



Fitness

Lesson 3





Warm up



Go, Play or Do?

Match the words 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



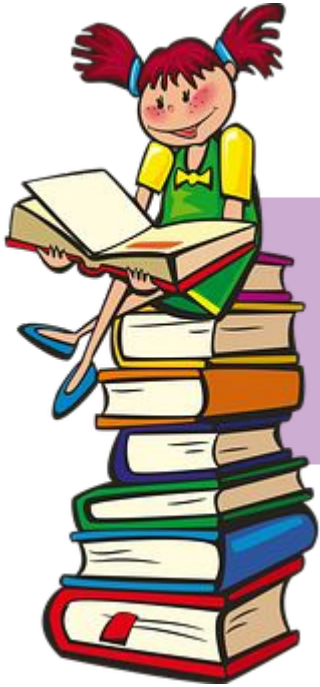
Play
Badminton

5



Do Gymnastics





Recap: Lesson 2



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

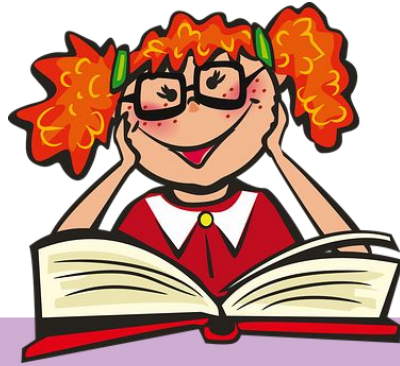
think

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**.





Exercise vocabulary

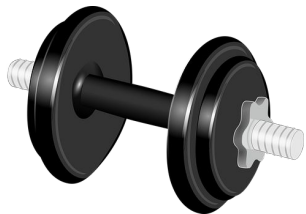


Gym vocabulary

Match the words from the box to the correct pictures!



1



2



3



4



5



personal trainer

dumbbell

treadmill

kettlebell

rowing machine

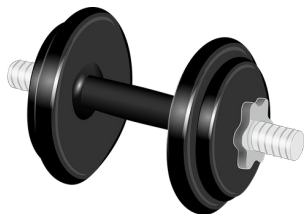


Check your answers!

How many did you get?



1



dumbbell

2



rowing
machine

3



personal
trainer

4



kettlebell

5



treadmill



Gym collocations

Match the words from the box to verbs (1-6) to create common gym collocations.



weights

healthy

weight

muscle

calories

fit

1. Lift _____
2. Build _____
3. Lose _____
4. Eat _____
5. Burn _____
6. Keep _____



Check your answers

How many did you get?



weights

healthy

weight

muscle

calories

fit

1. Lift **weights**.
2. Build **muscle**.
3. Lose **weight**.
4. Eat **healthy**.
5. Burn **calories**.
6. Keep **fit**.



Advice

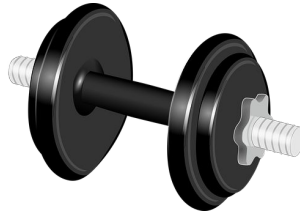
Give the following people advice.
Use the pictures to help you!



My name is John!
I want to burn
calories!



My name is Sarah.
I want to lift
weights!



My name is Tony.
I want to build
muscle!



Advice

Give the following people advice.
Use the pictures to help you!



My name is Beth!
I want to keep fit!



My name is Amy.
I want to eat
healthy!



My name is Paul.
I want to lose
weight.



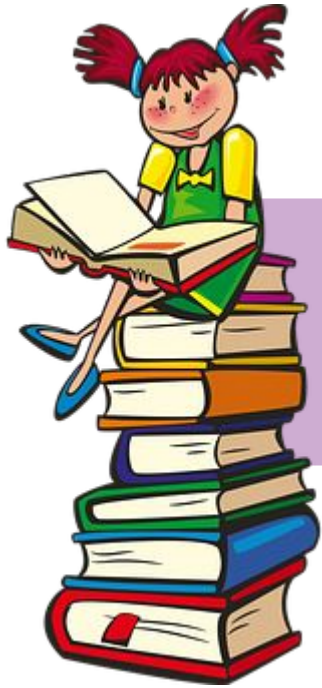
Questions

Answer and discuss the following questions as a class.



