

B1

30 min

Breaking the Barriers

twee

Tweak your lessons with the power of AI



Skills:

Can briefly give reasons and explanations for opinions, plans and actions

1 Watch the video and answer the questions:

- ✓ What's the main message of the video?
- ✓ How important do you think it is to have a structured plan when starting something new?
- ✓ Have you ever worked out? If so, what did you feel when you did it for the first time? Describe that experience.

2 Look at the script of the video and match the highlighted words with their definitions:

If you want to start going to the gym, just start. Doesn't matter if you're doing something wrong.

My first day in the gym was a **nightmare**. I had absolutely no structure, no idea what exercises to do, but the good thing is you will **learn as you go along**. I'm learning new things all the time!

But start by using the lightest weight and just try the movements. From there, **do your research**, talk to people, but just **keep going**. Don't be **intimidated**.

The first step is to start.

1 to gather information and study a topic in order to understand it better.

2 to gain knowledge or skills by gaining experience.

3 feeling scared or nervous because someone or something is more powerful or skilled than you.

4 to continue moving forward or making progress despite challenges.

5 a very bad or difficult experience.

6 the initial action or decision that needs to be taken in order to achieve a goal.

3 Fill in the gaps in the dialogue:

research, to keep going, as you go along, nightmare, intimidated, the first step, do

Tom Hey, how was your first day at the gym?

Ella Oh my God, it was a ____ (1)!

Tom What happened?

Ella Well, when I walked in, everyone was so fit and muscular. I felt so ____ (2).

Tom Aw, don't worry about that. You'll learn ____ (3).

Ella Yes, but the machines were so confusing! I didn't know what each one did or how to use them.

Tom That's normal. It can be overwhelming at first. Did you ____ (4) any ____ (5)?

Ella No, I joined without thinking it through, but now I see that I should have done my research before jumping into this.

Tom Well, now you know for next time. The important thing is ____ (6).

Ella Yeah, that's true. And the staff there were really helpful. They showed me how everything works and even gave me some tips.

Tom See? ____ (7) is always the hardest, but now you've done it! Keep going, girl!

Ella Thanks, Tom. I appreciate it. And maybe someday, I won't feel so intimidated by all those super fit people around us.

4 Let's talk

- ✓ What is one thing you've wanted to start but have been putting off?
- ✓ Share your goal with your teacher and discuss why you've been delaying it what you can do now to make it happen
- ✓ Use at least 3 words from the target vocabulary while talking.

Correct answers

1

Created in the “Warm-Up Discussion Questions before Listening”

2

Created in “Audio & Video to Text” + “Word-Definition Matching”

1. do your research
2. learn as you go along
3. intimidated
4. keep going
5. nightmare
6. the first step

3

Created in “Create a dialogue” + “Fill in the Gap”

1. nightmare
2. intimidated
3. as you go along
4. do
5. research
6. to keep going
7. the first step

4

Created in “Lead-in activities”