

### Good health – Summary

This unit is about health and exercise. In scene 8A, we hear how important daily exercise is in keeping us healthy and giving us energy. In scene 8B, Josh wants to go out, but Mariana feels tired because of work and prefers to stay in and watch a video. Josh suggests that she should get more exercise as this will give her more energy. In scene 8C, we watch some speakers talking about why they exercise and what they do. In scene 8D, Mariana is having trouble deciding which exercise to do, so Josh finds a website questionnaire and she decides to take up aqua-jogging (an activity in which people use a special float and jog in water).

#### 1 Before you watch

##### ▶▶ Cultural note

- Ask the students to read the cultural note.
- Pre-teach any new vocabulary as necessary, e.g. *t'ai chi* (a Chinese exercise based on coordinated and rhythmic movements), *lacrosse* (a game where players use nets on sticks to throw and catch a ball) and *field hockey* (a game where players use long curved sticks to hit a ball along the ground).
- Have the students discuss the questions in small groups.

#### 2 Watch for main ideas

35:21 – 40:04

- Have the students read the summary.
- Ask the students to watch the video and underline the incorrect information.
- If you wish, ask the students to correct the incorrect information.
- Check their answers.

**Answers:** monthly → daily, Josh → work, goes on vacation → does exercise, the World Series → which exercise they do, gym → a website (Mariana chooses aqua-jogging.)

◀◀ Rewind the video to 8A 35:37 in preparation for **Watch for details**.

#### 3 Watch for details

Scene 8A: 35:37 – 36:11

- Have the students read the gapped text and the words in the box.
- Pre-teach any new vocabulary as necessary, e.g. *immune* (to be protected against disease or illness), *energy* (to feel awake and active).
- Have the students try to complete the text with the words.
- Play scene 8A for them to check their answers.

**Answers:** 1 heart 2 muscle 3 immune 4 manage 5 energy 6 times

##### ▶▶ Scene 8B: 36:14 – 37:06

- Ask the students to read the sentences.
- Pre-teach any new vocabulary as necessary, e.g. *guarantee* (to promise that something will happen).
- Have the students watch scene 8B and choose the correct answers.
- Check their answers.

**Answers:** 1a 2b 3b 4a 5a 6b

##### ▶▶ Scene 8C: 37:08 – 38:27

- Ask the students to read the reasons why people exercise.
- Pre-teach any new vocabulary as necessary, e.g. *tension* (stress, particularly when felt in the muscles), *sedentary* (at a job, sitting most of the time), *high blood pressure* (when the blood is not pumping freely through the body).
- Have the students watch scene 8C and check the reasons the speakers give.
- Check their answers.

**Answers:** 1 ✓ 2 ✓ 4 ✓ 6 ✓ 7 ✓ 9 ✓

- Put the students into pairs and ask them to remember which types of exercise they heard.
- Check their answers.

**Answers:** Speaker 1 – running Speaker 2 – going to the gym, walking Speaker 7 – running, lifting weights

##### ▶▶ Scene 8D: 38:30 – 40:04

- Pre-teach any new vocabulary as necessary, e.g. *goal* (aim, purpose) and *endurance* (the ability to continue doing something for a long time).
- Explain to the students that they will complete the questionnaire from the video for Mariana.
- Have the students watch scene 8D and complete the questionnaire with Mariana's answers.
- Check their answers.

**Answers:** 1 no 2 with a group 3 yes 4 increase energy

#### 4 After you watch

##### Language focus: *must, may / might, can't*

- Ask the students what people should and shouldn't do to keep fit, and write their answers on the board as examples.
- Further suggestions are: you must exercise daily / get enough sleep, you can't eat too much chocolate / drink too much alcohol, you could join a gym / walk to school instead of going by bus.
- Put the students into pairs and have them think of things that people must do to stay fit, may or might do and can't do. Remind them that we use *must* for activities that are necessary, *can't* for those that are prohibited, and *may / might* for others.
- Have one or two pairs tell their suggestions to the class.

## SKYLINE 3 UNIT 8

### Discussion

- Refer the students back to the reasons for exercising given in the exercise for scene 8C.
- Put the students into groups and ask them to agree on an order of the least to most important.
- Discuss the lists as a class – can the groups justify their order?
- Then have the students discuss as a class why they exercise or don't exercise.

### 5 Communication activity

Turn to page 60 for the *Aqua-jogging* activity.

