

EVERYDAY LIFE

EXERCISE

Age: Adult / Young adult

Level: Elementary +

Time: 60 minutes

Activity: In this lesson, students will:

1. review vocabulary related to exercise and fitness;
2. practise reading for gist and detail;
3. ask and answer questions about a sport or exercise they do.

Language focus: Vocabulary related to exercise and why people exercise; verbs related to exercise

Global focus: Wellbeing

Materials: One copy of the worksheet per student; one reading text

Exercise 1

a. Students complete the statements about exercise.

Key:

1. keep
2. meet
3. challenge
4. lose
5. build

b. Students discuss whether they agree or disagree with the statements.

Exercise 2

a. Students read the article and then discuss which story they think is most interesting.

Key: Students' own opinions

b. Students read the article a second time and make notes in the table.

Key:

	Type of exercise	When did they start doing it?	Why did they start?	What do they like about it?
Yolanda	Golf	Last year/last summer	She just decided to give it a go (try it)	Meeting new people, spending more time with her partner
Maria	Tae Kwon Do	Five years ago	She wanted to build confidence	It helps in everyday life; it's a good challenge
Obafemi	Tap dancing	January	He wanted to lose weight	The classes help him keep fit

c. Students work in pairs and discuss the questions as a follow-up to the reading activity.

Exercise 3

a. Students match the correct questions to comments that come from Maria's text. This activity reviews question forms and builds into a question and answer dialogue, which learners can then perform.

Key:

1. Which type of exercise do you do?
2. How often do you do it?
3. What's it like?
4. When did you start?
5. Why did you start?
6. What do you like about it?



EXERCISE

Alternative approach

You may want to add more of a challenge here. Instruct students to cover the box with questions in. Then, students read Maria's answers and decide on a suitable question to match the answer. When they have finished they can reveal the box and check their answers.

b. Students practise the questions and answers from Exercise 3a to prime them for the follow-up task. Before they practise you may like to drill the questions.

Exercise 4

a. Students make notes about a type of exercise they do, or would like to do. Encourage learners to use the questions in Exercise 3a as a foundation for organising their notes.

b. Students ask and answer questions with classmates. Encourage students to make notes. Monitor and offer feedback on target language or phrases from the lesson.

Reflection

Possible reflection questions include:

- Do you think there are other reasons why people might take up exercise? If so, what?
- Look back at Exercise 1a. How can learning phrases like this help with your fluency?

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WORKSHEET

EXERCISE 1

a. Complete the phrases with the suitable verb from the box.

build challenge keep lose meet

1. You only need to exercise once a week to _____ fit.
2. Exercise helps you _____ new people.
3. It's important to _____ yourself when you exercise.
4. The reason why I exercise is to _____ weight.
5. Exercise is important for young people because it helps _____ confidence.

b. Work in pairs. Discuss each statement. Do you agree or disagree? Why?

EXERCISE 2

a. Read the article where three people describe the exercise they do. Whose story sounds the most interesting? Why?

b. Read the article again. Make notes in the table.

	Type of exercise	When did they start doing it?	Why did they start?	What do they like about it?
Yolanda				
Maria				
Obafemi				

c. Discuss the questions in pairs.

1. Have you ever tried any of the exercises mentioned in the article?
2. Which of the reasons the speakers gave for starting their activity was the most interesting?
3. Think of an activity that you do. What do you like about it?
4. When did you last try a new activity?

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WORKSHEET

EXERCISE 3

a. Match the questions in the box to Maria's comments.

Which type of exercise do you do?

What do you like about it?

What's it like?

When did you start?

Why did you start?

How often do you do it?

A: ¹ _____

B: I do tae kwon do.

A: ² _____

B: About three times a week.

A: ³ _____

B: It's quite an active sport and you need to be quite fit to do it.

A: ⁴ _____

B: I started classes at my local gym about five years ago.

A: ⁵ _____

B: I was living abroad in Korea – the home of tae kwon do. I've never been a very confident person, and I wanted to find a way to build confidence.

A: ⁶ _____

B: I feel it still helps me in everyday life. It's quite difficult but it's good to have a challenge!

b. Work in pairs. Practise the conversation in Exercise a.

EXERCISE 4

a. Think of a form of exercise you do. If you don't exercise, think about a type of exercise or an activity you want to do. Make notes, answering the questions in Exercise 3a.

b. Ask and answer the questions with classmates.

- Who does the most interesting type of exercise?
- Whose experience of exercise is most similar to your own?

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EXERCISE

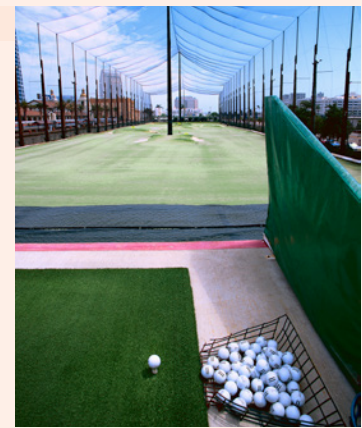
WORKSHEET



WHAT'S YOUR SPORT?

Yolanda

I started playing golf last year. My partner loves golf, but I always thought it would be a bit boring, and a bit expensive, too. But last summer, I decided to try it for the first time. I went to the driving range one evening and just tried to hit a few balls. I thought everyone would laugh at how bad I was, but actually they were really helpful. They showed me how to swing and hit the ball well. I was better than I expected – I mean, I'm no Rory McIlroy, but I'm OK. I play about twice a week now – it's fun to meet new people on the course, and I get to spend more time with my partner. I haven't won a round against him yet, though!



Maria

I do taekwondo about three times a week at my local gym. It's quite an active sport and you need to be quite fit to do it. I started classes at my local gym about five years ago. I was living abroad in Korea – the home of taekwondo. I've never been a very confident person, and I wanted to find a way to build confidence. Taekwondo helped me do that, and I feel it still helps me in everyday life. It's quite difficult but it's good to have a challenge!

Obafemi

When I was at school I was really sporty. I loved rugby, football and tennis, but I just fell out of love with sport as I got older. I turned 30 last year and, well, I just wasn't happy with the way I looked. I had put on a lot of weight. One day, I saw an advert for dance classes at the local dance studio, and I decided it was time for me to get fit. I signed up for tap dancing classes. I love the classes, because they help me keep fit – I've lost ten kilos since I started the classes in January.

