

Lesson Plan: Fitness & Exercise

<p>Warm up: Conversation Circle Time: 10 minutes Focus points: Build schema for lesson, cross-cultural sharing Materials: Conversation card: <i>Exercise</i>, white board, sports realia</p>	<ul style="list-style-type: none"> • Show students Conversation Card: <i>Exercise</i>. Talk about the pictures. • Questions for discussion could include: <ul style="list-style-type: none"> ○ What sports are popular in your home country? ○ Do you exercise? If so, what do you do? ○ What is your favorite sport? (list these activities on white board) • The teacher can share popular sports in the United States as well. Bring in realia to help understanding. In addition, you could bring in or wear a hat or sports jersey from some of the professional teams in your state or city.
<p>Activity: Get Healthy! Time: 10 minutes Focus Points: Importance of being active as a senior Materials: Exercise Goals PowerPoint slide, access to Youtube, chairs</p>	<ul style="list-style-type: none"> • Show the PowerPoint slide on exercise goals for adults. Talk about different ways they can be active in their everyday life. Encourage them to try to be active every day—it is good for their physical and mental health. • Preteach vocabulary they will see in video: <i>Tap, punch</i> and <i>kick</i>. • Put chairs in rows and give students enough space to do video. • Have the students do a 5 minute video of “Stronger Seniors” to show them that it is easy to be active: https://www.youtube.com/watch?v=WefYdl5xnhg . <p style="text-align: center;"><i>(video by Anne Pringle Burnell)</i></p>
<p>Presentation: Recreation and exercise vocabulary Time: 15 minutes Focus points: Vocabulary comprehension Materials: Fitness & Exercise PowerPoint, vocabulary worksheet, sports realia</p>	<ul style="list-style-type: none"> • Use the PowerPoint presentation to introduce students to the fitness & exercise vocabulary. • As each picture/word is shown, use realia if possible to further demonstrate meaning and say the word two times. For example, for lifting weights, you can bring in a pair of weights. Point out the syllable count and word stress for each word. • Have the students then say the word out loud twice. They can use the vocabulary worksheet to write the translation or draw a picture. • Do a comprehension check every four-six words to review. For example, you could lift up the soccer ball and the students would need to say <i>soccer</i>, or you could jog in place and the students would need to remember <i>jogging</i>. • Choose how many vocabulary words to introduce based on your students’ levels.
<p>Activity: Bean Bag Toss Vocabulary Game Time: 20 minutes Focus points: Learning and repetitive oral practice of fitness & exercise vocabulary Materials: Fitness & Exercise card set, bean bags, white board</p>	<ul style="list-style-type: none"> • Scatter the card set words on the floor. • Put the students in two teams. • Have each person take turns throwing a bean bag onto one of the cards. They need to say the vocabulary word. If they get it right, they get to keep the card. At the end of the game whichever team has the most cards wins. • Variation: For higher levels, have them practice saying an entire sentence with the vocabulary word they landed on. For example, if they landed on fishing, have them say, <i>I would like to go fishing</i> or <i>Do you want to go fishing?</i>. Write these sentence frames on the white board to help them remember the sentence structure. • Go through the vocabulary several times depending on time and vary what they practice.

	<ul style="list-style-type: none"> • Give prizes if desired. <p><i>(Based on an idea from www.eslkidstuff.com/esl-kids-games/vocabulary-games.htm)</i></p>
<p>Activity: Small Talk Time: 25 minutes Focus Points: Appropriate and not appropriate small talk topics, listening skills Materials: Small Talk listening sheet, white board</p>	<ul style="list-style-type: none"> • Give the students the scenario of going on a walk with a new friend at the park. Discuss that walking or fitness activities with others is a good time to be social and have small talk with friends. • Ask the students about appropriate and not appropriate subjects for small talk situations with a person you don't know well. Make two columns and write their answers on the white board. Give examples if needed and write those on board as well. • Read the different questions one at a time on the small talk listening sheet. Have the students do a thumbs up or thumbs down on if it is an appropriate subject to talk about on a walk with a new friend. Talk about each one as needed.
<p>Activity: Daily Questions Time: 20 minutes Focus Points: How to have a short conversation with someone you do not know Materials: Daily questions card set, white board</p>	<ul style="list-style-type: none"> • When students are out exercising in a park or neighborhood, they may meet strangers for the first time. • First, teach the importance of a smile and saying a quick hello to someone as you are walking by them. Show them that if you keep walking it means you do not want to stop and talk. Model what this looks like and then have the students practice with one another. • Hand out the Daily Questions cards. Explain that you are going to talk about what questions and phrases you can say when meeting a new person for the first time. • On the white board, write the greeting or phrase that goes with each picture. For example, 1. <i>Good Morning!</i> • Model what a short conversation would look like using the Daily Questions card. • Have each student role play the Daily Questions—one time as the person asking the questions and one time as the one answering. • If your students are ready, erase the phrases on the white board and have the students role play with a partner using the Daily Questions card only. <p><i>(Based on an idea from Andy Gebhart, SCC, 2017)</i></p>
<p>Wrap-Up: Prepositions of time and practice arranging a time to walk Time: 20 minutes Focus Points: Introduction of prepositions of time, practice using prepositions of time Materials: Prepositions of time PowerPoint slide, sentence strips</p>	<ul style="list-style-type: none"> • Use the Prepositions of Time PowerPoint to explain the three prepositions, <i>on</i>, <i>at</i> and <i>in</i>. • You use <i>at</i> when it takes place at an exact time, like at 9:00am. You use <i>on</i> when it refers to something in a little bit larger time frame, like on Monday. You use <i>in</i> when referring to a long period, like in the Spring. • The teacher and one higher-level student can role play setting up a time to walk using the prepositions of time. • Write sentence frames on sentence strips to help students: <ul style="list-style-type: none"> A. <i>Can you walk on _____ at _____?</i> B. <i>Yes, I can. OR No, I cannot.</i> • Practice at tables with 4-6 students and go around the circle.

Extension Activities:

- Field trip to a local YMCA or other fitness facility.
- Preventing Falls workshop.