

Lesson Plan: How Fit Are You?

In this unit the pupils begin by doing a quiz to find out how fit they are. The pupils then work through the unit and learn vocabulary connected to healthy lifestyle and to keeping fit, watch a video, read an article, do a speaking activity and at the end suggest ways to stay healthy and present their work to class.

⇒ Can-Do-Statements

⇒ Introduction

⇒ Vocabulary games

⇒ Speaking activity

⇒ Listening/Watching a video

⇒ Reading

⇒ Writing

⇒ Games

Can-Do-Statements

Spoken Reception (SR)

- Can understand the gist of a conversation and/or discussion provided articulation is intelligible and the topic and context are familiar
- Can generally identify the topic of clearly conducted conversation and/or discussion around him/her
- Can understand the main information in dialogues about familiar activities, especially if articulated clearly
- Can understand basic (personal) information (e.g., someone's hobbies and interests) in dialogues, especially if spoken clearly and guided by written prompts
- Can understand basic and key information as well as questions on familiar, everyday activities (e.g., classroom activities, sports, cooking) especially when articulated clearly
- Can understand teacher questions
- Can follow the main points in short TV programs or video clips on familiar topics B1

Written Reception (WR):

- Can understand the main points made in informational texts that deal with the topic (adapted CEFR A2)
- Can understand most general factual information on familiar subjects of interest

Spoken Production (SP):

- Can express opinions on subjects relating to everyday life (B2)
- Can present his/her opinion in a structured, coherent manner especially provided he/she can prepare in advance (A2)

Written Production (WP):

- Can work out how to communicate the main point(s) he/she wants to convey, exploiting available resources and limiting the message to what he/she can recall or find the means to express

Spoken Interaction (SI):

- Can interact with reasonable ease in structured situations, short social exchanges, and conversations using vocabulary from Bands I & II.

Introduction

HOW FIT ARE YOU?

A. Work with a partner. Read the quotation about health then answer the questions.

1. Do you think about your health only when you get sick?
2. What do you do to keep healthy?

B. Online Quiz:

1. Take the following [online quiz](https://wordwall.net/resource/57222623) to check how physically fit you are.
2. What is your result?

Vocabulary Games

Vocabulary:

Study the new words:

Activities in Hebrew: <https://wordwall.net/resource/57222623>

Activities in Arabic: <https://wordwall.net/resource/57223321>

(students can switch templates when studying the new words. They can choose from different templates like: match-up words, crossword, word search, flashcards, quiz...)

benefit	
improve	
reduce	
produce	
anxiety	
a sense of pride	
Diabetes	

drop	
lack of interest	
inspire	
motivation	
keep you on track	
taking into consideration	
wise	
expert	
increase	
lower	
effect	

Speaking:

Talking about staying healthy. (Reader's Theater)

1. Read the conversation. Is Speaker A motivated to keep fit?

A: You seem pretty fit. **Do you do any regular exercise?**

B: Yeah. I go to the gym **a few times a week.**

A: What do you do there?

B: I **do some** stretching and then usually run for half an hour or so.

A: Don't you get bored? **How do you motivate yourself?**

B: Well, I **often go** with a friend. Also, I recently bought a wearable watch tracker. **It helps me** learn more about my lifestyle habits, and motivates me to do more. **How about you? Do you do much exercise?**

A: Not very often. I am usually too tired after school. **Maybe I should** sign up for a class at the gym. I think that will make me more motivated!

2. Practice the conversation with a partner and act it out. (Reader's Theater)

3. With a partner talk about what you do to keep fit, how you motivate yourself, and if you use any technology to keep track of your health. Use the expressions in **green** above to help you.

e.g.: **Do you do any regular exercise?**

I try to go swimming every week.

Listening:

How to EASILY Kick Start a Healthy lifestyle Fast.

- Watch the video [How to EASILY Kick Start a Healthy lifestyle](#), and then answer the questions.
 1. What is a SIMPLE change you can make to live a healthier lifestyle?
 - a. Going for a walk every day.
 - b. Hiring a personal trainer.
 - c. Eating junk food.
 2. COMPLETE THE SENTENCE. Give ONE answer.
According to experts, being outdoors makes us _____.
 3. CIRCLE THE CORRECT ANSWER.
Eating dark chocolate boosts our happiness. TRUE/ FALSE
 4. What else can you do to improve your daily happiness?
_____.

Reading Activity

Read the text and discuss it with the teacher.

BENEFITS OF EXERCISE

It's important for teenagers to exercise for at least 60 minutes every day. Exercise is good for the body and mind. It helps the brain to work better and **improves** learning. When you exercise, your body **produces** chemicals that help you feel good. Exercise can also help to **reduce** depression and **anxiety**, and give you **a sense of pride** when you achieve a goal. Regular exercise can help you to keep a healthy weight, and lower the risk of getting some diseases like type 2 **diabetes**, heart disease, and high blood pressure. Jumping, running, or lifting weights can help to keep your bones strong. Exercise can also help you age well, improve your quality of life, and reduce the chance of getting Alzheimer's. One of the biggest reasons people **drop** an exercise program is **lack of interest**. If what you're doing isn't fun, it's hard to keep it up. But there are many different sports and activities to try to see which one **inspires** you. If you need a little more **motivation**, take a class, join a team, or find an exercise buddy to help **keep you on track**.

Taking into consideration all the health benefits of being physically active, it's easy to see why exercise is **wise**. Remember, it's never too late to start exercising. And the great thing about exercise is that it's never too late to start. Even small amounts of exercise like taking a short bike ride or walking the dog, can make a difference. If you are new to exercise, start with a few minutes a day and slowly build to the recommended amount of at least 60 minutes

Answer the following questions about the text “Benefits of Exercise.

QUESTIONS:

1. How can exercise help reduce depression and anxiety? (lines 1-6)
 - a. By producing chemicals that make you feel good.
 - b. By increasing the risk of diseases.
 - c. By improving bone strength.
2. COMPLETE THE SENTENCE. (lines 12-16)
ONE reason people drop an exercise program is _____.
3. COMPLETE THE SENTENCE with ONE WORD. (lines 12-16)

Taking a class or joining a team are _____ of activities or sports that teenagers can try if they want to stay motivated to exercise.

4. Besides physical health, what are some benefits of exercise mentioned in the text?
-

Understanding Main ideas

Chose the statement that best summarizes the main point of the passage.

- Regular exercise is important for teenagers as it improves both the body and mind, benefiting overall health and well-being.
- Teenagers can stay motivated to exercise by trying different sports and activities.
- Physical activity helps teenagers focus more in school.

Understanding Details

Complete the chart on the ways to achieve a healthy lifestyle.

Healthy Life Style

Building Vocabulary:

Fill in the blank with the appropriate word.

improve produce reduce anxiety a sense of pride diabetes

1. Engaging in hobbies or activities you enjoy can _____ stress levels.
2. Eating a balanced diet can help _____ the risk of developing _____.
3. Smiling and laughing can _____ your mood.
4. Achieving a personal goal can give you _____.
5. When you exercise, your body _____ chemicals that help you feel good.

WRITING: Making Suggestions

Your school wants to increase the productivity of the students by encouraging them to lead a healthy lifestyle.

In groups, make suggestions of how the school can encourage students to have a healthy lifestyle.

Each group presents the suggestions to class.

Games:

- [Online quiz:](#)
- [Activities in Hebrew](#)
- [Activities in Arabic](#)