

ENGLISH

Chapter 19 Session A

5th
SECONDARY

CHALLENGES



 **SACO OLIVEROS**

HELICOMOTIVATION



NATIONAL UNPLUG DAY



Going unplugged

WDYT?
(What do you think?)

Could you unplug for a day, a week, a month or even longer?

Lifestyle

- 1  Look at the adjectives in the box. Which ones could you use to describe the photos?

chill out chill out get active get active get active chill out
conventional dull exhausting harmful hectic inspiring
physically active satisfying stressful thrilling
get active chill out chill out get active



being unplugged

Could you unplug for a day, a week, a month even longer?

CHILL OUT!

Are you always on the go? Do you need to take some time out to relax? Have you considered putting your feet up to recharge your batteries? Go on, take a breather – you deserve it!

GET ACTIVE!

Considering getting involved in something new? Take more of an interest in your physical condition by signing up for a fitness course. Keep in shape and strengthen your muscles and bones at the same time!




2

Work in pairs. Which of the adjectives in exercise 1 would you use to describe your lifestyle? Can you think of any more to describe it?

I think I lead a fairly conventional lifestyle because...

I wish I were more physically active, but...

Chilling out, getting active

- 3**  Check the meaning of the words in bold in the texts. Complete the diagram with the words in the texts and the box.

be energetic and lively calm down
disconnect drop out (of)
get into (a new activity) sit back and relax
take it easy take your mind off (something)



4 Match definitions 1–6 with expressions from exercise 3.

- 1 start enjoying a new activity **get into**
- 2 stop thinking about something unpleasant **take your mind off**
- 3 have a lot of energy and be active **be energetic and lively**
- 4 take a short rest, normally after exercise **take a breather**
- 5 to make parts of your body more powerful **strengthen your muscles and bone**
- 6 rest after being busy so that you're ready to start again **recharge your batteries**

5



**Listen to five different people speaking.
What new activity has each one taken up? Why?**

- 1. Amy: judo - helps her keep in shape and it takes her mind off schoolwork.**
- 2. Diego: sea kayaking- away to take time out from his hectic daily routine.**
- 3. Lianne: Lindy Hop- strengthen leg, feel energetic and lively, calms her down.**
- 4. Amil: Wildlife photography- he can sit back and relax, disconnect.**
- 5. Ann-Marie: Origami or paper folding- great for taking a breather when studying.**


6 Complete the questions with the expressions in the box.

calm down drop out of keep in shape
put your feet up sign up for

- 1 When did you last sign up for a new activity?
- 2 Have you ever had to drop out of an activity?
- 3 When you're feeling nervous, what kinds of things do you do to calm down?
- 4 Do you usually put your feet up in the evening before doing your homework?
- 5 What activities do you do to keep in shape?

7  Work in pairs. Ask and answer the questions in exercise 6.

8  Watch the video. What does Mon miss most about social media?

8  Watch the video. What does Mon miss most about social media?

Talking to friends and family, seeing what they're doing and showing what she is doing.

9



Work in pairs. Discuss the questions.

1 In the end, does Mon think social media has a

Both. She thinks it's good and bad.

2 Do you think you could do something similar to Mon's challenge? What would you find difficult?