

5 Physical Education

In the past, people didn't have to try to stay **in shape** because their lives were naturally difficult. Thousands of years ago humans walked or ran everywhere as they hunted or **gathered** food to **survive**. The modern world, however, is very convenient. With transportation by car, bus, train and plane, we don't need to walk. We can buy almost any foods or goods in supermarkets and department stores. Since many of us hardly need to move our bodies at all, we have developed ways to keep active and stay healthy. Schools introduce activities that teach children how to exercise and take care of their bodies. School PE programs may introduce healthy **competition** as well as non-competitive activities. Even kids who don't like sports have fun in PE and learn to stay **fit**.

Check the vocabulary and think about each picture. Key words are in red.



depression
diabetes
disease
device
overuse
obesity



skiing
ski poles
non-competitive
physical
track & field
endurance



stretch
flexibility
circulation
concentration
bow & arrow
archery

