



Fitness

Lesson 2





Recap



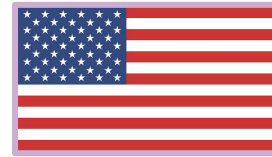
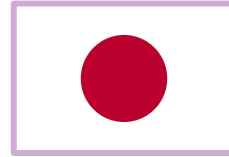
The Blue Zones

What are the 'Blue Zones'?

Use the flags to figure out which 5 countries are in the 'Blue Zones'?

What do the people who live in the 'Blue Zones' do in order to live a long, healthy life?

Answer the questions taken from lesson 1.



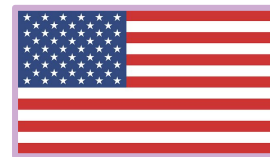
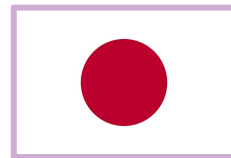
Check your answers!

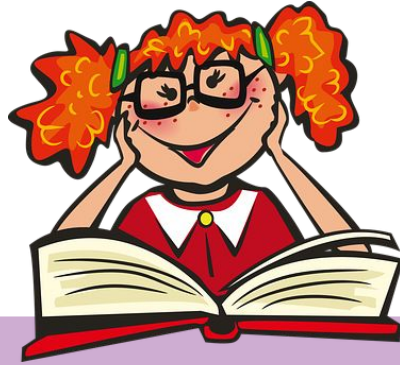
The Blue Zones are five areas across the globe that have the most people who live past 100 years old.

Greece, Costa Rica, Japan, Italy and USA.

Have a good social life, physical activity, plant-based diet, eat beans, tofu, fish and nuts.

Did you get them all right?





Exercise vocabulary

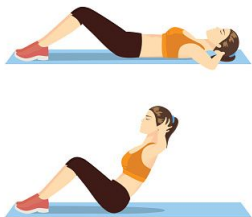


Exercise vocabulary

Match the words from the box to the correct pictures.



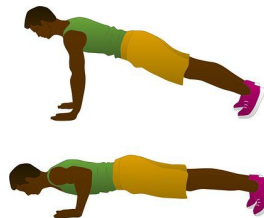
1



2



3



4



press up

squat

skipping

sit up

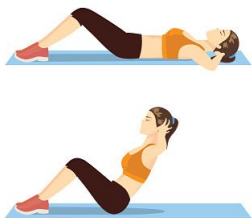


Check you answers

How many did you get right?



1



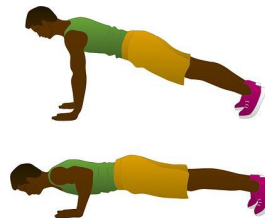
sit up

2



squat

3



press up

4



skipping



Exercise vocabulary

Match the word from the box to the correct definition.



intense

unfit

injury

sweat

stretch

1. To be physically unhealthy.
2. To do something with a lot of energy, enthusiasm and high concentration.
3. The liquid that comes from your skin during / after exercise.
4. To hurt or damage your body.
5. To extend your muscles so they are ready for exercise.



Check your answers

How many did you get right?



intense

unfit

injury

sweat

stretch

1. To be physically unhealthy. **Unfit.**
2. To do something with a lot of energy, enthusiasm and high concentration. **Intense.**
3. The liquid that comes from your skin during / after exercise. **Sweat.**
4. To hurt or damage your body. **Injury.**
5. To extend your muscles so they are ready for exercise. **Stretch.**

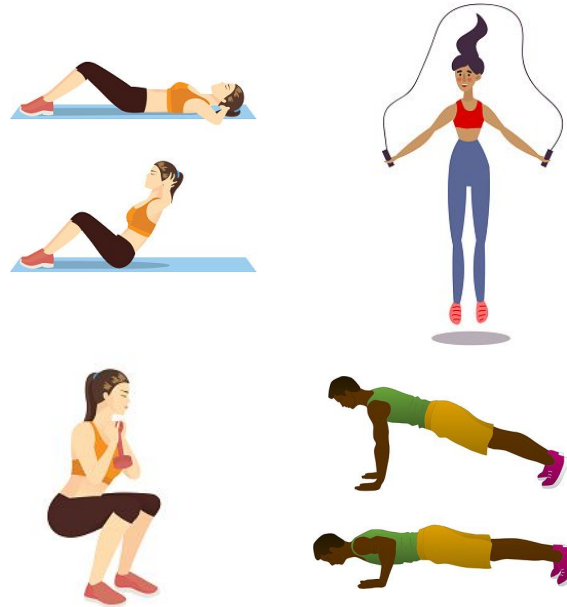


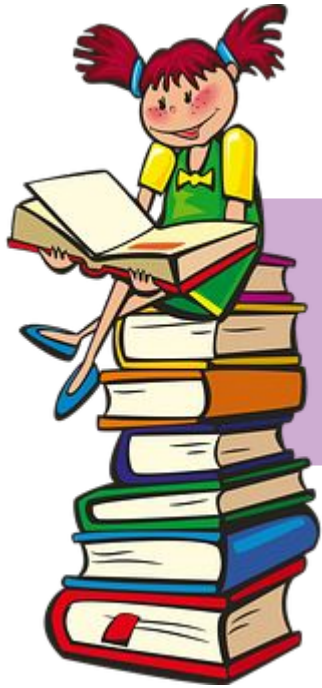
Exercise questions

Answer and discuss the following questions as a class.



