



Health: Fitness & Exercise

Key Vocabulary:

Exercise

Jogging

Biking

Hiking

Walking

Stretching

Lifting Weights

Soccer

Basketball

Football

Baseball

Fishing

Swimming

Dancing

Tennis

Gardening

Bowling

Ball

Punch, Kick, Tap

In, At, On

Lesson Overview:

In this lesson, students will be introduced to vocabulary related to fitness & exercise, and the importance of exercise as a senior. They will learn about appropriate subjects to talk about with friends while walking as well as greetings for strangers. Activities include a short exercise video and a bean bag toss vocabulary game. Also, they will practice questions to ask when meeting someone for the first time, and the use of prepositions of time when setting up a meeting time. Students will have the opportunity to visit a local YMCA or attend a preventing falls workshop as an extension activity.

Objectives:

- Students will be able to recognize and say vocabulary related to fitness and exercise.
- Students will be able to recognize and practice prepositions of time.
- Students will learn appropriate & inappropriate subjects for small talk.
- Students will be able to initiate basic social contact using simple, polite forms of greeting and use phrases and questions of introduction.
- Students will be exposed to popular sports and professional teams in their local area as well as sharing popular sports from their home countries.

Materials Needed:

- Conversation Card: *Exercise*
- PowerPoints: Exercise Goals, Fitness & Exercise, Prepositions
- Worksheets: Fitness & Exercise Vocabulary, Small Talk Listening
- Bean bags
- Card sets: Fitness & Exercise, Daily Questions
- Fitness & Exercise realia
- Sentence strips, white board, computer, internet