1. Do you like to eat healthy?
2. Do you like running on a treadmill?
3. Do you like to keep fit in your free time?
4. Have you ever used a rowing machine?
5. Do you think being a personal trainer is a good job?





Act out the
dialogues with a
partner!



Dialogues





healthy

muscle

play

keep

trainer

weights

David: Hi Oliver! How are you doing? Have you been to the gym?

Oliver: Hello David! I'm good, thanks! Yes, I've been lifting _____.

David: That's great. Do you want to build _____?

Oliver: Yes, of course! Do you go to the gym in your free time?

David: Sometimes, but I prefer to _____ football and do karate.

Oliver: Wow, those sports are a great way to _____ fit.

David: Yes, that's true. I also ensure that I eat _____ foods. Do you?

Oliver: Of course! My personal _____ has given me a diet plan, it's great!



Check your answers!



David: Hi Oliver! How are you doing? Have you been to the gym?

Oliver: Hello David! I'm good, thanks! Yes, I've been lifting **weights**.

David: That's great. Do you want to build **muscle**?

Oliver: Yes, of course! Do you go to the gym in your free time?

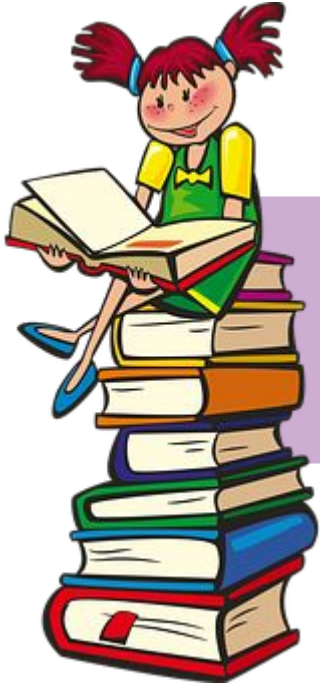
David: Sometimes, but I prefer to **play** football and do karate.

Oliver: Wow, those sports are a great way to **keep** fit.

David: Yes, that's true. I also ensure that I eat **healthy** foods. Do you?

Oliver: Of course! My personal **trainer** has given me a diet plan, it's great!





Speaking exercise



Describe the picture

Read and
answer the
questions!



- Describe what's happening in the picture.
- Do you go to the gym?
- Do your friends and family go the gym?
- What equipment can you see in the picture?



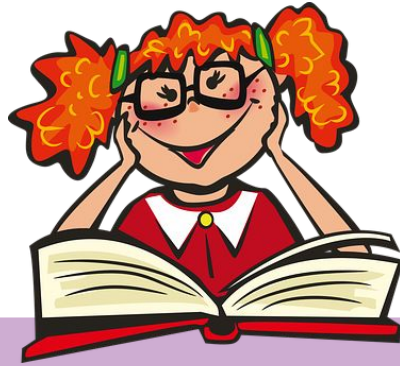
Describe the picture

Read and
answer the
questions!



- Describe what's happening in the picture.
- Do you watch exercise videos?
- Do you like exercising at home?
- What equipment can you see in the picture?

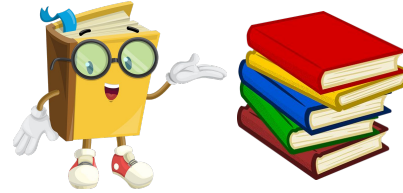




Future Tense 'Will' (Questions)



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...



Questions with future tense 'Will'

Will	I	+ infinitive verb + ? <u>For example:</u> eat? run?
	you	
	he	
	she	
	it	
	we	
	they	

Task:

Create your own questions using the structure from the table.



Future Tense: Will (questions)

Complete the questions
by unscrambling the
words below.



1. **(he / come / will)** to the party?
2. Do you think **(they / win / will)** the game?
3. When **(she / arrive / will)** here?
4. Do you know what time **(will / call / John)** today?
5. **(take / will / you)** me to the party?
6. Do you think **(will / study / they)** for the exam?



Check your answers!

How many did you get right?



