



This week...

Scott realizes that he is gaining a bit of weight and he isn't as fit as he used to be. He decides to make a workout plan and he is talking to Tina about it.

Lesson Targets

- Discussing fitness
- Getting in shape

Daily English Conversation

Basic Class

Warm Up – Topic Question



How often do you exercise?

Picture Description

What is that
guy pointing
at?



A



*Create a short story
using the following format

1. Who
2. Where
3. When
4. What's happening?



B

Where are they going?

*Create a simple sentence using these words.

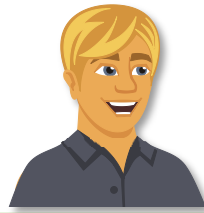
1. weight
2. workout
3. exercise
4. strict

I **exercise** about four times a week.



1. **I'd really like to** get a gym membership.
2. **I have noticed you are** not very happy today.
3. **I am thinking of** joining a sports club.
4. **Do you want me to** go jogging with you?

Skit



- Words
- Phrases

Scott	Hey, Tina. I don't feel as fit as I used to, and I'd really like to get back in shape!
Tina	I have noticed you are gaining weight .
Scott	I am thinking of making a workout plan. Can you help me?
Tina	Sure.
Scott	I will do my best to follow an exercise plan.
Tina	Do you want me to be your personal trainer?
Scott	I'm sure that will motivate me!
Tina	OK, but don't forget I can be strict sometimes.
Scott	I already know that!

Let's create sentences using your own words!

1. I'd really like to
2. I have noticed you are
3. I am thinking of
4. Do you want me to ?

1. *Maybe you should join my gym?*

A: I think that a great idea.

B: Is the membership expensive?

C: Where it located?

2. *Would you like to come jogging with me tomorrow?*

A: Sure, if you don't mind.

B: Okay, I will came along.

C: No, I do have any time tomorrow.

3. *What time should we meet at the swimming pool?*

A: Let's me at the swimming pool on 10 o'clock.

B: How about we meet there in about an hour?

C: What about 6:30 o'clock?

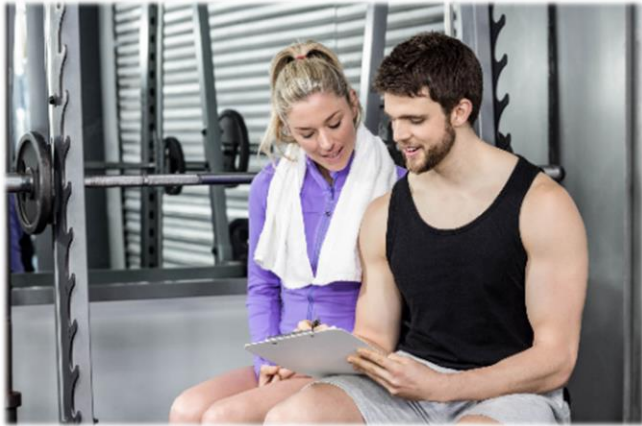
4. *How often do you exercise?*

A: I exercise every Mondays.

B: At least three time a week.

C: Usually once or twice a week.

Student A has noticed that he/she is gaining some weight recently and is feeling unfit. **Student B** is giving **Student A** some advice on how to get in shape.



A: I really want to lose weight and get in shape.

B: I think you should **Exercises**.

*Continue the conversation using **Exercises** and the **Key Phrases** from below.

Key Phrases

- I don't like doing that.
- That's a good idea.
- Do you have any other ideas?
- I will do my best.
- You could also try
- Why don't we do it together?
- Good luck!
- *Other*

Exercises

- go jogging
- go swimming
- do weightlifting
- go cycling
- do stretching
- join a gym
- play sports
- *other*



- What kind of exercise do you think is the best to lose weight?
- Do you enjoy doing exercise?



- How often do you exercise?
- What kind of exercise do you enjoy doing?

exercise 運動する	- I do exercise every morning.
lose 失くす	- I want to lose 5 kilograms.
motivate やる気にさせる	- Thanks for always motivating me.
plan 予定	- Do you have a plan to get in shape?
strict 厳しい	- My teacher is very strict .
weight 体重	- I'm going to try to lose weight .
workout 鍛える	- I will go to the gym to workout .