1. Do you like intense exercise?
2. Do you think press ups are difficult?
3. Have you ever injured yourself while exercising?
4. Do you like to do skipping?
5. Do you stretch before exercise?
6. Do you know anyone that is unfit?





Go, Play, Do!



Go, Play, Do Explanation

Read the grammar explanation of when to use 'go play or do'.



Go

Go is often used with activities that end in -ing. You go somewhere to do something.

Play

Play is used with ball sports and competitive games where you play against others.

Do

Do is used for recreational activities and a non team sport. You don't use a ball.



Go, Play or Do?

Match the sport / exercise from the box to the correct pictures!
Then, add 'go, play or do'.



tennis

jogging

football

gymnastics

badminton

1



2



3



4



5



Check your answers

How many did you get right?



1



Go jogging

2



Play tennis

3



Play football

4



Play
badminton

5



Do gymnastics



Go, Play or Do?

Match the sport / exercise from the box to the correct pictures!
Then, add 'go, play or do'.



karate

yoga

snowboarding

skiing

cycling

6



7



8



9



10



Check your answers

How many did you get right?



6



7



8



9



10



Do yoga

Do karate

Go
snowboarding

Go cycling

Go skiing



Go, Play or Do?

Complete the sentences with 'go, play or do.' You may need to conjugate the verbs.



1. He lives near a river so he always _____ fishing.
2. I'm going to South Africa next week. I'm excited to _____ surfing.
3. John _____ basketball every day.
4. Jack _____ press up every morning because he wants to get fit.
5. In the summertime, Craig _____ tennis with his friends.
6. Amy _____ cycling every Tuesday after work.



Check your answers

How many did you get right?



1. He lives near a river so he always **goes** fishing.
2. I'm going to South Africa next week. I'm excited to **go** surfing.
3. John **plays** basketball every day.
4. Jack **does** press ups every morning because he wants to get fit.
5. In the summertime, Craig **plays** tennis with his friends.
6. Amy **goes** cycling every Tuesday after work.



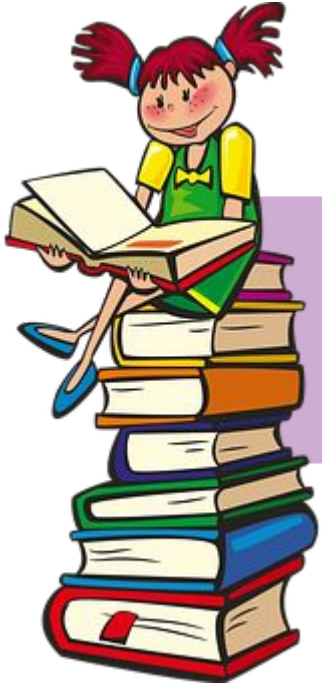
Go, Play or Do?

Read and discuss the questions as a class



1. Do you go swimming at the weekend?
2. Do you have a bike? Do you go cycling?
3. Do you play football in your free time?
4. Do you do sit ups at home?
5. Do you ever go jogging?
6. Do you know anyone that does karate?





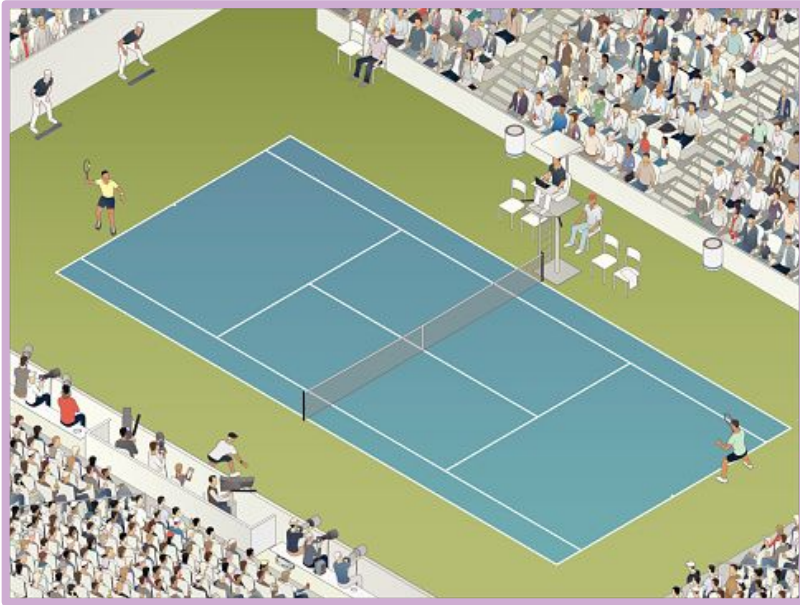
Speaking practice



Describe the picture



Read and
answer the
questions!