### Video Script

COUNTER  
35:21 – 40:04

#### Scene 8A: 35:37 – 36:11

**Narrator:** Daily exercise is important to your overall health and happiness. When you exercise daily you reduce your risk of getting heart disease and increase your level of muscle strength. Regular exercise can also improve your immune system, helping you fight off disease and infection. Working out can help you manage stress and it gives you more energy to go out and enjoy life instead of sitting around tired all the time. Just doing some kind of sustained workout for ten to twenty minutes three times a week can make a big improvement in your physical and mental health.

#### Scene 8B: 36:14 – 37:06

**Josh:** Hey, ready to go out? What do you want to do? Go see a movie? Go hear some music ...?  
**Mariana:** I don't know, I'm so tired. Think I just want to stay here and get a video.  
**Josh:** You're always tired lately.  
**Mariana:** I know. It's work. It's making me tired.  
**Josh:** You must need more exercise, Mariana.  
**Mariana:** Yeah, I probably do ... But I'm not into exercise. You're an athlete, but I'm not. I'm not very good at sports.  
**Josh:** Oh, come on. Exercise isn't just for athletes. It's for everyone. If you start to exercise, I guarantee that you'll feel better and have more energy in ... I don't know ... in about a month ... even sooner.  
**Mariana:** But what exercise?

#### Scene 8C: 37:08 – 38:27

**Speaker 1:** I like to run; I like to run right by the river actually.  
**Speaker 2:** I don't exercise as much as I should, um, I go to the gym probably twice a week and I walk a lot.  
**Speaker 1:** I like to exercise because it gives me time to think, it gives me time to be alone, um, and it prevents me from being out of breath when I'm running up and down stairs seeing patients.  
**Speaker 2:** Uh, I think exercise is such an important thing in life because I think you just feel better when you exercise, I notice a difference if I've been, um, kind've sedentary for a couple of days. I notice a difference in how I feel.

**Speaker 3:** Exercising was never important to me before, but then, if I can be honest, you reach a certain age and you start gaining weight and you get high blood pressure and you do it out of necessity, but I never had that problem when I was younger. I ... I do it to feel good and to be healthy.  
**Speaker 4:** Exercise is important; so you can stay healthy and live a longer life.  
**Speaker 5:** It releases any tension I have, and after exercising I feel better about myself.  
**Speaker 6:** I think exercise gives you a sense of, uh, ability and empowerment and keeps you physically fit.  
**Speaker 7:** For exercise, I belong to a gym, so I run or lift weights.

#### Scene 8D: 38:30 – 40:04

**Josh:** Hey, look. This website will help you find an exercise that's right for you. You know, because if you find something you like, you're more likely to keep doing it, right?  
**Mariana:** I guess so.  
**Josh:** Want to try?  
**Mariana:** Well, OK. I'll try. Anyway it's fun taking tests like this.  
**Josh:** OK. Do you exercise more than twice a week now?  
**Mariana:** Uh, no. I don't.  
**Josh:** Would you prefer to exercise with a group ... or by yourself?  
**Mariana:** Uh ... well, with a group, I guess. It's more fun to exercise with other people.  
**Josh:** OK, with others ... Next ... would you like to exercise in the water? Yes, no, doesn't matter?  
**Mariana:** Yes, yes, I like to swim. And I like to be in water.  
**Josh:** What is your primary goal for your exercise program?  
**Mariana:** Uh, to increase energy. Yes, definitely.  
**Josh:** OK, here's a suggested exercise program for you ... aerobic exercise at least one half hour three times a week will help you increase your energy. Aerobic water activities with others. Aqua aerobics, water polo, aqua-jogging.  
**Mariana:** Aqua-jogging! I never heard of that. It sounds like it might be fun.

### Unit Eight

### 8

## Good health

### 1 Before you watch

#### ▶▶ Cultural note

Read the text and then in groups, discuss the questions.

Americans of all classes, races, sexes and ages participate in sports: Small children go to swimming groups, teenagers participate in school athletics, adults go bowling or golfing and older people practice gentler activities such as t'ai chi. Some sports played in North America come from the Native Americans, who played forms of lacrosse and field hockey. Of the main sports in the United States, baseball is played during the spring and summer and has its championship – the World Series – in early fall. Football is played throughout the fall with the Super Bowl in January, and the National Basketball Association championships are in the spring.

- 1 What sports do people of different ages play in your country?
- 2 Which sports are the oldest sports?
- 3 Which are the most popular sports, when are the championships and what are these called?

