#### Colegio Eduardo De Geyter - Rancagua

Respeto – Responsabilidad – Inclusión

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#### Ticket de salida - Guía 11 - impreso

Curso: 7mo

#### Nombre estudiante:

#### OA16:

Demostrar conocimiento y uso del lenguaje en sus textos escritos por medio de las siguientes funciones: Expresar cantidades, contar y enumerar; por ejemplo: there is/are many/ much/a hundred/eighty/some people/water; too. Identificar y describir objetos, deportes y pasatiempos...

## Indicador de evaluación:

- 1) Infieren el sentido global de un texto escrito.
- 2) Aprecian la importancia de la actividad física en la salud.

## Preguntas de Selección Única

# **A HEALTHY BALANCE**

Here you will find some physical activities that you can enjoy in order to start living healthier!

Walk: Probably the easiest one to do, because you walk multiple times every day. You can create a new healthy habit if you walk to school every day.

Go Running: If you live too close to your school or walking isn't enough for you, you can always try running! You can do it after you finish your homework, and it is a better exercise than walking.

Play Sports: Playing a sport can be much more fun to do because most sports require other players, which means that you will be able to play with your friends or with your family.

Dance: Do you like music? Then dancing might be your favorite activity. You might think that dancing is not a good exercise, but if you dance for more than 15 minutes, you will do a lot of exercise.

## 1.- How much time do you have to dance to do a lot of exercise?

- a) Just 5 minutes.
- b) More than 15 minutes.
- c) 1 minute.

# 2.- Why is "walk" the easiest way to exercise?

- a) Because you need your friends to walk.
- b) Because "walk" is not good for your health.
- c) Because it's the easiest way, because you walk multiple times every day.