

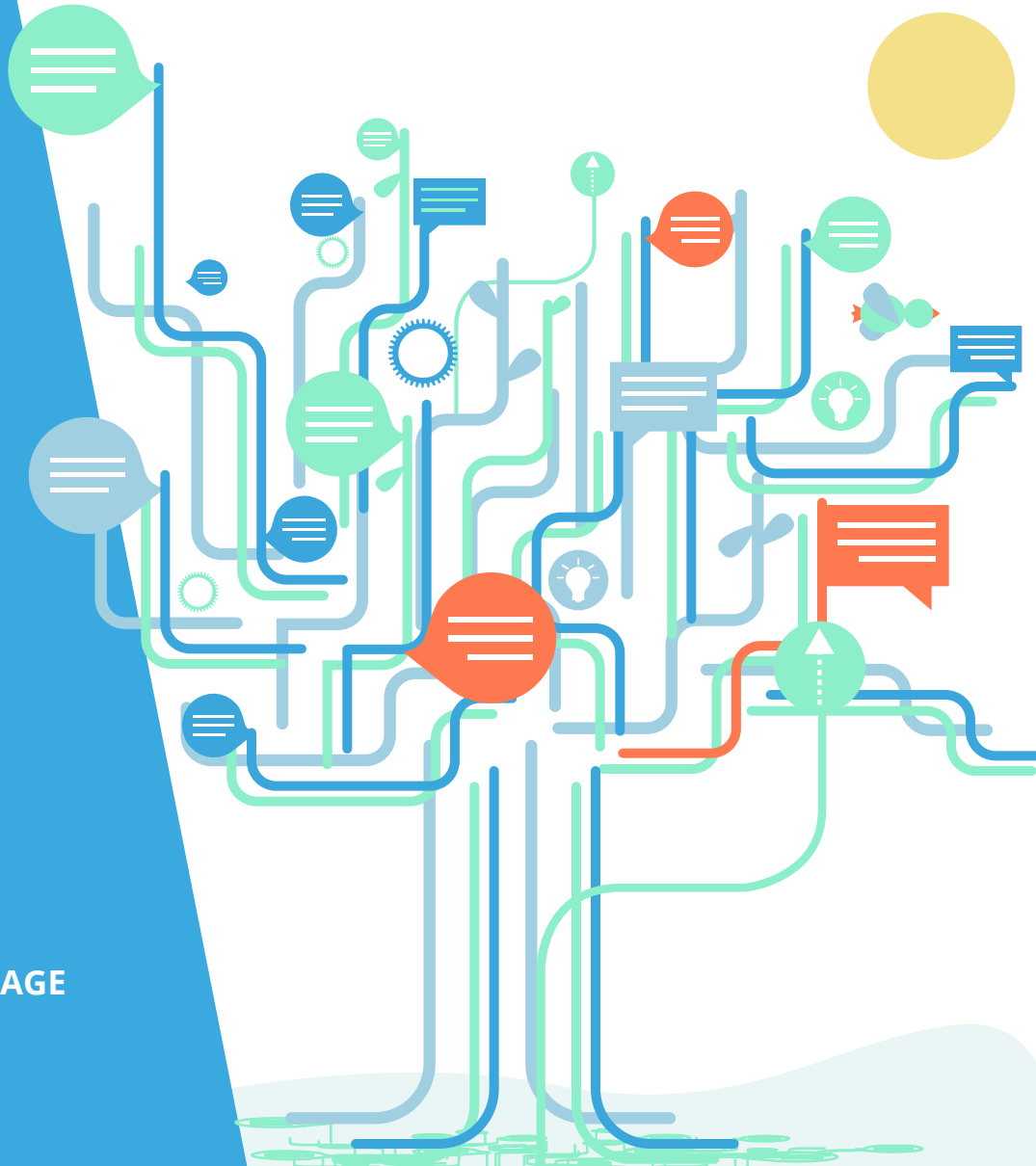
You should
exercise
more!

READING

LEVEL
Beginner

NUMBER
A2_1054R_EN

LANGUAGE
English





Goals

- Can understand a text about watching and playing sports.
- Can talk about my feelings towards sports in simple terms



What is your favourite kind of **exercise**?

I love to play **football** or **go jogging**.
It makes me feel **healthy** and fit!



Vocabulary from the text

healthy

to do exercise

team

hockey

should



to jog

football

tired



Vocabulary from the text



I love **to do exercise** in my free time.

Which do you prefer, **hockey** or **football**?





Vocabulary from the text



Jogging is my favourite kind of **exercise**.

I feel **tired** and not very **healthy**.



I **should jog** every morning for at least thirty minutes.

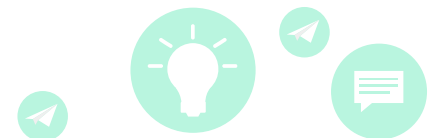
I want to play **hockey** on a good **team**!





You should exercise more!

