

DEPARTAMENTO MUNICIPAL DE EDUCAÇÃO

- EMEF. "Alfredo Cesário de Oliveira"

ATIVIDADE PEDAGÓGICA Domiciliar de **INGLÊS** Professor **MARCELO PAPITO**

3º Bimestre – Semana: **23 a 27/08/2021** – 02 aulas semanais

NOME DO ALUNO: _____ **Série 7º** _____ **Nº** _____

School: _____ Student(s): _____

Read the text below and do exercises 1-3.

Sports and children

Only six out of 10 children aged between five and 14 years participate in sport outside of school, according to the Australian Bureau of Statistics. The Australian Health Survey conducted in April 2012 found that 25 per cent of Australian children and teenagers, aged five to 17 years, are overweight or obese, indicating that we need to foster a more sports-minded culture that encourages children to be physically active.

People who are active dramatically reduce their risk of many diseases, including heart disease and osteoporosis. Regular exercise is also known to reduce the risk of emotional problems such as anxiety and depression. Habits are established early in life and evidence suggests that physically active children are more likely to mature into physically active adults.

From: <www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sport_and_children?open>. Accessed in: May 2015.

1 Responda às perguntas abaixo de acordo com o texto.

a. Em média, quantas crianças entre 5 e 14 anos praticam esportes fora da escola?

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b. Segundo a pesquisa de 2012 mencionada no texto, qual o percentual de jovens australianos acima do peso?

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c. A partir dos resultados da pesquisa, o que deve ser feito para que os jovens se tornem fisicamente ativos?

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2 Based on the text, who is more likely to mature into physically active adults?

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3 What are the advantages of regular exercise?

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