

1

BODY AND MIND

OBJECTIVES:

- Talk about sports and other physical activities.
- Talk about personal likes and dislikes related to physical activities.
- Understand and give instructions for physical activities.
- Use word stress to change the emphasis in sentences.
- Write instant messages.
- Investigate the sport which is considered the favorite among students in school.
- Reflect on how the government and the community can help athletes develop their skills.
- Learn about famous athletes.
- Reflect on what is necessary to become a famous athlete.
- Reflect on mandatory physical activity.



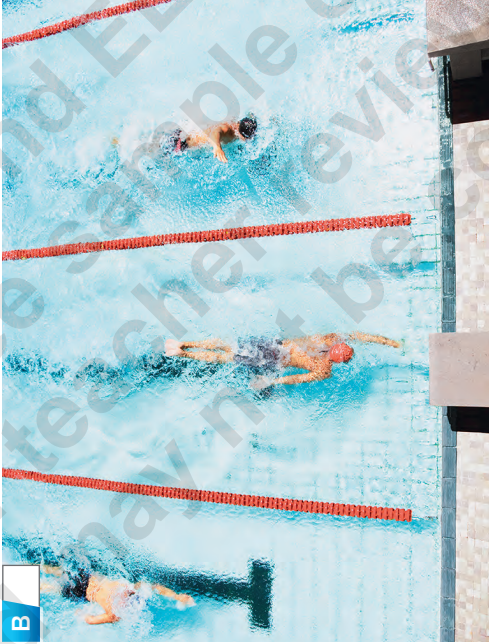
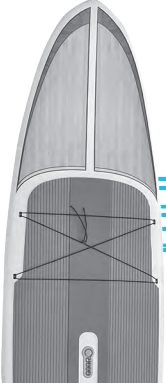
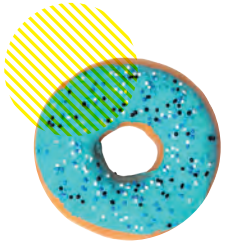


Read the questions and discuss.

- 1** Do you think it is important to practice sports? Why?
- 2** Are some sports easier than others? Why?
- 3** What skills are necessary to be good at sports?
- 4** Can everyone become a professional athlete? Why?

#MAKERS

DIGITAL



FIRST MOVE

1 Listen to the sports commentators and order the images on page 12 accordingly.

2 Listen again and use the expressions from the box to describe the different sports commentators.

analytical calm energetic excited
 focused on details irritating loud
 quiet slow technical

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

3 Would you like to watch any of these sports live? Which one(s)?

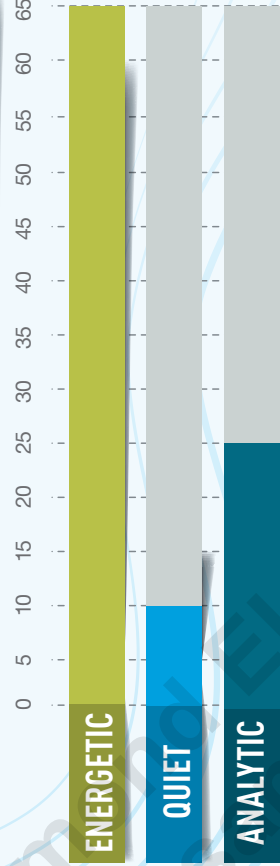
4 What skills does an athlete need to do well in these sports?

- 1 Formula 1: _____
- 2 Swimming: _____
- 3 Tennis: _____
- 4 Soccer: _____
- 5 Basketball: _____
- 6 Gymnastics: _____

React!

5 Write a comment about the survey results.

WHAT'S YOUR FAVORITE TYPE OF SPORTS COMMENTATOR?



Sophie James I like commentators that are analytic. They give us a lot of interesting facts about sports!



Eddy Maine @sophiejames LOL, analytic commentators are boring! I prefer the energetic ones! They keep us on the edge of our seats!



Liz Osborne When I watch soccer, I need a commentator with a lot of energy. I like it when they scream and shout! But, when I watch swimming competitions, I prefer the analytical ones.



I Wonder

6 Write a question about sports commentators. Then look for the answer.



LISTENING AND SPEAKING

1 Write the names of the body parts.



2 Listen to Janette Janero, a personal trainer. Check what she is going to demonstrate.

- 1 how to do a cartwheel
- 2 how to do jumping jacks
- 3 how to perform a backflip

3 Listen again and check the images that show movements described by Janette.



4 Listen again and put Janette's instructions in the correct order.

- a Place your hands on the floor.
- b Lean forward and lift your back leg off the floor.
- c Put your foot in the direction you want to go.
- d Figure out which way you want to face.
- e Push off and let your body follow through.