1. **Will he come** to the party?
2. Do you think **they will win** the game?
3. When **will she arrive** here?
4. Do you know what time **John will call** today?
5. **Will you take** me to the party?
6. Do you think **they will study** for the exam?



Fix the mistakes

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



1. Do you think he will comes to the party?
2. Wills she pass the exam?
3. What time will he calls me tomorrow?
4. When will he arrives?
5. How will they enters the building?
6. Why will he being angry?



Check your answers!

How many did you get right?



1. Do you think he will **come** to the party?
2. **Will** she pass the exam?
3. What time will he **call** me tomorrow?
4. When will he **arrive**?
5. How will they **enter** the building?
6. Why will he **be** angry?



Will: Predictions

Read the possible events from the future. Then rank them based on your opinion.



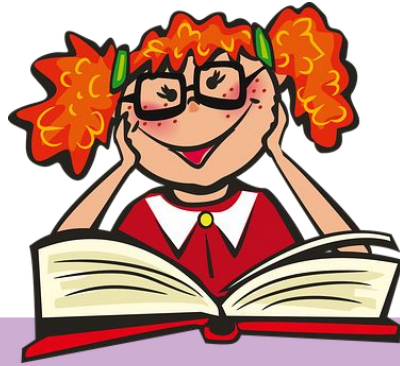
1 = Will definitely happen

2 = Will probably happen

3 = Definitely will not happen

Possible event in the future	Rank		
Humans will live on a different planet in the year 2100.	1	2	3
By 2100, everybody in the world will speak one language.	1	2	3
In the year 2100 every house will have its own personal robot.	1	2	3





What to eat after the gym?



What to eat after the gym?

Read the text then answer the questions.



You've probably been told time and time again that working out regularly is important, and for good reason! However, many studies have shown that what you eat after going to the gym is very important too! In the next four pages we will discuss different foods to eat after exercise.



1. What foods do you eat after exercise?
2. Can you guess what foods we will discuss?





Protein shake

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



preventing

fast

easy

having

ideal

If you need protein quickly after exercising, experts recommend drinking a protein shake. They recommend this because it is a very convenient way to increase your daily protein intake. Protein shakes are perfect for stopping muscle loss and metabolic slowdown after exercise.





Protein shake

Check your answers!



preventing

fast

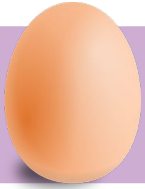
easy

having

ideal

If you need protein fast after exercising, experts recommend having a protein shake. They recommend this because it is a very easy way to increase your daily protein intake. Protein shakes are ideal for preventing muscle loss and metabolic slowdown after exercise.



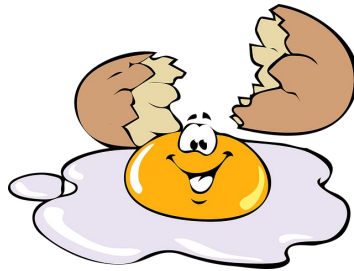
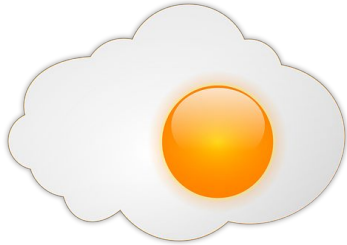


Eggs

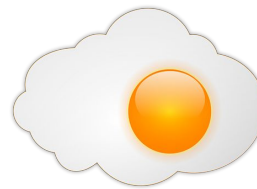
Read the text then answer
the true or false questions.



Eggs are packed with high-quality protein and nutrients. Also, despite what many experts believed 20 years ago, egg yolks are perfectly healthy for you. Furthermore, eggs also contain lots of minerals that are essential to your body, such as magnesium, iron, calcium, zinc, and copper.



True or False?



Eggs are packed with high-quality protein.



or



Egg yolks are unhealthy.



or



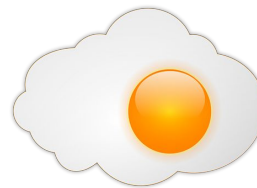
Eggs contain magnesium, iron, calcium, zinc, and copper.



or



Check your answers!



Eggs are packed with high-quality protein.

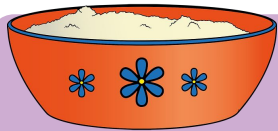


Egg yolks are unhealthy.



