



## Designing a fitness programme

### Before watching

1 Complete the sentences using the words in the box. There are two extra words.

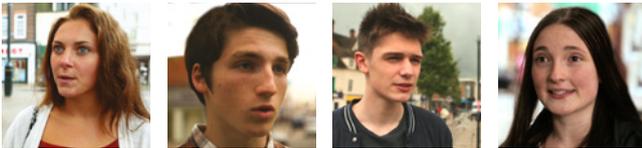
body • outdoor • flexibility • team • indoor  
improve • stamina • strength • individual • hard

- Golf and fishing are ..... sports. You do them outside.
- If you have good ..... you can touch your toes easily when you're standing up.
- If you're fit, you can do ..... exercise.
- Ice skating and volleyball are normally ..... sports. You do them inside a building.
- If you have a lot of ..... you can do exercise for a long time.
- If you have a lot of ..... you can lift weights, run fast and jump high.
- If you like doing sport on your own, an ..... sport is best for you.
- In a ..... sport, you play with a group of other people.

### While watching

2a 37 Watch the video. Match the four speakers with the type of sports they like. Use the words in the box. How often do they do sports?

indoor • individual • outdoor • team



Amelia .....  
George .....  
Kieran .....  
Molly .....

2b 37 Watch again. Write the name of the correct speaker.

- ..... doesn't like getting cold.
- ..... gets up early to exercise.
- ..... exercises with other people.
- ..... does sport when other people are relaxing.
- ..... exercises twice a day.

### VIDEO SKILLS: Understanding advice

If you give people advice, you say what you think it's good for them to do. Listen for these expressions:

- I think it's a good idea to ...*
- I reckon that the important thing is to ...*
- Think about this: Do you ...?*
- Try ... If you don't enjoy it, try ...*

3a 37 VIDEO SKILLS Read the video skills box. Then watch again. What suggestions and advice do the speakers mention about the things below?

Amelia: other people

Kieran: competition; things to improve

George: you

Molly: sports club

3b Which advice do you think is best for you? Why?

### After reading

4a Think about the four speakers, what they do and their sports routine. Which speaker is most similar to you?

4b SKILLS 4 LIFE Make a plan to start a new sport, or choose a new objective for a sport you do now. Follow these steps.

1 Choose an option below, or think of another.

Sports	Objectives
A team sport	A 5 km run
A martial art	A cycle race
An extreme sport	A 20 km walk
	A 2 km swim

2 Make a plan. Answer some of these questions:

- What type of fitness does it improve?*
- When can you start?*
- What days can you do it, or prepare for it?*
- Where can you do it, or prepare for it?*

3 Prepare to tell your classmates about your plan. When you're ready, write your plan on a piece of paper and stick it on your classroom wall.

*My plan is to ... It can improve ... I can start ... I can do it/prepare for it ...*

### REFLECT ON IT



The World Health Organization recommends teenagers do a minimum of 60 minutes of moderate sport or physical exercise every day. Do you think this is realistic for all teenagers? If not, why not? How can teenagers do enough exercise if they don't have time for, or can't do, sport?