# **Day in the Life: Neymar**

Since he was eleven years old, Neymar trains with professional football clubs. Outside of football, sleep and meals, what does he do on his day-to-day routine? Was he simply born great, or is there something he does on a daily basis that keeps him at the top of his game?

At twenty-four years-old, Neymar is already considered one of the best soccer players ever. He’s won multiple titles with Barcelona, a FIFA Confederations Cup, National Championship and two medals at the Olympics with Brazil. ESPN cited Neymar as the fourth-most famous athlete worldwide in 2016.

**Neymar’s Daily Routine**

* 6h30AM – Wake Up
* 9hAM – Practice with team on the football pitch
* 12hPM – Lunch with the team at the [FC Barcelona’s Ciutat Esportiva Club](https://www.fcbarcelona.com/club/facilities/card/ciutat-esportiva-joan-gamper%22%20%5Ct%20%22_blank)
* 2hPM – Afternoon gym workouts with personal trainer
* 3h30PM – Rehab with physical therapist
* 6hPM – Dinner with his father, sister and friends at home. Favorite is Japanese food.
* 8hPM – Play video games with his friends at home. Usually FIFA, Call of Duty or video poker.

***Brazil’s favorite footballer just won the gold in Rio…***

* 10hPM – Sleep

## Lives with Dad

Neymar’s father is a former football player himself, and by enforcing discipline in the early years is credited with Neymar Jr.’s strong work ethic. Today, he acts as Neymar’s advisor and manages his finances, contracts and day-to-day engagements. Neymar’s mother and 5-year old son live in São Paulo, Brazil, while his younger sister spends equal time in both locations.

## Sweet Tooth

Neymar tries to eat healthy but has a soft spot for all things naughty. He enjoys hamburgers, chocolate and cake. His personal cook follows his orders, but balances with Brazilian staples like chicken, rice and beans. Lasagna and risotto are also favorites, the most popular dinner item is Japanese food and most popular breakfast items are eggs and cereal.

## For the Love of the Game

Neymar enjoys many hobbies and perhaps his favorite is still football. He expresses an incredible love for the game, and knows this is what keeps him happy:

*Since I was little, I have always been very cheerful and playful with everyone. I like to enjoy myself!… It’s fun that has to be managed. You must be serious with it. But I’m always happy when I play. When you’re happy, things naturally work out; when you’re sad, things never work out.* <https://owaves.com/day-plans/neymar/>

**Responda às perguntas sobre o texto:**

1. Neymar treina desde que idade?
2. 9
3. 10
4. 11
5. 12
6. A idade de Neymar que traz o texto é:
7. 21
8. 22
9. 23
10. 24
11. O texto diz que Neymar é um dos **melhores do mundo**. A frase que diz isso está na letra:
12. …something he does on a daily basis that keeps him at the top of his game.
13. He’s won multiple titles with Barcelona.
14. ESPN cited Neymar as the fourth-most famous athlete worldwide in 2016.
15. Neymar’s father is a former football player himself.
16. Neymar ganhou quantas medalhas olímpicas?
17. 1
18. 2
19. 3
20. 4
21. Indique o horário que Neymar faz reabilitação com seu fisioterapeuta:
22. Ao acordar.
23. De manhã.
24. A tarde.
25. A noite.
26. O que Neymar faz às 18h?
27. Joga vídeo game.
28. Sai com seus amigos.
29. Estuda Japonês.
30. Janta com familiares.
31. Quais os tipos de jogos de vídeo game preferidos de Neymar?
32. Atari.
33. De luta.
34. Jogos de futebol.
35. Jogos medievais.
36. De que horas ele dorme?
37. Às 9h da noite.
38. Às 10h da noite.
39. A meia-noite.
40. De madrugada.
41. Neymar mora fora do Brasil com:
42. Sua mãe.
43. Seu filho.
44. Seu pai.
45. Seu irmão.
46. O segredo do sucesso de Neymar que tem na frase abaixo é por que ele:

***When you’re happy, things naturally work out; when you’re sad, things never work out.***

1. Sempre treina muito por isso é muito bom no que faz, seu treinador fala.
2. Sempre teve o apoio da família para jogar e hoje mais ainda por causa do pai.
3. Sempre se esforçou desde criança e aproveitou as oportunidades da vida.
4. Sempre está feliz com a vida e com ele mesmo, se fica triste nada funciona.

**Responda às perguntas:**

1. Does Neymar like soccer?
2. Yes, he does.
3. No, he doesn’t.
4. Yes, he is.
5. No, he isn’t.
6. Is he playing World Cup in Russia?
7. Yes, he does.
8. No, he doesn’t.
9. Yes, he is.
10. No, he isn’t.
11. Does he live in Brazil?
12. Yes, he does.
13. No, he doesn’t.
14. Yes, he is.
15. No, he isn’t.
16. Does he enjoy hamburgers, chocolate and cake?
17. Yes, he does.
18. No, he doesn’t.
19. Yes, he is.
20. No, he isn’t.

**Responda sobre você?**

1. Do you play soccer?
2. Yes, I am.
3. No, I am not.
4. Yes, I do.
5. No, I don’t.
6. Do you like Neymar?
7. Yes, I am.
8. No, I am not.
9. Yes, I do.
10. No, I don’t.
11. Do you watch Brazil games with your parents?
12. Yes, I am.
13. No, I am not.
14. Yes, I do.
15. No, I don’t.
16. Do you think Brazil wins this Cup?
17. Yes, I am.
18. No, I am not.
19. Yes, I do.
20. No, I don’t.
21. Anote abaixo alguma outra informação importante sobre o texto que você leu (que não tinha nas questões anteriores):

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1. Relacione as colunas:
2. Wake up
3. Dress up
4. Brush your teeth
5. Have breakfast
6. Have lunch
7. Have dinner
8. Go to school
9. Play soccer
10. Go to Church
11. Listen to songs

( ) Tomar café da manhã

( ) Almoçar

( ) Jantar

( ) Vestir-se

( ) Ouvir músicas

( ) Ir à igreja

( ) Ir à escola

( ) Acordar

( ) Escovar os dentes

( ) Jogar futebol

1. Leia o texto e responda:

Capoeira is a martial art that combines elements of fight, acrobatics, music, dance and rituals in a very elegant and magnetic way. (…) Although there are few official history records, it is known that Capoeira was created nearly 500 years ago in Brazil by African slaves (mainly from Angola). Taken from their homes against their will and kept in slavery, they started inventing fighting techniques for self-defense. To cover their inside combats from their prisoners, the African slaves used their traditional music, singing and dancing. Thus, the Capoeira continued its development and soon became not only for self-defense but for rebellion.

<http://www.capoeira-world.com/about-capoeira/what-is-capoeira/>

1. O que é a Capoeira?

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1. Por quem foi criada a Capoeira?

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1. Para que eles lutavam Capoeira?

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1. A Capoeira acabou sendo utilizada para quê?

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1. Escreva:
2. 5 palavras que você aprendeu sobre a área de música (profissões, ritmos, etc).
3. 5 palavras que você aprendeu sobre esportes e dança.
4. Sua rotina diária.

**Obs**: utilize o verso da prova.