

READING

Let's get some exercise!

LEVEL

Elementary (A2)

NUMBER

EN_A2_1094R

LANGUAGE

English



Learning outcomes

- I can understand a text about sports.
- I can talk about sports I like and dislike.

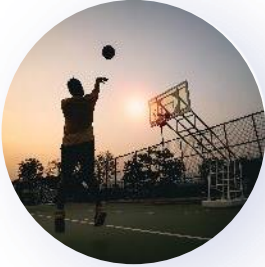


Vocabulary review





Read the sentences



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

Do you prefer playing **hockey** or **football**?





Read the sentence



Jogging is my favourite kind of exercise.

My diet isn't very **healthy** and I feel **tired** all the time.



We **should** exercise for around thirty minutes every day.

My hockey **team** has 11 players on it.

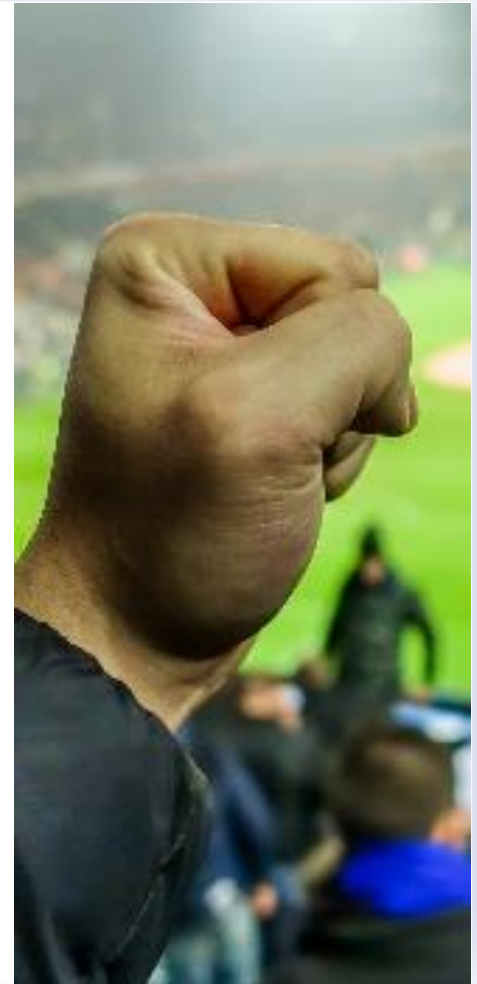




Reading

It's a sunny Saturday afternoon and Steve is at the stadium in Vancouver. He's going to see a football match with Tom. Vancouver is playing against Seattle. Tom is already inside the stadium, but Steve is waiting outside in the queue.

There is a big crowd waiting for the match to begin. There are thousands of Vancouver fans at the stadium. Steve is excited for the match! Football is his favourite sport and he loves seeing his team play!



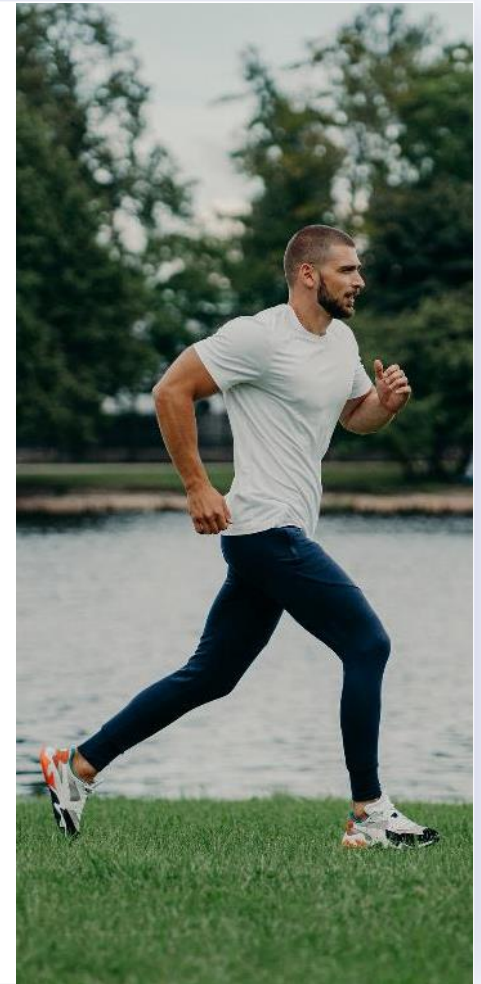


Reading

Steve likes watching sports, but he doesn't really enjoy playing them. He hates going to the gym and jogging is too hard on his knees.

