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| Worksheet 12: Presentation Practice |

**Exercise A – Listening for Transitions and Expressions to Engage the Audience**

**Instructions:** Listen to the presentation and fill in the blanks with the word(s) you hear.

Hello everyone! My name is Diego, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to show you today. Do any of you know what this is? No? No guesses? That’s okay! It might look like some kind of toy for a pet or a child, but it’s not. It’s something so useful for anyone who wants to have a healthier body. It’s called a foam roller, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , let me describe it to you in case those of you at the back of the class can’t see it clearly. This one is purple, but they come in any colour you want. This one is also hollow, which makes it lighter, but it’s not a necessary feature. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . It’s about 45 centimetres long and 15 centimetres across. This is the perfect size to put underneath your leg so that you can roll back and forth on it. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . You’ll notice it also has all of these bumps on it. I’m not an expert on exactly why this pattern is used, but you’ll see in a moment how important they are.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , let me give you a quick demonstration of how it works. You lie down on a yoga mat and put the foam roller underneath your leg. You can also use it on your arms, but this is how I use it. I have very tight calf muscles, which are the muscles on the back of the lower legs, and I find that it really helps loosen them up. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . It certainly does not replace going to a good physiotherapist, but it’s something you can do between visits. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you put the roller in place, you relax your leg and put your body weight on it. You’ll feel those bumps on the roller press into your muscle. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , you move the leg from side to side. Then, you can roll back and forth—about three centimetres at a time—to work on the muscle. Do this for about a minute and then move the roller to a slightly higher position under your leg to put pressure on different areas. When you’re done with that leg, switch to the other.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ! And now I want to explain why I think you should all have one. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ,I like adding this to my exercise routine every other day. It really helps my muscles after running or going to the gym. I also watched a video that talked about how it can strengthen the fascia in your muscles. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , but the video explained that fascia is what surrounds all the nerves, tissues, and muscles in the body. Foam rolling can get oxygen moving in the blood to make the fascia healthier, which in turn can help your nerves, tissues, and muscles be healthier too. Foam rolling can make you more flexible and feel better when you do exercise. \_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , foam rolling should be part of everyone’s exercise routine. You can buy a foam roller at sporting goods stores or online. If you need any advice about how to use it, just ask me. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , thanks for listening everyone. Any questions?

**Exercise B – Making Questions**

**Instructions:** Work with a partner to make three questions that you would want to ask after this presentation. Predicting the types of questions that others might ask you will help you to prepare for your own presentation.

e.g. **Is there any danger in using the foam roller? Could you injure yourself by using it incorrectly?**

Diego might answer: “Yes! I forgot to mention that. You need to be careful if you’re using it on your back or on an area where you’ve had previous injuries.”

Or he might answer: “Good question! I’m actually not sure. I haven’t had any issues, but that’s something that you should check for yourself by watching some videos about it before buying one.”

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**Exercise C – Learning from the Model**

**Instructions:** Edit your presentation with ideas from this example. What other expressions could you use from the videos you’ve seen in this scenario to engage the audience? Work with a partner to think of some other expressions you could use.

**Note:** When making your presentation, you don’t need to write out the entire script. You don’t want to read from a script during your presentation. You should use point-form notes on notecards to remind yourself of what you want to say, but don’t over-memorize too much of the grammar or the entire presentation. Speak naturally and engage the audience. If you notice that they seem confused, restate some information in a different way to make it clearer.