

## أوراق عمل درس Fitness Lasting فهم قرائي المسار المتقدم



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المزيد من مادة  
لغة انجليزية:

إعداد: ABDELSALAM AWAD

### التواصل الاجتماعي بحسب الصف الحادي عشر



صفحة المناهج  
الإماراتية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

### المزيد من الملفات بحسب الصف الحادي عشر والمادة لغة انجليزية في الفصل الثالث

تجميعية امتحانات وزارية نهائية سابقة المسار المتقدم

1

مراجعة Review Tenses Present الحاضر

2

مراجعة Review Tenses Past الماضي

3

أوراق عمل Practice Maze متنوعة

4

مراجعة Review Tenses Future المستقبل

5

## Lasting Fitness

When Coach Rina launched the new community fitness program, she knew enthusiasm alone wouldn't strengthen anyone's **muscles**. Her first step was to examine how people actually live. The group was as **diverse** as the city shift-working nurses, home-office freelancers, and retirees who had **converted** spare garages into mini-gyms during lockdown. Instead of prescribing a one-size-fits-all routine, Rina built weekly sessions that moved seamlessly from strength circuits to yoga flow, allowing participants to choose the workload that felt **relevant** to their everyday challenges.

Midway through the four-week pilot, several athletes reported waking up achy. Rina reminded them that delayed-onset soreness is common when fibers are stressed in new ways. Still, she watched for warning **symptoms**—persistent swelling, sharp joint pain, or the low-grade **fever** that sometimes accompanies systemic inflammation. If any of those appeared, she insisted on rest and referred members to a physiotherapist rather than letting motivation override safety.

Rina also introduced “movement journaling.” Each evening, participants logged into hydration, hours slept, perceived energy, and a brief note describing mood. Although writing took only minutes, the data proved invaluable. Patterns emerged: energy dipped when sleep fell below six hours; confidence rose after outdoor hill sprints; and a **considerable** spike in mood followed the first Saturday fun-run, even for people who walked more than they ran. By comparing notes, the group discovered that recovery is social as well as physical—encouragement on a group chat could nudge someone out the door for an active recovery stroll.

In the final session, Rina asked everyone to set a personal intention for the next season. Some aimed to lift 15 % heavier; others wanted to jog a charity 10 K without stopping; one retiree simply hoped to carry groceries without back pain. Whatever the goal, Rina stressed, success would hinge

on consistency more than intensity. “Improvement,” she said, “is rarely dramatic. It's the invisible layer of choices you stack each day.”

The participants nodded, aware that the program might end, but the practice—listening to one's body, supporting one another, and adapting workouts to life's rhythms—could last far longer.

### Choose the best option:

#### **1-The mention of low-grade fever primarily serves to highlight....**

- A. the risk of viral infection during group workouts
- B. a signal that may indicate overtraining and need for professional advice
- C. a normal, harmless response to any exercise session

#### **2- If a participant begins to experience sharp joint pain, what course of action does the passage imply they should take?**

- A. Push through the pain to maintain consistency
- B. Consult a physiotherapist as recommended by Rina
- C. Switch immediately to heavier strength training

#### **3-Why are participants asked to keep “movement journals”?**

- A. To compare their statistics publicly
- B. To identify links between lifestyle factors and workout outcomes
- C. To track who attends most sessions

#### **4-From the passage, what is the most likely reason mood improved after the Saturday fun-run?**

- A. Running outdoors always releases endorphins
- B. The run replaced a strength workout that many disliked
- C. Participants valued the communal experience regardless of pace

#### **5-What does Coach Rina's approach to training suggest about her overall philosophy?**

- A. Prioritizing gradual adaptation over maximal effort
- B. Believing soreness is unnecessary for progress
- C. Valuing competition above personal well-being

#### **6-When Coach Rina discusses “the invisible layer of choices,” she is emphasizing.....**

- A. that small daily habits accumulate to produce lasting fitness gains
- B. that dramatic single events define athletic success
- C. that measurable metrics are more important than subjective feelings