### 2 Watch for main ideas

**a Read the summary. Watch Unit 8 and underline the incorrect information.**

Mariana watches a short program about the benefits of monthly exercise. She says she feels tired because of Josh. He suggests she goes on a vacation. Mariana isn't interested and says that she is not good at sports. The speakers talk about who will win the World Series. Josh finds a gym and Mariana decides what exercise to do.

**b Now check your answers.**

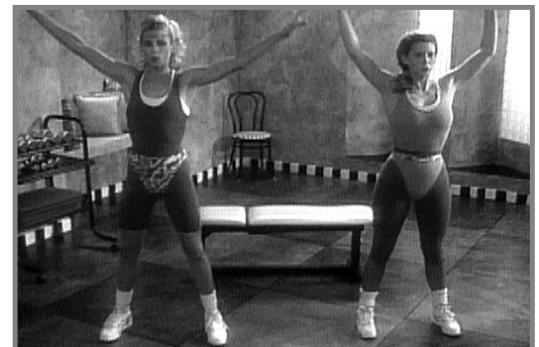
### 3 Watch for details

#### ▶▶ Scene 8A

**a Complete the text with the correct words from the box.**

|        |        |        |       |
|--------|--------|--------|-------|
| energy | muscle | immune | heart |
| manage | times  |        |       |

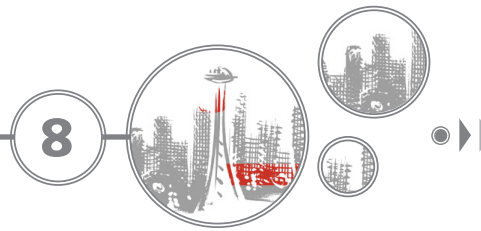
Daily exercise reduces the risk of getting  
 (1) \_\_\_\_\_ disease. It increases the level of  
 (2) \_\_\_\_\_ strength, and improves your  
 (3) \_\_\_\_\_ system. It helps you (4) \_\_\_\_\_  
 stress, and gives you more (5) \_\_\_\_\_ so you  
 don't feel tired. Ten to twenty minutes exercise three  
 (6) \_\_\_\_\_ a week will improve your health.



**b Now watch scene 8A again and check your answers.**

PHOTOCOPIABLE

## SKYLINE 3 UNIT 8



### Worksheet Good health

#### ▶▶ Scene 8B

##### a Watch scene 8B again and choose the correct answer (a or b).

- 1 Josh wants to a) hear some music. b) watch a video.
- 2 Mariana wants to a) do some work. b) watch a video.
- 3 Josh suggests that she should a) take more vitamins. b) get more exercise.
- 4 Mariana says that a) Josh is an athlete. b) she is an athlete.
- 5 Josh says that she'll a) have more energy. b) feel fitter.
- 6 Josh guarantees she will feel better in a) one week. b) one month.

##### b Now check your answers.

#### ▶▶ Scene 8C

##### a Watch scene 8C again and check (✓) the reasons the speakers give for exercising.

I exercise because ...

- |   |   |
|---|---|
| 1 it gives me time to think. <input type="checkbox"/>             | 6 I want to stay healthy and have a longer life. <input type="checkbox"/> |
| 2 I feel better. <input type="checkbox"/>                         | 7 it releases any tension I have. <input type="checkbox"/>                |
| 3 it makes my muscles stronger. <input type="checkbox"/>          | 8 I want to win competitions. <input type="checkbox"/>                    |
| 4 I want to feel good and to be healthy. <input type="checkbox"/> | 9 I want to keep physically fit. <input type="checkbox"/>                 |
| 5 it gives me energy. <input type="checkbox"/>                    |   |

##### b Now check your answers.

##### c In pairs, discuss which exercises the speakers mentioned.

#### ▶▶ Scene 8D

##### a Watch scene 8D and check (✓) Mariana's answers.

- 1 Do you exercise more than twice a week? yes  no
- 2 Do you prefer to exercise with a group or by yourself? with a group  by myself  doesn't matter
- 3 Do you like to exercise in water? yes  no  doesn't matter
- 4 What is your primary goal? reduce stress  increase energy  build strength  build endurance

##### b Now check your answers.

#### 4 After you watch

**Language focus:** *must, may / might, can't*

**In pairs, discuss things you must do to keep fit, things you may do and things you can't do. Look at the example.** *You must eat a lot of fruit and vegetables. You may have a glass of wine sometimes. You can't smoke.*

#### Discussion

**In groups, number the reasons for exercising given in scene 8C in order of the least to the most important (1 = least important, 10 = most important). Then discuss why you exercise or don't exercise.**