODULE 3

# Leisure, Sports, Health and Fitness

In this module, you will:

### WATCH

videos about ways to relax and stay healthy.

### READ

about healthy habits to build a better life.

### MASTER

the two targeted reading strategies:

1. Identifying cohesive devices to understand the connection between ideas
2. Working out the meaning of unknown words

## Pre-reading

- A** Think about how we can make good use of our leisure time.

Complete the table by filling in the letters (A–F) in the correct categories.

- A. complete workout exercises
- B. build a model aeroplane
- C. eat a lot of snack food
- D. read a book
- E. stay up late to play video games
- F. join a hobby club to meet people

Dos	Don'ts

- B** Think and discuss the questions.

1. Do you think students have enough leisure time?
2. How do you stay motivated to reach your goals for healthy living?