



## **Intermediate**

### **Health and Fitness**

#### **Lesson Objectives**

- To learn new vocabulary and idioms related to health and fitness.
- To engage in conversation about health and fitness.

*(Teacher Note: Please be sensitive to the topic of this lesson and whether it is right for your class. You would not want a student to feel targeted or embarrassed if he or she seems unfit or unhealthy. With that said, this lesson should be interesting and fun, with some great options for younger learners.)*

#### **Classroom Learning Activities**

##### **Activity 1 -- Warm-up (5 minutes)**

###### Resources Needed for Activity

- White board
1. Write these questions on the board:
    - How important is it to be healthy and fit?
    - Is this something you pay attention to in your daily life?
  2. Ask students to discuss the questions in pairs. *(This is a good time to take roll.)*
  3. After about 5 minutes, ask students for general responses.

## **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.)

#### 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 and Idioms (15 minutes)**

### Resources Needed for Activity

- Vocabulary Poster
- Idioms Poster

1. Pronounce words on the vocabulary poster. Students repeat. Ask them which words are unfamiliar. Explain meanings.
2. Pronounce idioms. Students repeat. If students have cell service, assign partners. Each partner group can look up one idiom and share the meaning with the class. *(If there is no cell service, explain meanings to students.)*

### **Vocabulary**

exercise  
athlete  
marathon  
weights

violent  
vitamins  
nutrition  
fast food

junk food  
healthy  
unhealthy  
stress

### **Idioms**

in good shape  
in bad shape  
fit as a fiddle

run down  
under the weather  
picture of health

### **Activity 4 – Conversation – Two Options (15-20 minutes)**

#### **Resources Needed**

- Option #1 -- Conversation Poster
- Option #2 -- “Let’s Talk” Conversation Gameboard (one copy per group)  
You’ll also need one die per group, or you can simply call out numbers for each turn in the game.

### **Option #1 -- Group Conversation using the Conversation Poster**

*(Adults might prefer this conversation activity; the questions have more variety than the gameboard activity.)*

Put students in groups of 2-3. They choose questions from the poster to use for group conversation.

### **Option #2 – Group Conversation using the “Let’s Talk” Gameboard**

*(Younger learners would probably prefer this conversation activity.)*

Put students in group of 2-3. Give each group one “Let’s Talk” gameboard and one die. *(Or you will call out the numbers for each turn.)*

Students take turns rolling the die and reading the questions to the group, or you call out two numbers per round and students locate that question and discuss it for a few minutes. Then call out next two numbers and continue conversation as time allows.

### **Activity 5 – Wrap up (5 minutes)**

Come back to large group for last few minutes for students to share something they learned about their classmates or about conversation with classmates.

### **Another Optional Activity**

#### **Resources Needed**

- Handout Cards “10 Facts About Fitness” (You need one class set; collect at end of class)
- Article Half-sheets “10 Facts About Fitness” (Print out and cut in half; collect at end of class.)

Use as additional or substitute activity for group conversation. *(This would be a good option for I+ learners.)*

1. Distribute the Fitness cards. Ask students to discuss the 10 points in groups of 3.
2. An extended version of this activity would be to also distribute the Fitness article half-sheets, one or two half-sheets per group. The half-sheets cover the same 10 facts but go into more detail. Groups can read and discuss their points. If time permits, groups can present ideas to the entire class.
3. Another way to do this activity would be to post the half sheets around the room. Students could circulate around the room to the half-sheets and discuss each point as they read it. You could use a timer to set a time limit for groups at each station.
4. Come back to large group near the end of class to process and discuss general opinions – agreements and disagreements, etc.