In fact, Steve doesn't like many kinds of exercise! He likes going for a walk every now and then. He also cycled a lot when he was younger.

Steve's goal for this year is to get more exercise. He wants to improve his fitness and get healthier!





Comprehension check

Decide if each sentence is true or false.

		True	False
1	Steve is going to see a baseball match.	<input type="checkbox"/>	<input type="checkbox"/>
2	The weather was poor on the day of the match.	<input type="checkbox"/>	<input type="checkbox"/>
3	Steve is a sporty person.	<input type="checkbox"/>	<input type="checkbox"/>
4	Jogging is difficult for Steve.	<input type="checkbox"/>	<input type="checkbox"/>
5	Steve wants to get fitter.	<input type="checkbox"/>	<input type="checkbox"/>

Which word does not fit the picture?



1

hockey

2

football

3

coach

4

team



Which word does not fit the picture?



1

tired

2

jogging

3

team

4

exercise



Match the sentences

1 I want to go to the football match.

2 I feel tired and stressed all the time.

3 I can throw and catch well.

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

5 I don't like baseball very much.

a I should try baseball.

b I should get there early.

c I need to buy a ticket first.

d I prefer to watch football instead.

e I should exercise more often.



Reading

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

Steve hurries to find his seat. He sees Tom. Tom's favourite sport is hockey, but he likes football too. He came to support Steve's team. Tom plays hockey in the winter and baseball in the summer. He sometimes goes to the gym, too. Tom likes to exercise and stay healthy. He also loves watching sports on TV or at the stadium.





Choose the correct option

1 Steve is waiting to get into...

- a. the cinema b. the airport c. the changing room d. the stadium**

2 Tom is different from Steve because he...

- a. watches a lot of TV b. plays lots of sports c. eats more hotdogs. d. wears sports clothes.**

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

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



Complete with your ideas

I should...

I want...

I need...

I can...



Reading

Tom sees Steve and waves at him. He laughs. Steve is late... as usual! He missed the start of the match. Steve runs to his seat and sits down next to Tom.

'How much did I miss?' he asks Tom.

'Only two minutes! No goals... yet!' replies Tom.

Steve is happy he only missed two minutes.

'Thank goodness! I didn't want to miss my favourite team!'





Speaking

In **breakout rooms** or **together as a class**.

Which sports are you a fan of?



Have you ever been to a football match?

Are you *not* a fan of any sports? Why don't you like them?



Which describes you?

1. **Read** each statement.
2. **Decide** which one best describes you.
3. **Share** your decision with the class.

1 I love sports and even have a favourite team. I watch lots of matches.

2 I like some sports, but it's not my favourite thing to do. I don't watch that many matches.

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





That's 100% me!

We use **this phrase** to mean, *that perfectly describes me!*

Were any of the phrases on the last slide 100% you?



Writing

1. **Choose** a sport you like. It can be any!
2. **Write** a short text **explaining** why everyone should try it.

A white sheet of paper with horizontal lines, resembling a notepad or a piece of paper for writing. The paper is slightly tilted and has a shadow on the left side, giving it a 3D appearance. It is positioned to the right of the photograph of the surfer.



- Can you talk about sports you like and dislike?

End of the lesson

Idiom

up your game

Meaning: to improve the level at which you can compete, especially in a sport

Example: She's really **upped her game** and is a much better player now.



Additional practice



Put the verbs in the past



1 I play football.



I **played** football.

2 We go jogging.



3 The weather is nice.



4 She wants to try a new sport.



5 They see a football match.



6 There are a lot of people at the gym.





Which sports should Steve try?

Choose two sports for him. **Give** your reasons why.



Swimming



Yoga



Golf



Bowling



Cycling

He should try swimming because...

He could also try golf...



Speaking

Choose two cards. **Ask** a classmate.



In your opinion, which sport is boring to watch but fun to play?

Which sport do you think is the most dangerous?

Which sport do you think is the most difficult to learn?

Which sport would you like to try once in your life?



Answer key

- P. 8:** 1. False
2. False
3. False
4. True
5. True
- P. 9:** football
- P. 10:** team
- P. 11:** 1. c, 2. e, 3. a, 4. b, 5. d
- P. 13:** 1. d, 2. b. 3. c
- P. 23:** 2. went
3. was
4. wanted
5. saw
6. were



Summary

Sports and fitness

- *healthy; should; tired; to exercise*
- *team; football; to jog; hockey*

Expressing likes and dislikes

- *I'm a fan of football.*
- *I watch lots of matches.*
- *I don't have any interest in sports.*
- *I'm not a fan of football.*



Vocabulary

healthy

team

should

football

tired

to jog

hockey

to exercise



Notes

