

Sporting Together

⚡ Duration: 1 h

⚡ Age: adults/teens

⚡ B1+ level

⚡ Group lesson

⚡ Main focus:

Students can follow a lecture or talk within their own field, provided the subject matter is familiar and the presentation straightforward;

Students can give or seek personal views and opinions in discussing topics of interest;

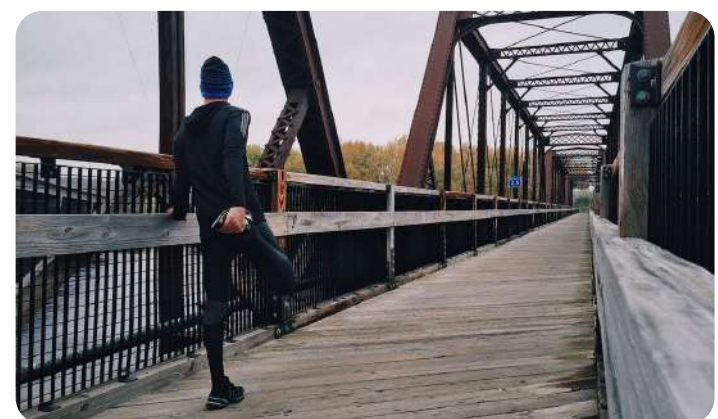
Students can compare and contrast alternatives, discussing what to do, where to go, who or which to choose etc.

1

Warm-up

Exercise 1: Look at these pictures. What do they have in common and what is the difference between them?

Do you enjoy playing sports/doing exercise? Why or why not?



Exercise 2. Discuss the questions in pairs. Share what you've found out with the rest of the group.

1. Have you ever played on a sports team? What was your experience like?
2. Do you think team sports have more benefits than individual sports?
3. Can you think of some benefits of sports except the physiological ones?

2**Listening****Exercise 3: Watch the video. Then mark the sentences as True or False:**

1. Playing sports is not as good for us as we make it out to be.
2. Joining a team and competing has the same benefits as going to the gym five days a week.
3. There are psychological benefits that go beyond the physical and mental benefits of exercise alone.
4. School sport participation has been shown to reduce the risk of suffering from loneliness and anxiety.
5. Learning through failure is one of the most transformative, long-term benefits of playing sports.
6. It's completely okay if you don't enjoy every sport.

Exercise 4a: Discuss the following words with your teacher and then fill in the gaps in the video summary.

well-being

supportive

depend on

taking care of

physical

strength

fits

habit

needs

benefits

building

The video discusses the ____ (1) of playing sports, not just for ____ (2) health but also for mental and psychological ____ (3). Exercise is good for our bodies and minds, and joining a team can provide additional benefits such as learning to trust and ____ (4) others, building a regular ____ (5) of exercise, and also building ____ (6) through failure. Finding a sport that ____ (7) your individual ____ (8) can lead to being a part of a ____ (9) community, ____ (10) confidence, exercising your body, and ____ (11) your mind.

3**Speaking****Exercise 5: Match these people's opinions with the arguments/examples they provide. After that, express your opinion on the statement "doing exercise regularly can change your life" and provide an example to prove your point. Use the vocabulary from Exercise 4.**

Mary  I wouldn't say I'm against exercising, but I'm not sure if it can change your life.

Andy  I guess I'm kind of in the middle on this.

Tom  Listen, there's no question that doing exercise every day can change your life.

Hugh  What? It's nonsense!

twee

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- a I'm 70 years old now, and I've always been pretty active, I guess. But it didn't magically change my life or anything. To be honest, I think my daily cups of tea are what keep me healthy.
- b I used to have a boring life, working a dead-end job and feeling depressed all the time. But then I decided to start working out every morning, and it completely changed my perspective on life. Now I feel like I can do anything I want.
- c Why would anyone want to sweat and hurt themselves just to look good? Life's too short to waste on a boring treadmill. I'd rather read something interesting.
- d On the one hand, I know exercise is good for me and I should do it more often. On the other hand, my schedule is so busy that I don't always have time to work out. Some days I'll go for a run, but other days I just don't have the energy.

Glossary:

a dead-end job - a job that offers no opportunities for growth.

treadmill - an exercise machine that has a moving surface that you can walk or run on while remaining in the same place

Exercise 6. Read the description of John's lifestyle and in small groups come up with what he can do every day to stay active, explain your suggestions.

Meet John, he is a 35-year-old. He works in an office from 9 to 5 every day. John has been working in the same company for over a decade now and has always enjoyed his job.

John's job requires him to sit in front of a computer for long hours. By the time he gets home, he is too exhausted to do anything else. Even on weekends, he prefers to stay at home and rest rather than go out.





Correct answers

Exercise 2

Made in the “Discussion questions for a YouTube video” tool.

Exercise 3

Made in the “True or False” tool.

Correct answers:

1. False - Exercise is good for our bodies and minds.
2. False - Studies show that there are all sorts of benefits that go beyond the physical and mental benefits of exercise alone.
3. True
4. False - School sport participation has been shown to reduce the risk of suffering from depression.
5. True
6. True

Exercise 4a

Made in “Three summaries” + “Fill in the gap”

Correct answers:

1. benefits
2. physical
3. well-being
4. depend on
5. habit
6. strength
7. fits
8. needs
9. supportive
10. building
11. taking care of

Exercise 4b

The correct answers were made in “Extract collocations”

Correct answers:

1. the benefits of playing sports
2. physical health
3. mental and psychological well-being
4. to depend on others
5. to build a habit
6. to build strength (through failure)
7. fit your needs
8. a supportive community
9. to build confidence
10. to take care of your mind

Exercise 5

Made in the “Four Opinions” tool.

Correct answers:

- Mary - a
Andy - d
Tom - b
Hugh - c