

Objective: to activate students' background knowledge

Physical Fitness

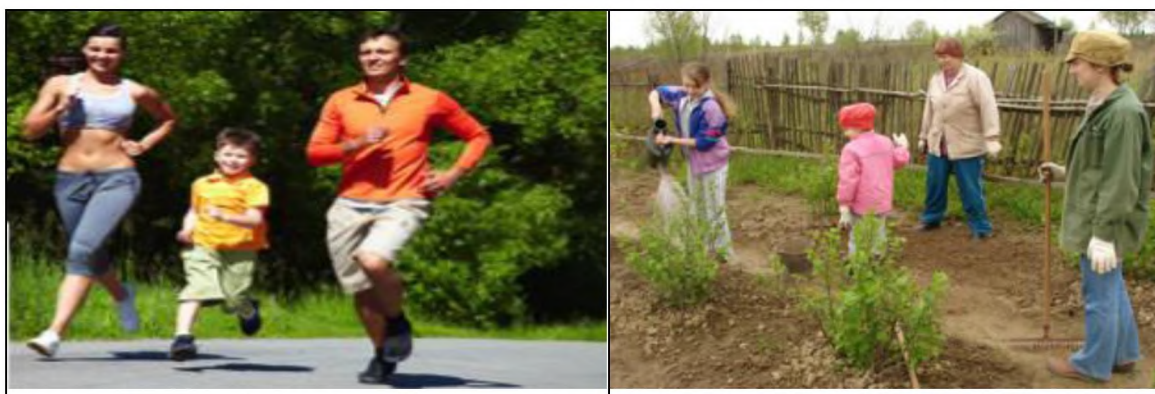


'Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.'

John F Kennedy

Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? For whom and in a what way are these physical activities beneficial? What activities would you prefer?



Useful expressions:

*There are different ways in which you can ...
On the one hand ... / On the other hand, ...
I think that ... I prefer A to B ... / I like A more than B ... /
I like A, but I dislike B ... / A is more ...*

Essential vocabulary

| <u>Nouns</u> | <u>Verbs</u> | <u>Adjectives</u> | <u>Phrasal verbs</u> |
|---|-------------------|-----------------------------|----------------------|
| achievement (n) | to contribute (v) | helpful (adj) | to tire out |
| challenge (n) | to cure (v) | energetic (adj) | to burn off calories |
| courage (n) | to develop (V) | scientific (adj) | to warm up |
| <u>Phrases related to physical fitness</u> | | | |
| To back on your feet / back into shape | | | |
| To be full of beans | | To have a cast-iron stomach | |
| I've been shopping all day. My dogs are barking! | | | |

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

Reading

3. Read the text and choose the best title to it.

Benefits of Exercise



People are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen. Fewer people are doing manual work, and most of us have jobs that involve little physical effort.

Work, house chores, shopping and other necessary activities are far less demanding than for previous generations. We move around less and burn off less energy than people used to.

Research suggests that many adults spend more than seven hours a day sitting down, at work, on transport or in their leisure time. People aged over 65 spend 10 hours or more each day sitting or lying down, making them the most sedentary age group.

Given the results of conveniences, it seems obvious that we should all be physically active. It's essential if you want to live a healthy and fulfilling life into old age. It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke;
- up to a 50% lower risk of type 2 diabetes;
- up to a 50% lower risk of colon cancer;

- up to a 20% lower risk of breast cancer;
- a 30% lower risk of early death;
- up to an 83% lower risk of osteoarthritis;
- up to a 68% lower risk of hip fracture;
- a 30% lower risk of falls (among older adults);
- up to a 30% lower risk of depression;
- up to a 30% lower risk of dementia.



<http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx>

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) People are more active nowadays, partly because technology has made our lives easier.

2) Work, house chores, shopping and other necessary activities are far less demanding than for previous generations.

3) Research suggests that many adults spend more than seventeen hours a day sitting down, at work, on transport or in their leisure time.

4) People aged over 65 spend 10 hours or less each day sitting or lying down, making them the most sedentary age group.

5) It's medically proven that people who do regular physical activity improve their health.

5. Answer the questions after the text.

1) Why are people less active nowadays?

- 2) How many hours do many adults spend sitting down, at work, on transport or in their leisure time?
- 3) Why should we all be physically active?
- 4) What diseases can regular physical activity prevent?
- 5) On what does disease regular physical activity have the greatest impact?

6. Complete the chart as shown.

| Noun | Verb | Adjective |
|--------|------------|-----------|
| | | active |
| | to prevent | |
| impact | | |
| | | demanding |
| | to prove | |

Writing

7. Write an essay discussing how people should be encouraged to improve their general health and fitness (possible ways: government regulation, media campaigns, increased sport facilities). You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style.