# **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
...hates to exercise	<b>Find Someone Who...</b>	...takes vitamin pills
...has a lot of school or job stress	...goes to bed after midnight	...watches sports on TV

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# Idioms

**in good shape**

**fit as a fiddle**

**in bad shape**

**run down**

**picture of health**

**under the weather**

1. Numerous studies have shown exercise can boost memory and concentration. It increases serotonin, a neurotransmitter, in the brain that can lead to improved focus and clarity. Other studies have shown that physical activity may reduce cognitive decline in older adults.
2. Exercise reduces stress, and can help ward off depression and anxiety. Regular exercise can reduce stress hormones such as cortisol and adrenaline.

3. Studies have shown people who exercise as little as 20 minutes per day, three days a week, have less fatigue and more energy overall. Exercise increases blood flow, which allows oxygen and nutrients to reach the cells, giving you energy for daily tasks.
  
4. It's not necessary to spend an hour or more at the gym to get in your daily exercise. Short bursts of activity can be incorporated throughout the day. Take a walk on your lunch break, ride bikes with your kids, do jumping jacks for 10 minutes, or run up and down the stairs for five. Getting exercise in short chunks is just as effective as doing it all at once. A cumulative half-hour per day is all that is needed for health benefits, and a total of 60 minutes per day can help you lose weight and keep it off.

5. Exercising can also help strengthen relationships. Spend time with your partner or friends walking or meeting for a tennis match, instead of going out to eat. Having support also helps you keep your fitness goals.

6. Exercise can also help prevent or slow the process of a number of diseases and health conditions, including: heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), loss of muscle mass.

7. Exercise makes the heart and cardiovascular system stronger. Your heart will become more efficient, pumping more blood per beat so at rest your heart rate will be lower. Even a few days after beginning exercise the body starts to adapt, and breathing is easier, your body feels less fatigue, and pain and soreness will diminish.

8. We've all heard muscle burns more calories than fat, so by having more muscle your resting metabolic rate will be higher. That means you can take in more calories and still maintain your weight. It's not a carte blanche to eat whatever you want, but you can enjoy your favorite sweets and chips in moderation when you exercise regularly.

9. Exercise will improve your performance in your athletic endeavors. Once you've been exercising regularly for several weeks your body will be more efficient and you will have more endurance. Your muscles will be stronger and more flexible, and your overall performance will be enhanced.
10. Don't make weight loss your only goal when you start exercising. Certainly, exercise is a helpful component of a weight loss program but the health benefits of exercise – whether you lose weight or not – are important too. Whether the number on the scale goes down or not, remember your body is still reaping the benefits of exercise. You will be sharper mentally, less stressed, and more fit overall.

## Top 10 Fitness Facts



1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal

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# Vocabulary

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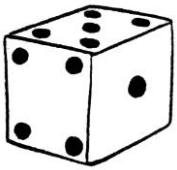


# Let's Talk

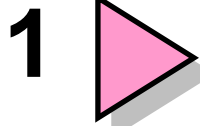
## EXERCISE & SPORTS



- Find your question by rolling your die twice. The 1<sup>st</sup> roll determines the number on the top. The 2<sup>nd</sup> 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



	What sport do you most like to watch on TV?	Describe how to play any sport.	What do you think is the best kind of exercise?	Why should people exercise?	Do you enjoy exercising?
Baseball or football: which is better?	Which sports do you think are most dangerous?	How often should people exercise?		At what age should kids learn to play a sport?	Do you prefer team sports or individual sports?
At what age should people stop exercising?	Would you like to be a professional athlete?	Is winning the most important thing in sports?	Do you prefer to watch or play sports?	Which sports activities can you do with animals?	
What sport are you best at?		Is it important to learn how to swim?	Describe some 'winter' sports.	Do you agree that boxing is too violent?	What sport or exercise would you like to learn?
Describe some 'water' sports.	What sports are most popular in the world?	Should students play more sports in school?	Would you like to run in a marathon?		Is lifting weights a good way to get strong?
How much exercise is too much exercise?	What sports do you think are most boring?		How can sports or exercise develop your mind?	Talk about a strange or unusual sport or exercise.	Describe the Olympics.