



**1** Work in groups. Which of these ideas are true about yoga, do you think?

- |                                       |                          |
|---------------------------------------|--------------------------|
| A It's hard work.                     | <input type="checkbox"/> |
| B It's easy and not really a sport.   | <input type="checkbox"/> |
| C It makes you feel great.            | <input type="checkbox"/> |
| D You need yoga clothes and trainers. | <input type="checkbox"/> |
| E It's only for very fit people.      | <input type="checkbox"/> |
| F Everyone can do it.                 | <input type="checkbox"/> |

**2** Listen to the conversation between Lucy and Hugo. Tick the ideas in Exercise 1 which Hugo says are true about yoga.

**3** Listen again for more information about these details. Write one or two words. Sometimes more than one answer is possible.

- 1 a place where people keep fit
- 2 a team sport
- 3 a type of shoes
- 4 two parts of the body
- 5 a person in Lucy's family

**4** In groups, think of a sport and make a list of reasons to do it. Then tell the class. Use these phrases and your own ideas.

It's good for your ...

It makes you feel ...

It helps you ...

You meet ...

**Example**

We like tennis. The best reason for playing tennis is that it's fun! But it's also good for your body. For example, it gives you strong arms ...



### 1 Warmer

Hand out the worksheet and ask the students where they think the man is going. How do they know? Help with *yoga mat* if necessary.

### 2 Exercise 1

Ask who in the class does or has done yoga. Briefly let them say why they do it or like it. Then ask students to discuss the ideas in groups of three or four. It doesn't matter what their conclusions are, as long as they are activating language and ideas about sport, fitness and health.

### 3 Exercise 2

Tell the students they are going to hear a conversation between two young people called Lucy and Hugo. They should tick the things in the list which Hugo says are true about yoga. Play the audio and then let them compare their answers in pairs. Then check the answers with the whole group.

#### Answers

It's hard work. (A)

It makes you feel great. (C)

Everyone can do it. (F)

**Hugo:** No, they won't. Yoga is for everyone. If you can do something, that's great, and if you can't, it doesn't matter. You just need to practise a bit. It's good for your back, it's good for your legs ... Come on!

**Lucy:** Oh ... OK. I'll phone my sister Jenny and tell her I'm not coming home for dinner. OK, let's go!

### 4 Exercise 3

Let students read through the list of details they have to identify in the audio and then play it again. They should make notes as they listen and then compare answers with a partner. Check the answers with the whole class.

#### Answers

1 sports centre

2 football, (tennis)

3 trainers

4 back, legs

5 Jenny (sister)

### 5 Exercise 4

Ask students to work in small groups and decide on a sport or fitness activity that at least one of them thinks is good. They should then brainstorm reasons for doing that sport and make notes. Then one person is nominated by the group and should present the sport and its benefits to the class.

#### Example

We like tennis. The best reason for playing tennis is that it's fun! But it's also good for your body. For example, it gives you strong arms and legs. You feel really great after a game of tennis and it gives you more energy for your daily life. You can meet lots of people at a tennis club or a sports centre, too, and make new friends.

## Transcript

**Lucy:** Hi, Hugo.

**Hugo:** Hi, Lucy. Where are you going? Home?

**Lucy:** Yeah, I've got no plans for this evening. Where are you going?

**Hugo:** To the sports centre for my yoga class.

**Lucy:** Seriously? I know you play tennis and you're in a football team but why are you doing yoga? Isn't that just lying down on the floor and ...

**Hugo:** No! It's much harder work than you think and it makes you feel great. Come with me!

**Lucy:** No, sorry. I'm busy this evening.

**Hugo:** You've just told me you have nothing to do.

**Lucy:** Yeah ... but I don't have any sports clothes or my trainers with me.

**Hugo:** That doesn't matter. We don't wear any shoes for yoga.

**Lucy:** But I'm not fit at all. People will laugh at me!