- Describe what is happening in the picture.
- Where do you think it is?
- Do you play tennis?
- Do you think tennis is an intense sport?
- Is tennis popular in your country?



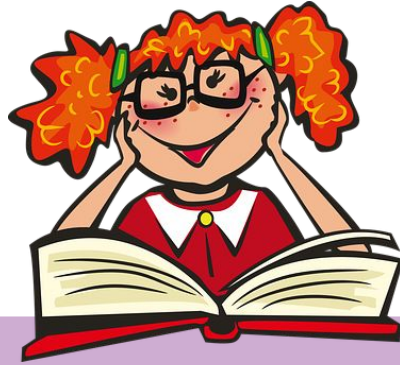
Describe the picture

Read and
answer the
questions!



- Describe what is happening in the picture.
- Who do you think is winning?
- Do you think the players are unfit?
- Do you think any of the players are injured?
- Is football popular in your country?

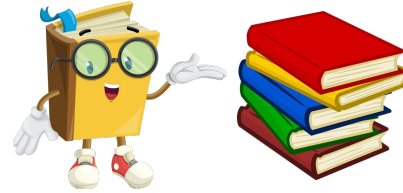




Future Tense 'Will' (Negative)



Recap: 'Will'



There are two main situations where we use 'will' to talk about the future.

Immediate decisions

Talk about future actions decided at the moment of speaking.

Example: I'll turn the television off.

Predictions without evidence

Express a prediction based on personal experience or opinions.

Example: He thinks Manchester City will win the football game.

Let's study the table



Negative sentences with 'Will'

I	+ won't	+ infinitive verb <u>For example:</u> eat, run, walk, sleep, drink, study, drive, write, read, watch.
You		
He		
She		
It		
We		
They		

Task:

Create your own sentences using the structure from the table.



Future Tense: Will (negative)

Complete the sentences below by using the grammar point correctly.



1. He _____ (go) home until it stops raining.
2. I _____ (pass) the exam.
3. John _____ (turn) the lights off because he's scared.
4. Jack _____ (get) the job because he is always late.
5. She _____ (study) because she doesn't like Maths.
6. We _____ (walk) there because it's too far.



Check your answers

How many did you get right?



1. He **won't go** home until it stops raining.
2. I **won't pass** the exam.
3. John **won't turn** the lights off because he's scared.
4. Jack **won't get** the job because he is always late.
5. She **won't study** because she doesn't like maths.
6. We **won't walk** there because it's too far.



Fix the mistakes

Each sentence below contains a mistake. Can you find them and correct them?



1. She willn't go to school tomorrow.
2. Jack won't buys the newspaper.
3. Johnny won't playing golf in the rain.
4. Sarah won't eaten her breakfast.
5. Darren willn't do yoga tomorrow.
6. Liverpool won't won the league.



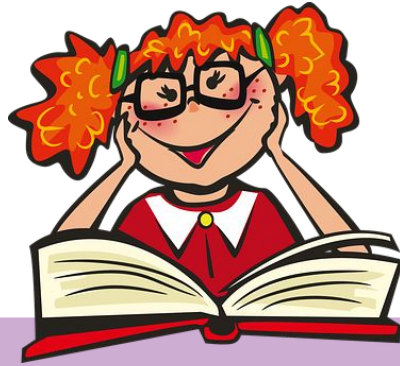
Check your answers

How many did you get right?



1. She **won't** go to school tomorrow.
2. Jack won't **buy** the newspaper.
3. Johnny won't **play** golf in the rain.
4. Sarah won't **eat** her breakfast now.
5. Darren **won't** do yoga tomorrow.
6. Liverpool won't **win** the league.





Walking: The 'Wonder Drug'



Walking: The 'Wonder Drug'

Read the text then answer the questions.



If you want to get healthy or stay healthy, there is one easy activity to add to your day – walking.

Some people think that taking a walk will not make a big difference to your health. And, many people think that you need to do something intense like running to stay healthy. However, a new study found that it is not true. The study shows that walking can be as good for your health as running.



1. Do you like walking?
2. How often do you walk?
3. Do you agree that walking is good exercise?



Walking: The ‘Wonder Drug’

Read the text. Then, answer
the true or false questions
on the following page.



