

# **Unit 2 Be sporty, be healthy**

## **Reading**

### **A beginner's guide to exercise**



# Thinking

What did you learn from that sports meeting

- teamwork
- friendship
- get into shape
- relax
- ...



# Prediction

take a brief look at the *title, subheadings, pictures*

What information do you think this guide will give?

**Benefits of exercise**

**How to make an exercise plan**

**What to eat**

**When to drink**

**How to avoid injury**

# Read for main ideas

Finish Part A1 on Page 18.

## Understanding the benefits of exercise

- Physical benefits
- (1) Mental benefits

## Eating and drinking right

- What to eat
- (3) When to eat
- Drinking water

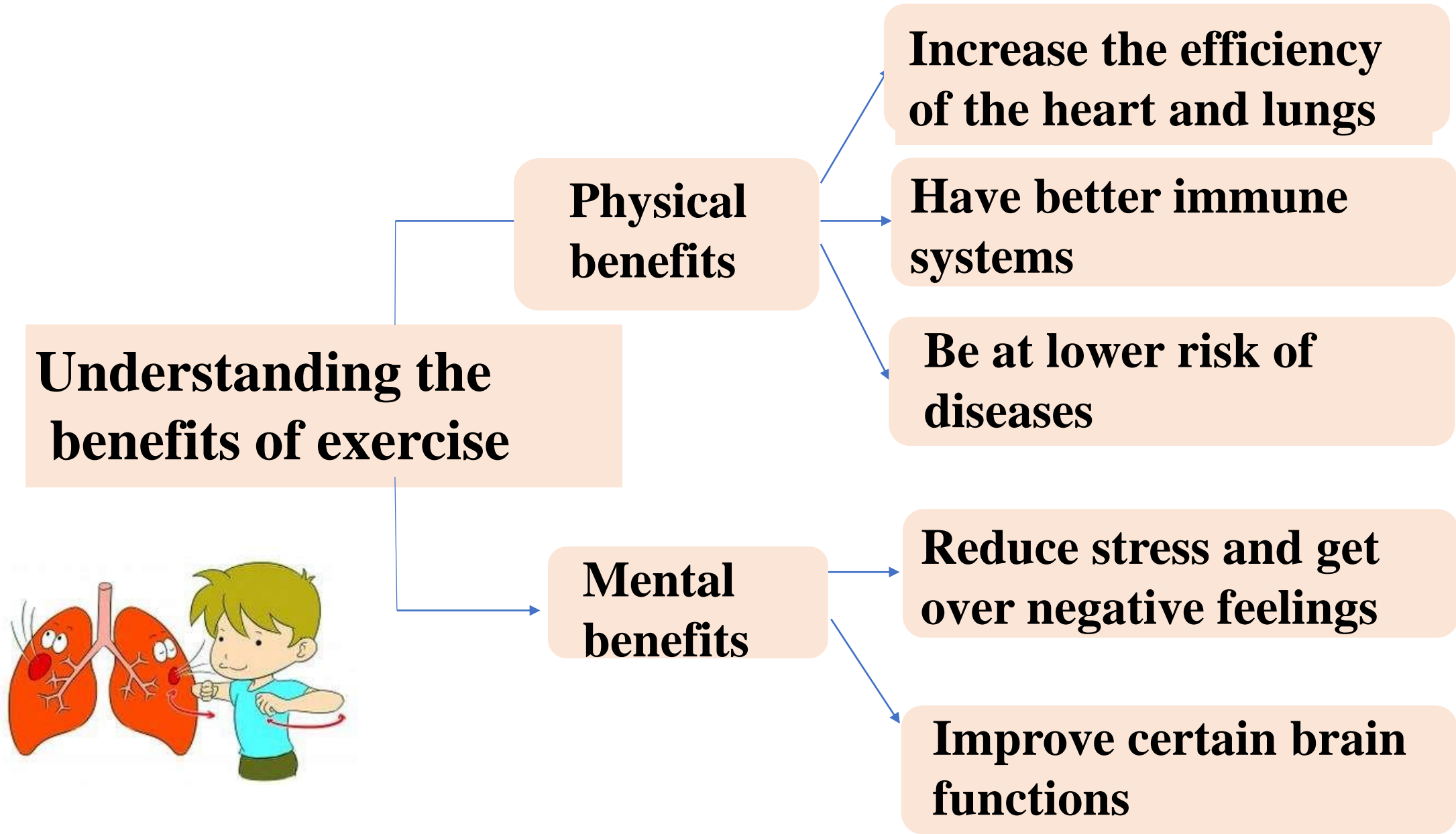
## Planning your exercise routine

- (2) What you expect to improve
- What types of exercise you enjoy

## Avoiding injury

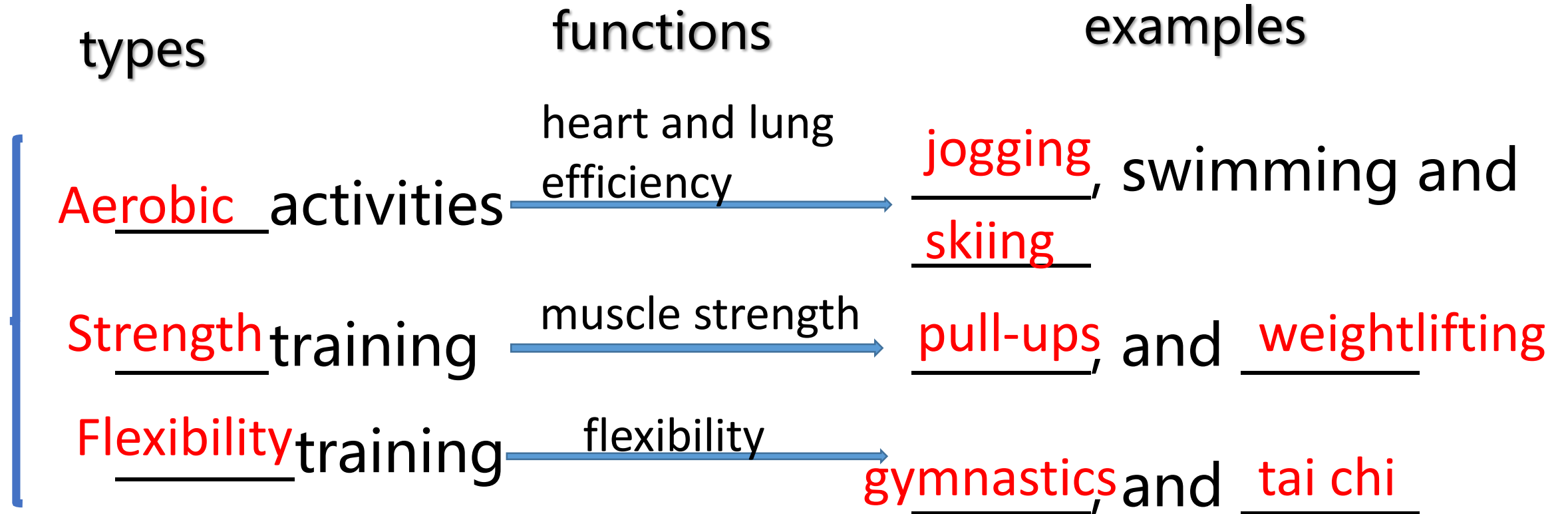
- (4) Wearing proper clothes and equipment
- Starting small
- (5) Warming up before exercise and stretching after exercise

## Para.2 finish a mind map



## Para.3 Design a mind map

What are the three types of exercise and examples mentioned? 



## Para. 4 Scan and answer

**What is the right time of eating before exercise?**

Have your meal an average of 1.5 to 2.5 hours before exercising.

**How long should you wait after exercise to have your meal?**

At least 30 minutes.