It's a sunny Saturday afternoon and Steve is at the stadium in Vancouver. He is going to a football game with Tom. Vancouver is playing against Seattle. Tom is already inside, but Steve has to wait in line. There is a big crowd today. There are many Vancouver fans at the stadium. Steve is excited to watch the game. Football is his favourite sport. He doesn't like other sports. He is wearing his team's jersey. He doesn't want to be late.





You should exercise more!

Steve likes to watch sports, but he doesn't like to play them. He is not fit. He doesn't go to the gym. Jogging makes him very tired. Steve doesn't like to exercise, but sometimes he goes on walks. He doesn't want to gain weight. He should exercise more.



Answer the questions about the text

	TRUE	FALSE
1. The weather is not so good.	<input type="checkbox"/>	<input type="checkbox"/>
2. Steve loves all kinds of sports.	<input type="checkbox"/>	<input type="checkbox"/>
3. Steve is very healthy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Jogging makes Steve tired.	<input type="checkbox"/>	<input type="checkbox"/>
5. There are not many people in the stadium.	<input type="checkbox"/>	<input type="checkbox"/>



Which word does not fit the picture?



hockey

lunch

coach

team



Which word does not fit the picture?



tired

jogging

team

exercise



Match the sentences

1. I want to go to the football game.

a. I can play baseball very well.

2. I am feeling tired and unhealthy.

b. I should get there early.

3. I can throw and catch a ball.

c. I need to buy a ticket first.

4. I don't want to be late to the game.

d. I prefer to watch football instead.

5. I don't like baseball very much.

e. I should exercise more.



You should exercise more!

Steve is finally at the front of the line. He must show his ticket so he can go inside. He looks at the time. Steve really wants to get a drink and a hot dog before the match starts but it is late. He should go at half-time instead. The crowd is very loud. The game is starting. Steve is often late.

Steve hurries to find his seat. He sees Tom. Tom is not wearing a jersey. His favourite sport is hockey, but he likes football too. He came to support Steve's club. Tom is fitter than Steve. He plays hockey in the winter and baseball in the summer. He sometimes goes to the gym. Tom likes to exercise and stay healthy. He also loves watching sports on TV or at the stadium.



Answer the questions about the text

1. Steve is standing in line because...

- a. his friend is already inside.** **b. he wants to buy a hot dog.** **c. he needs to exercise.** **d. there are many people there.**

2. Tom is more fit than Steve because...

- a. he watches sports on TV.** **b. he plays lots of sports.** **c. he eats hot dogs.** **d. he is wearing a jersey.**

3. Steve should wait to buy food because...

- a. he is not healthy.** **b. he has no money.** **c. the game is starting.** **d. the crowd is very loud.**



Complete the sentence with your own ideas

I should...

I want...

I need...

I can...



You should exercise more!

Tom sees Steve and waves at him. He is laughing because Steve is late. He missed the start of the match. Steve runs to his seat and sits down next to Tom. Now he is tired from running.

“How much did I miss?” he asks Tom.

“It began two minutes ago. You didn’t miss any goals!” says Tom.

Steve is happy he only missed two minutes.

“You look tired, Steve. You should get more exercise. We should play football together next weekend,” says Tom.

Steve thinks about it. Tom is right. Steve is very tired from running to his seat.

“You’re right, Tom. I really have to get more exercise. Let’s meet at the park next weekend and play some football!”



Speaking practice

Are you a fan of any sports?
Have you seen a game in a
stadium?



Speaking practice

Which sentence below describes you best?



I love sports and have a favourite team. I watch lots of games.

I like some sports, but they are not my favourite. I don't watch many games.

I don't have any interest in sports. I like other kinds of activities.



Dictogloss

Your teacher is going to read to you.
Write down what you hear them say.



