



Healthy Lifestyles - Physical Activities and Families

Vocabulary List

Literacy – 12 common activities suggested:

Walk	Run
Ride a bicycle	Play soccer
Play tennis	Play basketball
Dance	Swim
Kick	Throw
Clean	Exercise

Level 1 – the above list of 12 activities plus an additional 12:

Play badminton	Play baseball
Play table tennis	Play volleyball
Lift weights	Do yoga
Jog	Hike
Roller blade	Skate
Mow the lawn	Shovel snow

The verbs above are presented in the simple present form because the focus of the following activities is on the simple present and adverbs of frequency. Instructors may choose to present the verbs in the present continuous form or gerund form depending on the structure they wish to focus on.