



## RECAP: How do you keep fit during the lockdown?

### Your replies

Thanks for all your responses. I am so glad you manage to stay active during the lockdown. You're dancing, walking your dogs, doing meditation. At least three of you are running and having cold showers every morning. And, of course, we also need to enjoy ourselves and relax - I liked that you're spending time with your children and grandchildren, cooking delicious food, and drinking good wine.

### Great language

- *I play the songs **depending on my mood**.* > dobrá struktura pro "podle nálady"
- *I **walk my dog*** > takhle říkáme anglicky "venčím psa"
- ***do yoga*** > dobrá kolokace, některé aktivity tvoříme s "do", *do sport, do meditation*
- *I have three techniques. **The first one is...*** > když nechceme opakovat znovu slovo, můžeme nahradit s "one"
- *After the **exercises** I go...* > dobrý pravopis pro náročné slovo
- *I run **at least 4 kilometres*** > dobrý protějšek pro "nejméně"
- ***I try to be** creative...* > ano, po slovese "try", potřebujeme to-infinitive, *I try to work, I try to help*
- ***ask parents for help*** > "ask" neznamená jen "zeptát se", ale taky "poprosit"

### Things to improve

- I don't **make** too many activites > I don't **do** too many activites
- I spent some time **at** the garden > I spent some time **in** the garden
- I'm **pozitiv** thinking. > I'm thinking **positively**.
- **seconde** one is doing excercise > **the second one** is doing exercise



## 201031, Klientská sekce, Saturday recap

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- I go to work **by fuss**. > I go to work **on foot**.
- it is very good activity for **cleaning my mind** > for **clearing my head**
- I **look forward at** my activities like is dancing, fitness > I **look forward to** my activities
- SPELLING (pravopis): **usually**, forest, **running**, **muscles**, bottle, **second**, **kitchen**, **trainers**

P.S. Chcete rozebrat váši odpověď do hloubky a procvičit některé z těchto stuktur? Zeptejte se mě na hodině příští týden.