



Crossover

Health and Fitness

Lesson Objectives

- To learn new vocabulary about health and fitness.
- To practice conversational skills about health and fitness issues.

Classroom Learning Activities

Activity 1 – Warm-up (5 minutes)

Resources Needed for Activity

- White board
1. Write these questions and answer stems on the board.
 - How important is it to be healthy and fit?
It is _____ to be healthy and fit because _____.
 - Is this something you do in your daily life?
I (do/do not) pay attention to it in my daily life.
 2. Ask students to discuss in pairs, while you take roll.
 3. After a few minutes, ask students what they learned about each other's likes and dislikes about fitness.

Activity 2 – Find Someone Who... (15 minutes)

Resources Needed for Activity

- Copies of Find Someone Who... Handout (There are four sets per page; run copies and cut apart. You need one copy per student.)

This activity will be lots of fun for learners of any age!

1. Instructions for the activity:

(You will need to explain this activity and model it before beginning.)

- a) All students are to walk around the room and ask questions of other classmates, using the questions on the Find Someone Who... handout.
- b) When a classmate answers the question “yes,” the interviewer writes the classmate’s name in the box. If the classmate answers “no,” the interviewer goes to another classmate.
- c) Then the interviewer continues going to other classmates, asking questions and writing the classmates’ names in the boxes.
- d) Continue until cards are full, or as time allows.

(Teachers, you may participate with your own handout, or walk around and observe, ready to help or answer questions about directions.)

2. Now distribute Find Someone Who... handouts and begin. Have fun!

3. After about 10 minutes, ask students to return to the original seating area. Ask students to share something they learned about other students – something interesting, unique, funny, etc.

Activity 3 – Vocabulary

Resources

- Vocabulary Chart

1. Pronounce each vocabulary word. Students repeat. Explain meanings of words. Repeat as needed.

Activity 4 – Conversation Activity – Three Options

Option #1 – Group Conversation

Resources

- Grouped Questions Half-sheets (print in color or grayscale; cut apart)
1. Put students in groups of 2-3 for conversation. Give a Grouped Questions Half-sheet to each group. Walk around, listening and observing. Trade cards among the groups and repeat until all cards have reached all groups.
 2. Remind students to take turns asking and answering questions and to share talk time equally among group members.

Model how to answer a question by turning the question into the beginning of an answer.

3. After about 10 minutes, bring students back to large group. Ask students to share something they learned from their groups.

Option #2 – Non-stop Conversation

*(This is similar to non-stop talking, but instead of only one person speaking at a time, it's **conversation** between both partners for a specified period of time.)*

Resources Needed

- Conversation Cards for Non-stop Talking, one card per student
(Print Conversation Cards document on paper or cardstock, and cut apart into cards, or handwrite the questions on index cards.)
1. Place students in two rows, facing each other, close together (almost knee to knee).

2. Give each student one question card. (*If you have more question cards than students, then some students may take more than one card.*)
3. Each pair will **converse** about their two (or more) questions until time is called.
4. Call time (*anywhere from 3-4 minutes*); students trade question cards and then one row moves down a chair so that they now have new partners and new questions.
5. Begin again; converse non-stop until time is called.
6. Continue switching partners/questions until it's time to stop.

Option #3 – “Let’s Talk” Conversation Game

Resources

- “Let’s Talk” Conversation Game (one copy per group)
 - One die per group (OR you can simply call out numbers for each turn in the game.)
1. Put students in group of 2-3. Give each group one “Let’s Talk” gameboard and one die.
 2. Students take turns rolling the die twice to locate their question on the gameboard.

If you do not have dice, you can call out two numbers, students locate the question and have conversation on that question. After a few minutes, you can call stop, and then call out two new numbers for the next question. Repeat as time allows.

Activity 5 – Wrap-up

Ask students if they enjoyed the conversation time and the game. Tell them good job today on their conversations!

What sport do you most like to watch on TV?

Baseball or football:
which do you think is better?

What do you think is the best kind of exercise?

Which sports do you think are most dangerous?

Why should people exercise?

How often should people exercise?

Do you enjoy exercising?

At what age should kids learn to play a sport?

Do you prefer team sports or individual sports?

Do you prefer to watch or play sports?

At what age should people stop exercising?

Which sports activities can you do with animals?

Would you like to be a professional athlete?

What sport are you best at?

Is winning the most important thing in sports?

Is it important to learn how to swim?

Describe some winter sports.

Which sports are the most popular in the world?

