



A. Listen and circle.

1

a b c

2

a b c

3

a b c

4

a b c

B. Listen and check (✓).

5

You should _____.

a take a break

b work on the computer

c hurt your neck and shoulder

6

You should _____.

a move your leg

b hurt your leg

c stretch your leg

C. Listen and circle the correct words.

7

I fell (into / over) when I was playing (basketball / soccer).

8

My (arm / leg) hurts, but I can bend my (elbow / knee).

D. Listen and write.

9

_____ your neck _____ side _____ side.

10

You _____ a _____ and _____ your leg.