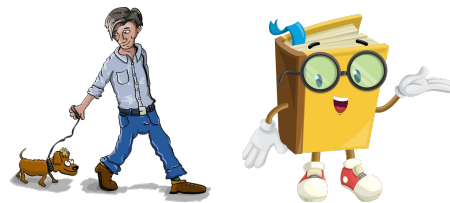
Researchers at a university in California did the study for six years. They studied 33,000 runners in the National Runners' Health Study and 15,000 walkers in the National Walkers' Health Study.

The researchers found that the same energy used for fast walking and intense running “resulted in similar reductions in the risk of high blood pressure, high cholesterol, diabetes, and possibly heart disease over the study’s six years.”

The study also found that the more people walked or ran each week, the more their health benefits increased.



True or False?



Researchers studied 40,000 runners and 1,000 walkers.



or



Researchers at a university in California did the study for five years.



or



The study found that the more people walked the more their health benefits increased.



or



Check your answers



Researchers studied 40,000 runners and 1,000 walkers.



Researchers at a university in California did the study for five years.



The study found that the more people walked the more their health benefits increased.



Walking: The ‘Wonder Drug’

Read the text. Then, replace the underlined words with the correct synonym from the box.



shop

lift

abilities

tools

sickness

novices

Dr. Russell Pate says walking is one of the easiest and safest exercises a person can do. Walking requires no special skills or equipment. You can do it anywhere because it fits easily into your daily schedule. You can walk to work. You can park further away from a store entrance. You can take the stairs instead of the elevator.

Dr. Russell Pate adds; walking is a great exercise for beginners. If you are unfit or trying to get fit after an illness or injury, walking is perfect because you can do a little at a time.



Check your answers

How many did you get right?



shop

lift

abilities

tools

sickness

novices

Dr. Russell Pate says walking is one of the easiest and safest exercises a person can do. Walking requires no special **abilities** or **tools**. You can do it anywhere because it fits easily into your daily schedule. You can walk to work. You can park further away from a **shop** entrance. You can take the stairs instead of the **lift**.

Dr. Russell Pate adds; walking is a great exercise for **novices**. If you are unfit or trying to get fit after an **sickness** or injury, walking is perfect because you can do a little at a time.



Walking: The 'Wonder Drug'

Complete the text using the words from the box.



improve

weight

older

benefits

dog

think

The study found that walking benefits the body and mind in many ways. For example, walking can help you:

- Keep a healthy _____.
- _____ your mood.
- Prevent memory loss for _____ people.
- Keep your joints healthy.
- Help people to _____ creatively.

Another benefit is that you can change where, when and how you walk. You can walk with your friends, family or your _____. Or you can walk alone. The faster, further and more often you walk, the greater the _____.



Check your answers

How many did you get right?



improve

weight

older

benefits

dog

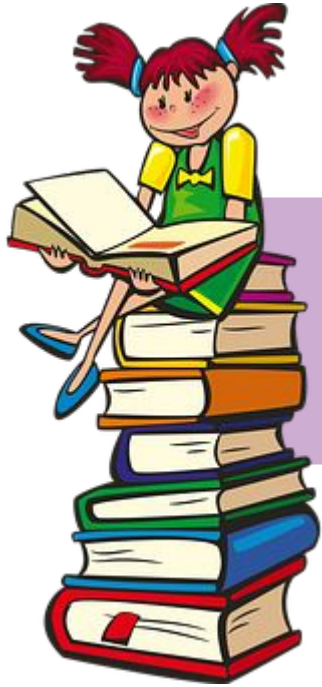
think

The study found that walking benefits the body and mind in many ways. For example, walking can help you:

- Keep a healthy **weight**.
- **Improve** your mood.
- Prevent memory loss for **older** people.
- Keep your joints healthy.
- Help people to **think** creatively.

Another benefit is that you can change where, when and how you walk. You can walk with your friends, family or your **dog**. Or you can walk alone. The faster, further and more often you walk, the greater the **benefits**.





Role play



Role play

Read the situations below. Then give each person advice.

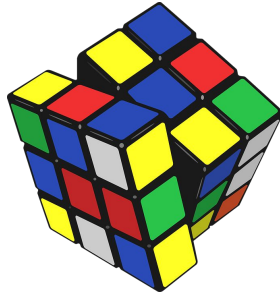


Your friend is unfit. He wants to get fit but he does not like intense exercise. What should he do?

Your friend has injured her hand playing basketball. She can't play basketball for 2 weeks. But, she wants to continue exercising. What should she do?

Your friend is going to do intense exercise for the first time in 1 year. She has just recovered from an injury. How can she avoid getting injured again?





Let's play a game



Let's play noughts and crosses!

To play you need to
say the vocabulary
from today's lesson.
And, 'go, play or do'!



Let's play noughts and crosses!





Goodbye!
See you
next time!