## Para.5 read and summarize

What should we do to avoid injury ?

1. wear proper clothes and equipment
2. start small and
3. warm up and stretch

Can you think of any other ways to avoid injury?

*To ask for professional advice*





# Techniques used in the guide

You want to start doing exercise?(Para.1)  
What are you waiting for?(Para.6)

Aerobic activities, **like** jogging, swimming and skiing, develop your heart and lungs. Strength training, **such as** pull-ups and weightlifting...

Like **cars** that run on petrol(汽油), your **body** burns carbohydrates(碳水化合物) for energy.

It has also been proven that active people **tend to...**(line7-9)

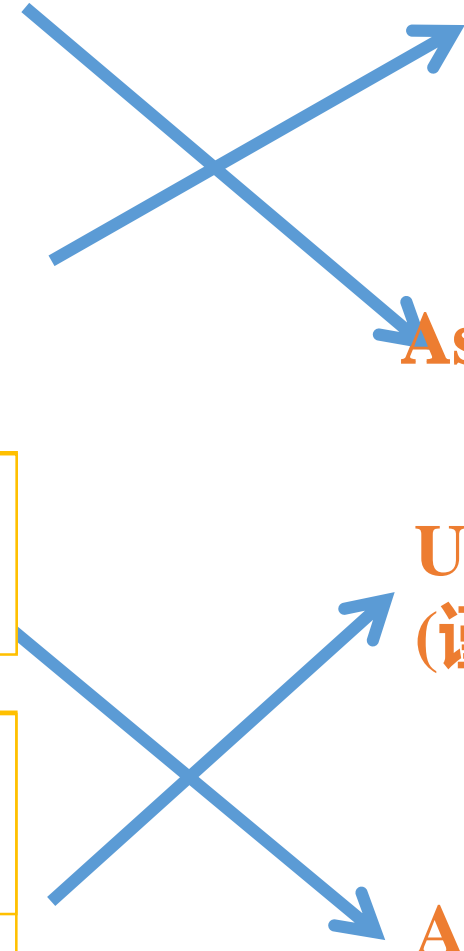
In this way, you're **more likely to** stick with..(line22-23)

**Giving examples**

**Asking questions**

**Using cautious  
(谨慎的) language**

**Analogy(类比)**



# Discussion

**Reflect on your own exercise habits and eating habits. Do you need to improve your exercise plan?and how?**

<b>Name: _____</b>	<b>Bad habits</b>	<b>How to improve</b>
What sport to choose		
What clothes to wear		
What food to prepare		
What measures to ensure safety		
...		

# Homework

**1. Complete your exercise plan and write a guide for yourself.**

**2. Then take action from tomorrow on.**





THANK YOU!