Do you agree that boxing is a violent sport?

Should students play more sports in school?

What sport or exercise would you like to learn?

Would you like to run in a marathon?

Describe some water sports.

Is lifting weights a good way to get strong?

How much exercise is too much exercise?

Which sports do you think are the most boring?

How can sports or exercise develop your mind?

Talk about a strange or unusual sport or exercise.

Conversation Questions

What is your favorite kind of exercise?

Do you eat more healthy or unhealthy foods?

Do you like individual sports or team sports?

What is your opinion about taking vitamins?

Do you think happy people live longer?

Do you have trouble sleeping? How can this affect your health?

Why is too much stress unhealthy?

Which sports do you think are the most dangerous?

Would you like to run a marathon?

What are some simple forms of exercise?

What is your opinion about children participating in sports?

In what ways can exercise help your mood?

What are some habits that are unhealthy?

Have you ever broken a bone?

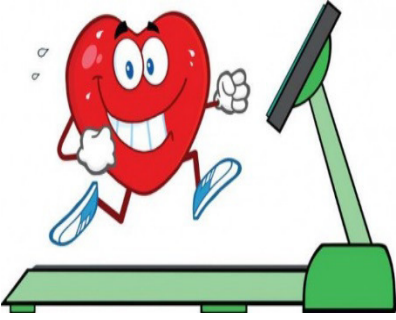
...exercises 4-5 times each week	...eats a healthy breakfast	...gets 8 hours sleep every night
...does not like to exercise	Find Someone Who...	...is in a good mood when exercising
...has a lot of school or job stress	...goes to bed after midnight	...watches sports on TV

...exercises 4-5 times each week	...eats a healthy breakfast	...gets 8 hours sleep every night
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Group 1 Questions



What is your favorite kind of exercise?

Do you eat more healthy or unhealthy foods?

Do you like individual sports or team sports?

Group 2 Questions



What are some simple forms of exercise?

What is your opinion about taking vitamins?

Do you think happy people live longer?

Do you have trouble sleeping? How can this affect your health?

Group 3 Questions

Why is too much stress unhealthy?



Which sports do you think are the most dangerous?

Would you like to run a marathon?

Group 4 Questions



What is your opinion about children participating in sports?

In what ways can exercise help your mood?

What are some habits that are unhealthy?

Have you ever broken a bone?

Let's Talk

EXERCISE & SPORTS



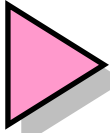
- Find your question by rolling your die twice. The 1st roll determines the number on the top. The 2nd roll determines the number on the left. **Talk for one / two minute(s) about that topic.** Your classmates will ask you follow-up questions. Your classmates can ask you anything if you land on "Ask Any Question".




1 2 3 4 5 6

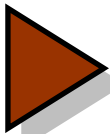



1



<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p>		<p>What sport do you most like to watch on TV?</p>	<p>Describe how to play any sport.</p>	<p>What do you think is the best kind of exercise?</p>	<p>Why should people exercise?</p>	<p>Do you enjoy exercising?</p>
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2



<p>Baseball or football: which is better?</p>	<p>Which sports do you think are most dangerous?</p>	<p>How often should people exercise?</p>		<p>At what age should kids learn to play a sport?</p>	<p>Do you prefer team sports or individual sports?</p>
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3



<p>At what age should people stop exercising?</p>	<p>Would you like to be a professional athlete?</p>	<p>Is winning the most important thing in sports?</p>	<p>Do you prefer to watch or play sports?</p>	<p>Which sports activities can you do with animals?</p>	
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4



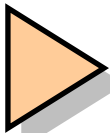
<p>What sport are you best at?</p>		<p>Is it important to learn how to swim?</p>	<p>Describe some 'winter' sports.</p>	<p>Do you agree that boxing is too violent?</p>	<p>What sport or exercise would you like to learn?</p>
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5



<p>Describe some 'water' sports.</p>	<p>What sports are most popular in the world?</p>	<p>Should students play more sports in school?</p>	<p>Would you like to run in a marathon?</p>		<p>Is lifting weights a good way to get strong?</p>
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6



<p>How much exercise is too much exercise?</p>	<p>What sports do you think are most boring?</p>		<p>How can sports or exercise develop your mind?</p>	<p>Talk about a strange or unusual sport or exercise.</p>	<p>Describe the Olympics.</p>
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Vocabulary

exercise

marathon

weights

individual

mood

healthy

unhealthy

stress

junk food

fast food