5 Tell your classmate how to do a cartwheel based on Janette's instructions. Use the expressions in the box.

floor follow through inner thighs
lean lift look push off wrists

6 Think of a physical activity and prepare yourself to give instructions on how to do it. Use short imperative sentences.

7 Record the instructions and share them in small groups. Challenge your partners to follow the instructions adequately.

Makerspace p. 114

Pronunciation

8 Listen to the sentences below. Circle the words that are stressed in each one.

- 1 Swimming every day is good for your breathing.
- 2 Swimming every day is good for your breathing.
- 3 Swimming every day is good for your breathing.

9 What difference does word stress make in the sentences of activity 8?

10 Listen again to the sentences from activity 8 and practice them.

11 Practice emphasizing different words in the following sentences.

- 1 I love swimming, it's the best sport!
- 2 I didn't say I was going bowling today.
- 3 In two weeks, I will be traveling to Peru!

Before Reading

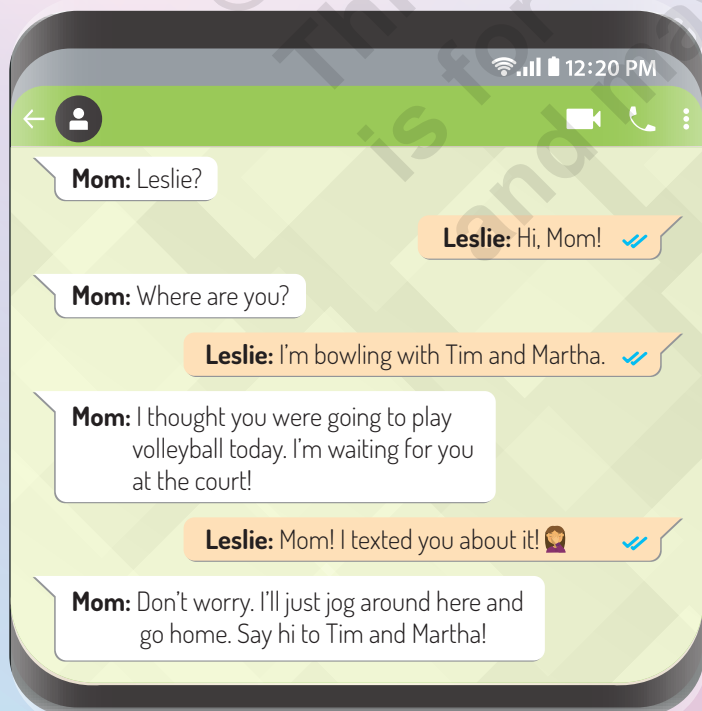
1 How do you usually communicate with your friends?

2 Look at the texts. What type of text are they?

1 E-mails.

2 Instant messages.

3 Letters.

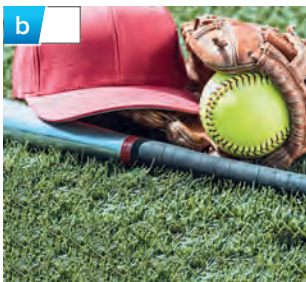


3 What characteristics of the texts helped you answer the question in activity 2?

While Reading

4 Check the correct images according to the texts.

1 What sport does Bea like watching?



2 What sport does Patrick do?



3 What is Leslie's mother going to do?



4 What sport are Gary and Troy watching?



5 Rewrite the sentences below correcting the wrong information.

1 Fred and Bea are meeting Savannah and Chelsea at 7:00 o'clock sharp.

2 Patrick will quit basketball for good.

3 Leslie called her mother to tell her she was going bowling.

4 The Rocket's team is playing worse than last week.

6 How do you think these people are feeling? Justify your answers with extracts from the texts.

1 Fred: _____

2 Bea: _____

3 Dave: _____

4 Patrick: _____

5 Leslie: _____

6 Leslie's mother: _____

7 Gary: _____

8 Troy: _____

7 Summarize each conversation in one sentence.

1 Fred and Bea: _____

2 Dave and Patrick: _____

3 Leslie and her mother: _____

4 Gary and Troy: _____

After Reading

8 Do you prefer calling your friends or texting them? Why?

9 How long do you usually spend on your cell phone?

10 Do you think the time you spend on the phone could be better spent if you practiced physical activities instead?

Buzzwords

"Sorry! **My bad**. Good morning. Did you stop practicing on Saturdays?"
What does Dave mean when he says "my bad"? Look it up!

11 Work with a classmate. Write at least two dialogues in which the expression "my bad" is used.

Open answers.



1 Circle the verbs in the sentences.

- 1 I love watching rugby.
- 2 I wanted to go to the ice cream parlor.
- 3 Did you stop practicing on Saturdays?
- 4 I decided to quit.
- 5 I can't stand waking up early.

