

# EXERCISE DIARY

|          |                      |                       |
|----------|----------------------|-----------------------|
| Tuesday  | <i>P.E</i>           | 1 hour and 30 minutes |
| Thursday | <i>Climbing</i>      | 1 hour and 30 minutes |
| Friday   | <i>Basque dances</i> | 1 hour                |

## DO I GET ENOUGH EXERCISE?

Every week I get some exercise. At school, we have P.E for 1 hour and 30 minutes on Tuesday on the sport centre. After lunch, on Thursday I go climbing at “*Bihatx*” for 1 hour and 30 minutes. On Friday I go 1 hour to Basque dances. When I do exercise I feel brave and I am happy. I like so much exercise and my favorite exercise is climbing.

*By Adriana.*



*There are me and my friends center, doing Basque dances*



*There I am climbing in “Bihatx”*



*This is the sport there I do P.E*

*there I do P.E*