

## Unit 6, Lesson 5: Staying healthy

### 1. Vocabulary

Exercises			Benefits
Walk	Go swimming	Yoga 瑜伽	Heart 心臟
Run, running	Clean house 清理屋子	Aerobic dance 有氧舞蹈	Lungs 肺
Ride bicycle 騎自行車	Go to gym 去健身房	Basketball 籃球	Muscles 肌肉
Tennis 網球	Badminton 羽毛球	Volleyball 排球	Build muscle 練肌肉
Golf	Hiking 爬山	Do yard work 打理庭院	Flexibility 靈活
Jogging 慢跑	Workout 鍛煉	Shopping	Weight Loss 減重
Other			
Swim trunks 泳褲	Enjoy 享受	Still early 還早	Exhausted 精疲力竭
Lack flexibility 缺乏靈活	Uphill 上坡	Fresh air 新鮮空氣	Outdoor activities 戶外運動

### 2. Expressions

- It's time to go 該走了.
- It's time to go jogging (慢跑).
- Getting up early is good for you (早起對你有益).
- Let's take it easy (我們放輕鬆吧).
- Come with me (跟我來).
- My muscles hurt (我肌肉疼).
- Do you want to go to the gym (健身房)?
- We can do some workout (鍛煉).
- You need to build muscle (練肌肉).
- Hiking is good (爬山好).
- I usually spend 30 minutes on the bicycle.
- Riding bicycle is good for the heart.
- Let's go workout this Sunday.
- I just played basketball yesterday.
- Exercise is fun (有趣).
- I go to the gym 3 times a week.
- My legs are sore 疼痛的.
- I work out for an hour a day 4 times a week.
- I need to stay fit 保持健身 and lose some weight.
- I had a great day (我有個美好的一天).

### 3. Saving Tiny – Part 4

The hospital advised Tiny to exercise. Tiny now exercises daily with his friend Tommy.

#### A. Exercising Tiny

It's Sunday morning. Tommy is calling Tiny.

**5 a.m.**

Tommy: Tiny, wake up. It (was / is) time to go \_\_\_\_\_ (慢跑).

Tiny: \_\_\_\_\_ (還早). I need to \_\_\_\_\_ (sleep / sleeping) some more.

Tommy: \_\_\_\_\_ (早起對你有益). Let's go.

**7 a.m.**

Tiny: We \_\_\_\_\_ (have been / have be) \_\_\_\_\_ (慢跑) for one hour now. I need to rest.

Tommy: We should \_\_\_\_\_ (go / going) \_\_\_\_\_ (游泳). \_\_\_\_\_ (游泳) is good for the \_\_\_\_\_ (心臟).

Tiny: I don't have my \_\_\_\_\_ (泳褲). We \_\_\_\_\_ (can / can't) swim today.

**8 a.m.**

Tommy: Your grandmother \_\_\_\_\_ (wants / want) us to join her for \_\_\_\_\_ (有氧舞蹈) at the park. Let's go. Aerobic dance is good for the heart and flexibility.

Grandma: Tiny, are you \_\_\_\_\_ (enjoy / enjoying) aerobic dance?

Tiny: I am \_\_\_\_\_ (精疲力竭). I already \_\_\_\_\_ (run / ran / running) for one hour this morning.

Grandma: Let's \_\_\_\_\_ (放輕鬆). I have a \_\_\_\_\_ (瑜伽) class next. \_\_\_\_\_ (跟我來). Yoga is good for \_\_\_\_\_ (靈活).

**9 a.m.**

Tiny: My \_\_\_\_\_ (肌肉疼)

Grandma: You need to exercise more. You \_\_\_\_\_ (lack / lacks) flexibility.

Tommy: I need to \_\_\_\_\_ (清理屋子) for my parents.

Tiny: I am going with you.

Tommy: \_\_\_\_\_ (Cleaning house / clean house) is a good activity. It's a full body exercise. My parents' house is not far. It only \_\_\_\_\_ (take / takes) one hour to walk.

Tiny: It's \_\_\_\_\_ (上坡).

Tommy: \_\_\_\_\_ (爬山好). Look the view!

**6 p.m.**

Tommy: Do you want to go to the \_\_\_\_\_ (健身房) now? We can do some \_\_\_\_\_ (鍛鍊). You need to \_\_\_\_\_ (練肌肉).

Tiny: Not today.

Tommy: Let's play \_\_\_\_\_ (籃球). Group sports are good for team building.

Tiny: \_\_\_\_\_ (我喜歡打籃球).

**9 p.m.**

Tommy: \_\_\_\_\_ (我有個美好的一天).

Tiny: Good night.

**B. Create a weekly exercise plan for Tiny**

Tiny is too tired. Create a better weekly exercise plan for Tiny. You will present the plan to the class.

**Weekly Exercise Plan**

	<b>Morning</b>		<b>Afternoon</b>	
	Exercise	Benefits	Exercise	Benefits
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

**4. Answer the following questions.**

1. Do you like to exercise?
2. Do you enjoy exercising with others?
3. What exercise do you do regularly?
4. How often do you exercise each week?
5. What are the benefits of exercise?

**5. Homework: Review Unit 6 lessons**

<b>Lesson</b>	1	2	3	4	5
Title	Part of the body	What's the problem?	What should I do?	There's an emergency!	Staying healthy
Textbook pages	138 - 140	141 - 143	144 - 146	147 - 149	150 - 152
Handout date	9/18/2023	9/20/2023	9/25/2023	9/27/2023	10/2/2023