2 Write the numbers of the sentences in activity 1.

- 1 In which sentences is a verb followed by another one in the *-ing* form? _____
- 2 In which sentences is a verb followed by another one in the infinitive? _____

Verb Pattern

When there are two verbs in a sentence, the first verb determines the second one's form. Take a look at some verb patterns:

<i>-ing</i>	infinitive
avoid	decide
enjoy	learn
(can't) stand	plan
(don't) mind	want

3 Circle the correct option in each sentence.

- 1 I enjoy **to go** / **going** to the stadium to watch soccer matches.
- 2 I want **to play** / **playing** tennis with my friends on Saturday.
- 3 Last weekend, I decided **to stay** / **staying** home.
- 4 I learned **to play** / **playing** baseball when I was a child.
- 5 I avoid **swim** / **swimming** after lunch.
- 6 I am planning **to learn** / **learning** a new sport this year.

4 Write the numbers of the sentences in activity 3 that are true for you.

5 Complete the sentences with information about yourself.

- 1 I avoid _____.
- 2 I don't mind _____.
- 3 I can't stand _____.
- 4 I learned _____.
- 5 I really enjoy _____.

6 Interview your classmates to check if they agree with your answers to activity 5.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

7 Form sentences using the prompts and complete them as you wish. Follow the example.

Most people...	... prefer...
My relatives...	... enjoy...
My friends...	... want...
Athletes...	... can't stand...
People in my country...	... avoid...

- 1 My friends enjoy going to the beach on the weekends.
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

8 Discuss the questions in groups.

- 1 Do you mind people correcting you?
- 2 Have you ever offered to help a stranger in the street?
- 3 Do you manage to communicate well when you travel abroad?
- 4 Do you expect to live in a different city in the future?
- 5 Would you prefer to live somewhere warmer or somewhere colder?
- 6 What are you considering studying in college?

9 Complete Cathy's message in a forum. Use the verbs from the box in the correct form.

avoid decide enjoy
learn plan stand



I really _____ doing ballet and I try to practice it three times a week. But my ballet instructor said that I should learn other sports to help me develop other skills. She thinks we should _____ doing only one physical activity for too long. Well, I _____ to follow her advice. I thought about soccer, but I really can't _____ running. So I'm _____ to take up swimming lessons instead. I think it's useful to _____ to swim because we feel more confident around water.

10 Interview your classmates and complete the sentences with their names.

- 1 _____ can't stand watching sports on TV.
- 2 _____ really enjoys taking pictures.
- 3 _____ thinks that watching sports is boring.
- 4 _____ would like to learn to play baseball.
- 5 _____ thinks that rugby is more interesting than basketball.
- 6 _____ is planning to watch a soccer match in a stadium.
- 7 _____ thinks that surfing is too dangerous.
- 8 _____ avoids exercising after lunch.

Using Gerunds

Eating 🍌 is my second favorite sport.
Losing this game would be a disaster!
Gerunds can be used as the subject of a sentence.

11 Complete the sentences with the gerund form of the verbs in the box.

do eat go play
run visit

- 1 _____ a marathon was the most exhausting thing I've ever done!
- 2 _____ to the park is my favorite pastime.
- 3 _____ my grandparents is great, my grandma always bakes a cake for me!
- 4 _____ lasagna on Sundays is a tradition in my family.
- 5 _____ video games on weeknights is forbidden in my house.
- 6 _____ homework after school is better than doing it in the evening.

12 Rewrite the sentences from activity 11 so that they are true for you.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

13 What is your opinion about these activities? Write complete sentences.

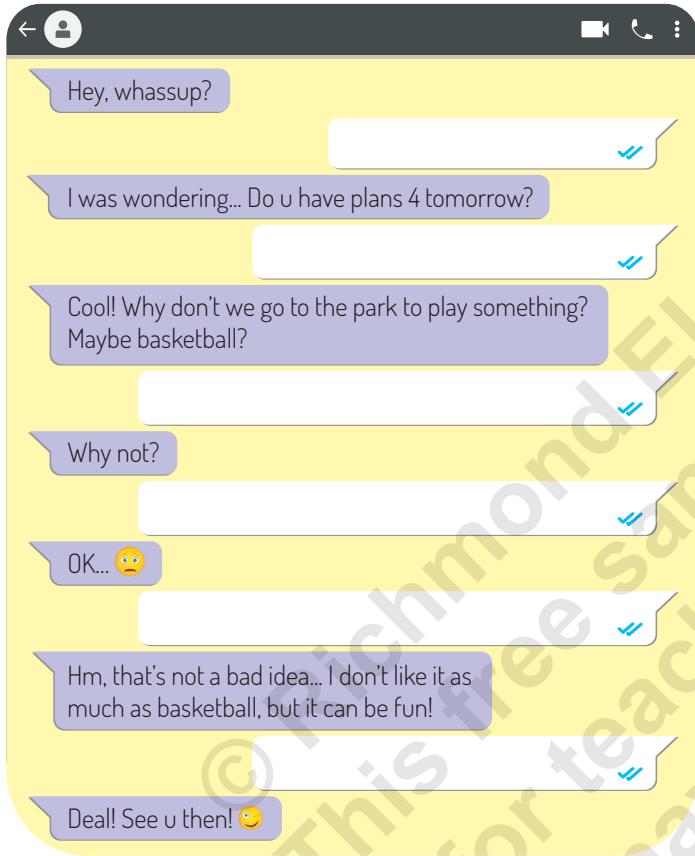
- 1 Playing basketball: _____
- 2 Swimming: _____
- 3 Running: _____
- 4 Playing soccer: _____
- 5 Dancing ballet: _____
- 6 Doing martial arts: _____

