

# LISTEN A MINUTE.com

## Muscles

<http://www.listenAminute.com/m/muscles.html>



One minute a day is all you need to improve your listening skills.  
Focus on new words, grammar and pronunciation in this short text.  
Doing the online activities, discussion, survey and writing will help.  
Listen many times – enough for you to you understand everything.

Follow me: <http://twitter.com/SeanBanville>

Where would we be without muscles? Probably a mess on the floor. Muscles are pretty interesting things. Everybody has lots of them. Some people look after them better than others. Bodybuilders want to have really big muscles. The bigger the better. They spend hours in the gym lifting weights to make their muscles as big as they can. Athletes work on the specific muscles they need for their sport. If you look at a hundred-metre runner, you'll notice they have large shoulder and arm muscles. This is so they can power ahead when they run. An interesting thing about muscles is that it takes more face muscles to frown than it does to smile. This means smiling uses less energy, so we should do it more.

## LISTENING GAP FILL

From: <http://www.listenAminute.com/m/muscles.html>

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## CORRECT THE SPELLING

From: <http://www.listenAminute.com/m/muscles.html>

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 **DISCUSSION** (Write your own questions)

**STUDENT A's QUESTIONS** (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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 **DISCUSSION** (Write your own questions)

**STUDENT B's QUESTIONS** (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# STUDENT MUSCLES SURVEY

From: <http://www.listenAminute.com/m/muscles.html>

Write five GOOD questions about muscles in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

 **WRITING**

From: <http://www.listenAminute.com/m/muscles.html>

**Write about muscles for 10 minutes. Show your partner your paper. Correct each other's work.**

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## **HOMEWORK**

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET INFO:** Search the Internet and find more information about muscles. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about muscles. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. MUSCLES POSTER** Make a poster about muscles. Show it to your classmates in the next lesson. Give each other feedback on your posters.

**5. MY MUSCLES LESSON:** Make your own English lesson on muscles. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

**6. ONLINE SHARING:** Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on muscles. Share your findings with the class.

