

TEMAT: *Get fit .. and get muddy!* Rzecz o sprawności fizycznej i pracy zespołowej

Ćwiczenie nr 1. Przetłumacz słówka z ramki.

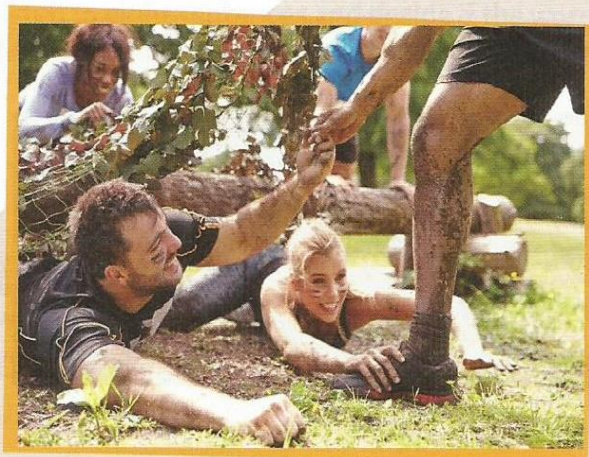
obstacle course ■ participant ■ get muddy

Ćwiczenie nr 2. Przeczytaj tekst, podkreśl: should, shouldn't, can, can't, could, couldn't.

GET FIT ... AND GET MUDDY!

Do you enjoy keeping fit? **Can** you work well in a team? If so, you **should** try a *Tough Mudder* 5k obstacle course! It's a great way to exercise and have fun with your friends and family. Participants run 5k and climb under, over or through 13 different obstacles.

Tilly (13) took part in the event last weekend and had a fantastic time. 'Everyone **should** try it – it's great fun!' she said. 'I **couldn't** do it last year



because I was too young – I **could** only do the *Mini Mudder* for 5–12-year-olds. Now I **can** do the 5k because 13-year-olds are allowed to take part. I'll definitely do it again next year!

So, how **should** you prepare for *Tough Mudder*? Don't worry if you **can't** run 5k right now – you **can** train and practise your technique before the next event! You don't need any special equipment – just some trainers and sports clothes. As with all exercise, you **should** warm up before you start and stretch well to prevent injury. What are Tilly's top tips? 'You **should** find a great team of friends! Oh, and you **shouldn't** wear brand new trainers because they will get very dirty!'

If you're interested in taking part, you **can** find out more online. Good luck and enjoy the challenge!



Ćwiczenie nr 3. Przetłumacz słówka z ramki. Dopasuj słowa do definicji.

argue ■ chase ■ muddy ■ sledge

- 1 a vehicle that travels on ice or snow _____
- 2 covered in soft, wet earth _____
- 3 to have an argument with someone _____
- 4 to run after and try to catch someone/something

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Na podstawie: Beare Nick. Brainy klasa 7. Macmilian Education 2020.