abc



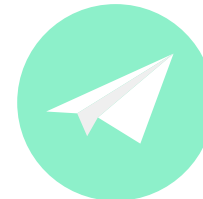


Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no

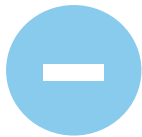




Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



If you have time, go over
the most difficult slides again





Answer key

Exercise p.14
1. D 2. B 3. C

Exercise p.12
1. C 2. E 3. A 4. B 5. D

Exercise p.11
Team

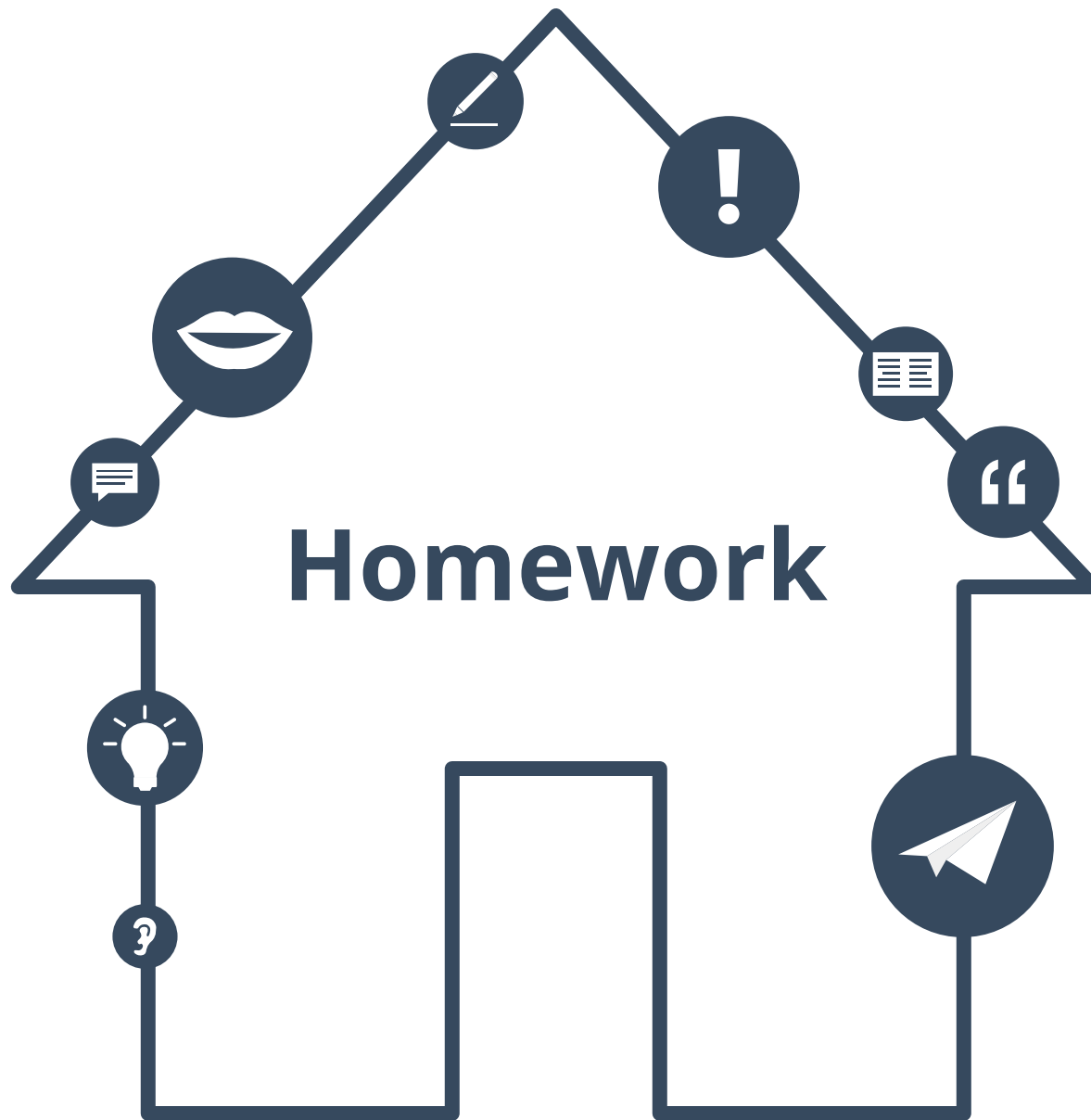
Exercise p.10
lunch

Exercise p.9
1. False 2. false 3. false 4. true 5. false



Listening transcription

Tom sees Steve and waves at him. He is laughing because Steve is late. He missed the start of the match. Steve runs to his seat and sits down next to Tom. Now he is tired from running. "How much did I miss?" he asks Tom. "It began two minutes ago. You didn't miss any goals!" says Tom. Steve is happy he only missed two minutes.





Transform these sentences from the present to the past

1. I play football in my free time.

→ I played football in my free time.

2. We go jogging twice a week.

→ _____

3. They are watching the game.

→ _____

4. The weather is nice today.

→ _____

5. There are many people in line.

→ _____

6. The game is starting.

→ _____

7. I do not feel very healthy.

→ _____

8. She wants to play football.

→ _____



My favourite sentences

**Choose your five favourite sentences
from the three pieces of text.**

A vertical rectangular area designed for writing, featuring a light grey background and horizontal lines. On the left side, there is a vertical column of ten circular punch holes, suggesting it is a page from a binder or notebook.



My favourite character

**Who is your favourite character in the text?
What does he or she do in this text?**

My favourite
character is...

He is...

He does...

She is...

He is not...

She does...

A vertical sheet of white paper with a spiral binding on the left side and horizontal lines for writing.



Favourite character

**What happens next?
Write two sentences of the story.**

A white rectangular area with a vertical line on the left side and a series of small circles, resembling a spiral notebook binding. The area contains ten horizontal lines for writing.



Homework answer key

2. We went jogging twice a week.
3. They were watching the game.
4. The weather was nice today.
5. There were many people in line.
6. The game was starting.
7. I did not feel healthy.
8. She wanted to play football.



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