



Unit 2 Routines  
LESSON 5 **Swimming is easy**

LEARNING OBJECTIVE  
In this lesson, you will learn to tell  
others to relax when swimming.



# 1 Warm-up

Can you swim? How do you feel about swimming?



excited



happy



nervous

## 2 New words and expressions

### Matching game

1.



nervous

2.




3.



4.



5.



feel [fi:l]  
nervous ['nɜ:(r)vəs]  
deep [di:p]  
life [laɪf] jacket ['dʒækɪt]  
take it easy ['i:zi]

Let's go through the sentences. Pay attention to the words in red.

- a. I **feel** happy to see your bright smile, dear.
- b. Tom was **nervous** about singing in the school musical.
- c. Stay away from the **deep** end of the pool. It's dangerous.
- d. There is a **life jacket** for each of you. You can find it under your seats.
- e. **Take it easy**. There's no point in hurrying up.

## 3 Speaking naturally

### 1. Conversation and activity

*(Emily is teaching Iris swimming.)*

**Emily:** How do you **feel**, Iris? Are you ready to learn how to swim?

**Iris:** I feel a little **nervous**. I don't think I'm ready.

**Emily:** It's okay. The water here is not **deep**.

**Iris:** Can I wear a **life jacket**?

**Emily:** Wear a life jacket? You can't learn how to swim that way.

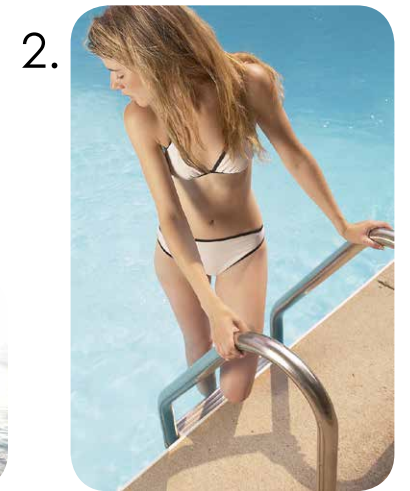
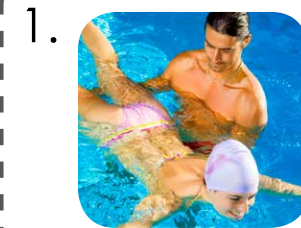
**Take it easy.** There is no need to be nervous.

**Iris:** I know, but it's my first time.

**Emily:** Go for it. It's really easy.

**Iris:** Okay, I will try.

**Which picture do you think is Iris?**



## 3 Speaking naturally

### 2. Conversation and comprehension

**Emily:** How do you **feel**, Iris? Are you ready to learn how to swim?

**Iris:** I feel a little **nervous**. I don't think I'm ready.

**Emily:** It's okay. The water here is not **deep**.

**Iris:** Can I wear a **life jacket**?

**Emily:** Wear a life jacket? You can't learn how to swim that way.

**Take it easy.** There is no need to be nervous.

**Iris:** I know, but it's my first time.

**Emily:** Go for it. It's really easy.

**Iris:** Okay, I will try.

#### Answer the questions:

1. What does Iris feel at first?

*Iris feels ...*

2. What does Iris want to wear?

*Iris wants to ...*

## 3 Speaking naturally

### 3. Practice

**Emily:** How do you feel, Iris? Are you ready to learn how to swim?

**Iris:** I feel a little           . I don't think I'm ready.

**Emily:** It's okay. The water here is not           .

**Iris:** Can I wear a           ?

**Emily:** Wear a life jacket? You can't learn how to swim that way.

                                . There is no need to be nervous.

**Iris:** I know, but it's my first time.

**Emily:** Go for it. It's really easy.

**Iris:** Okay, I will try.





# 4 Task

## Speak out

**Teacher**

Hi, ... (student's name) When do you feel nervous?

I feel nervous when ...

**You**

**Teacher**

...

...

**You**

**Teacher**

...

...

**You**

### Word tips

- be in the water/give a speech
- be afraid of
- deep
- take it easy
- go for it

## 5 Summary

What did you learn in this lesson?

Words and phrases:



Sentences:

**Let's check the next page!**



## 5 Summary

You have learned the following vocabulary and sentence pattern to tell others to relax.

### Words and phrases:



feel



nervous



deep



life jacket



take it easy

### Sentence pattern:



There is no need to ...

(Make a sentence)