Eggs contain magnesium, iron, calcium, zinc, and copper.





Oatmeal

Complete the text using the words from the box.



protein

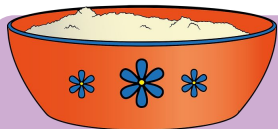
death

hungry

oatmeal

Oatmeal is loaded with _____, healthy carbs, and is a great source of fibre, which means it can stop you feeling _____ for longer than usual. Researchers at Harvard University found that eating a bowl of _____ each day can reduce your risk of early _____ by 9 percent.





Oatmeal

Check your answers!



protein

death

hungry

oatmeal

Oatmeal is loaded with protein, healthy carbs, and is a great source of fibre, which means it can stop you feeling hungry for longer than usual. Researchers at Harvard University found that eating a bowl of oatmeal each day can reduce your risk of early death by 9 percent.





Greek Yogurt

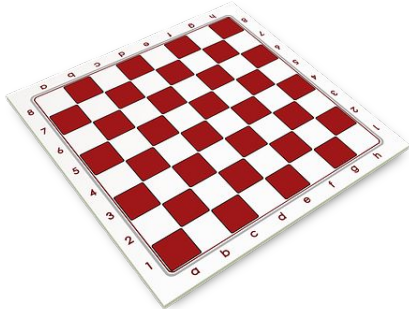
Read the text then answer the questions.



Greek yogurt is ideal for repairing muscles because it contains almost double the amount of protein compared to regular yogurt. It is also low in fat and sugar, which makes it a perfect snack at any time of the day. You can even mix it with cereal or fruit to quickly meet your energy needs.

1. Why is greek yogurt good to eat after exercise?
2. Which of the foods mentioned do you like?

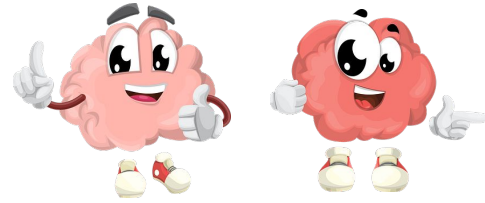




Board Game



Teacher's notes:



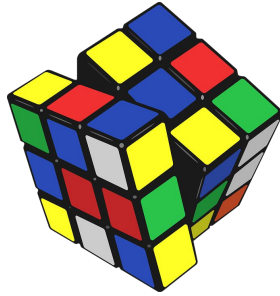
- For this game, you need dice. If you don't have any - follow the link provided for an online dice roller: [Dice Roller](#).
- The first player to reach the last tile wins.
- Move forward with the roll of the dice. Each time someone falls on a number - they must answer the corresponding question.
- Make sure that your students speak as much as possible and use full sentences!
Enjoy!





1 Name four foods to eat after the gym.	2 Name two pieces of gym equipment.	3 Complete the collocation: Keep _____	4 Ask your teacher a question!	5 Name 3 sports you 'play'.
6 Name a benefit of walking from lesson 2.	7 Ask your teacher a question!	8 Name a 'blue zone' country from lesson 1.	9 Complete the collocation: Burn _____	10 Describe when to use "will" future tense.
11 Complete the collocation: Lose _____	12 Predict the future using "will".	13 Ask your teacher a question!	14 Name an activity you 'do'.	15 Why are eggs good to eat after exercise?
16 Ask your teacher a question!	17 Why is oatmeal good to eat after exercise?	18 Name an activity using 'go'.	19 Complete the collocation: Eat _____	20 Say 3 things you have learned from this unit.



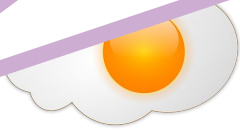


Let's play a game

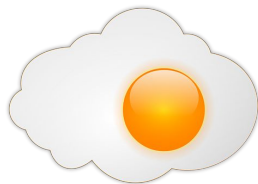
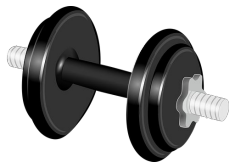


Let's play noughts and crosses!

Say the vocabulary
from today's
lesson to play!



Let's play noughts and crosses!





Goodbye!
See you
next time!