Speaking

8. Think about your answers to these questions.

- 1) What is the difference between physical activity and physical fitness?
- 2) What are the benefits of physical fitness to physical health?
- 3) What are the benefits of physical fitness to mental health?
- 4) What are the benefits of physical fitness to emotional health?
- 5) What does sedentary lifestyle mean?

9. Describe an activity you do for your health or fitness. You should say:

- what you do;

- how often you do it;
- where you do it;

and explain how you think this activity helps you stay healthy or fit.

10. Work in a group. Play the game "Give me 5".

| Health and fitness: Give me 5 | | | | |
|-------------------------------|---|----------|----------|----------|
| 1. | 5 things that are good for you | | | |
| | 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. | _____ | | | |
| 2. | 5 things that are bad for you | | | |
| | 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. | _____ | | | |
| 3. | 5 ways to stay healthy | | | |
| | 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. | _____ | | | |
| 4. | 5 adjectives to describe healthy people | | | |
| | 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. | _____ | | | |
| 5. | 5 physical health problems | | | |
| | 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. | _____ | | | |

Home project

11. Find article about physical fitness in the magazine and present it.

| | |
|---------------------------------|---|
| 1. achievement | Providing assistance or support to someone in need. |
| 2. challenge | To give something, such as time, money, or effort, to help achieve a common goal or purpose. |
| 3. courage | A stomach that can tolerate or digest almost anything without getting upset. |
| 4. to contribute | To prepare the body for physical activity or exercise by doing some gentle exercises or stretches. |
| 5. to cure | The quality of being brave and willing to face danger, fear, or difficulty. |
| 6. to develop | To use up calories through physical activity or exercise. |
| 7. helpful | To exhaust someone physically or mentally. |
| 8. energetic | A difficult task or situation that requires effort and determination to overcome. |
| 9. scientific | Full of enthusiasm, vigor, or vitality |
| 10. to tire out | To treat and heal a disease, injury, or illness. |
| 11. to burn off calories | To be lively, energetic, and full of enthusiasm. |
| 12. to warm up | To grow, progress, or advance in some way, often through learning or experience. |
| 13. a cast-iron stomach | Something that has been accomplished successfully, often through hard work or skill. |
| 14. to be full of beans | Relating to or based on the principles and methods of science. |

strength beans challenge helpful mental motivation burn off warm

Sarah had always been a very energetic person. She loved a good 1. _____ and was never one to shy away from hard work. When she decided to contribute to a scientific study on the effects of exercise on 2. _____ health, she knew it would be a significant achievement if she could complete the rigorous training program required for participation.

At first, the physical demands of the program would tire her out, but she was determined to push through. She made sure to 3. _____ up properly before each session and gradually developed the 4. _____ and endurance she needed to keep going.

There were days when Sarah struggled with her mental health, but she found the exercise helped her to 5. _____ calories and feel better. It took a lot of courage to keep going when she felt low, but the 6. _____ support of her trainers and fellow participants helped her to persevere.

Despite a few setbacks, Sarah never lost her 7. _____. She had a cast-iron stomach, which helped her to maintain her energy levels and stay focused on her goal. By the end of the study, Sarah was full of 8. _____ and proud of everything she had accomplished. She knew that by contributing to the research, she had played a small part in improving the lives of others.

| | |
|--------------------------------|--|
| 1. to be on the ball | a) A situation where everyone has an equal chance to succeed, without any unfair advantages or disadvantages |
| 2. to be out of shape | b) To be too hurt or injured to continue participating in a sport or activity. |
| 3. to run out of steam | c) To use unfair or dishonest tactics in a situation |
| 4. to hit below the belt | d) To begin something with energy and enthusiasm, and to make a quick and effective start. |
| 5. to throw in the towel | e) To be unlikely or improbable to succeed |
| 6. a level playing field | f) To become too tired to continue doing something |
| 7. to keep eye on the ball | g) A phrase used to express the hope or desire that something will turn out well or succeed. |
| 8. to be a long shot | h) To take credit for or overshadow someone else's achievements or ideas. |
| 9. to be down for the count | i) To be alert and quick to understand or respond to something |
| 10. to keep fingers crossed | j) To stay positive and optimistic, even in the face of difficulties or challenges |
| 11. to hit the ground | k) To stay focused on the main objective or goal, without getting distracted by other things |
| 12. to steal someone's thunder | l) Not physically fit or healthy, often due to lack of exercise |
| 13. to keep chin up | m) To give up or admit defeat in a situation |

Entertain

blue-collar

challenging

risk

work off

inactive

propose

endeavour

danger

sedentary

manual

interest

burn off

effort

suggest

demanding