

# SPORTS Diary

MONDAY	GO WITH MY FRIENDS	3 HOURS
TUESDAY	PLAY FOOTBALL	1H 30 MINUTES
WEDNESDAY	GO WITH MY FRIENDS	3 HOURS
THURSDAY	PLAY FOOTBALL	1H 30 MINUTES
FRIDAY	GO WITH MY FRIENDS	3 H 15 MINUTES
SATURDAY	PLAY THE FOOTBALL MATCH	<i>HOUR 1H AND 45 MINUTES or 2 HOURS</i>



## DO I GET ENOUGH EXERCISE?

Every week I do sports and exercise. On Mondays: in the break time I play with my friends and I play football, basketball, the police and the thief. After school I have football 2 times per week on Tuesdays and Thursdays and on Tuesdays I have PE two lessons a week. And on Mondays, Wednesdays and Fridays I go with my friends. On the weekend I have football matches, sometimes the football matches are on Saturdays. And sometimes I go to play basketball with my brother, or with my uncle.

By Douniah