14 Compare your opinions to a classmate's.

Instant Messages

Before Writing

1 Read the instant messages.



2 Plan your answers.

- 1 What plans do you have for tomorrow?
- 2 Why can't you play basketball?
- 3 What are you going to suggest instead?
- 4 How can you finish the conversation?

Drafting

3 Write a draft of your messages.

4 Show your messages to a classmate and ask for his/her opinion. Make adjustments, if necessary.

Final Writing

5 Write the final version of your messages. Share it with your classmates.

_____ is the favorite sport among students at my school.

Collect Data

- ▶ Think of a period when you can interview other students at your school.
- ▶ Make sure you interview a similar number of boys and girls.
- ▶ Keep a record of their answers.

Sport	Girls' Votes	Boys' Votes

Analyze the Data

- ▶ What was the most mentioned sport?
- ▶ Is there a significant difference between boys' and girls' preferences?

Draw a Conclusion

_____ is the favorite sport among students at my school.

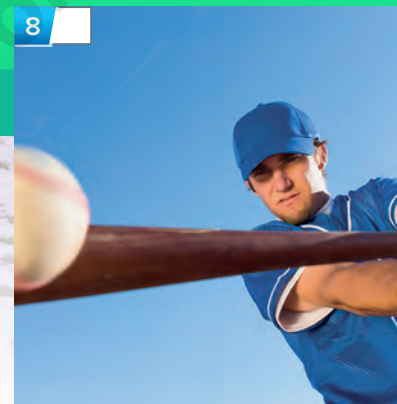
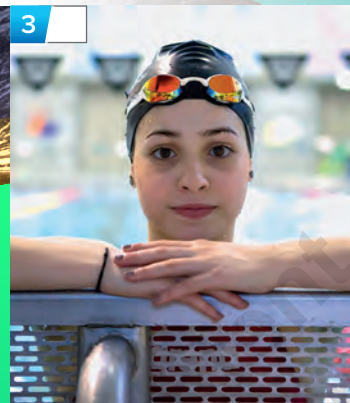
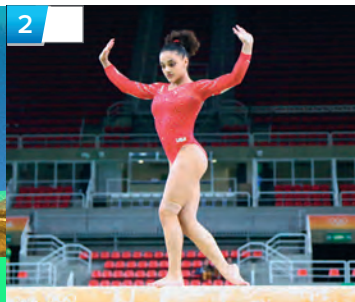
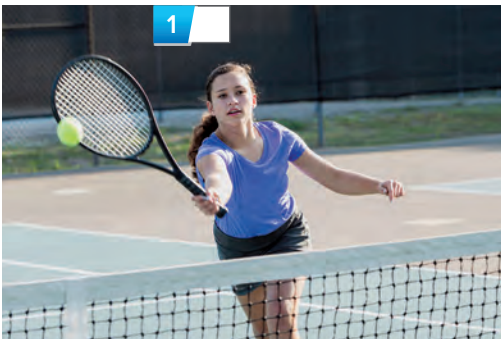
1 Reflect on your conclusions and discuss.

- 1 If there is a significant difference between boys' and girls' preferences, why do you think that is?
- 2 Could you identify any patterns in students' preferences?
- 3 What could be done to increase the variety of sports played at school?

2 Write down some of the ideas from the discussion.

LOCAL AND GLOBAL

1 Check the famous athletes. Do you know their names?



2 Choose one of the famous athletes in activity 1. Do some research on him/her and take notes on your findings.

- 1 When did he/she start practicing this sport?
- 2 What are his/her main achievements so far?
- 3 What is his/her routine like?
- 4 What kind of support does he/she have to be an athlete?

3 Make a list of what is necessary for someone to become a famous athlete.

4 How can the government and the community help young athletes from your country develop their skills?

IMAGINE

Imagine being forced to practice a sport.



1 Research into the concept. Bring your findings to be discussed in class.

2 Read the magazine article on the RLP. Then discuss the questions with a classmate.

- 1 What are the general benefits of sports?
- 2 Is Physical Education mandatory at your school? Do you agree with that?
- 3 In your opinion, should physical activities be mandatory for every student?