

LISTEN A MINUTE.com

Exercise

<http://www.listenAminute.com/e/exercise.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.

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THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/e/exercise.html>

Exercise is something most of us love to hate. A lot of us avoid it altogether. I do a lot of exercise, but not because I like it. I do it because it helps me stay slim and healthy. I always feel great after exercising, so there are good parts to it. The thing I hate most is getting ready. It's really difficult after a hard day's work to come home and then prepare for your exercises. I really don't want to do it when I'm getting changed. I hate the warm-up stretching. I also hate the first few minutes of a run, swim or cycle. But then once my lungs stop burning, I settle into a rhythm and things aren't so bad. Recently I bought an exercise bike. Sitting in my house cycling to loud music or watching TV is a great way to get some exercise.

LISTENING GAP FILL

From: <http://www.listenAminute.com/e/exercise.html>

Exercise is something most of us _____. A lot of us avoid it altogether. I do a lot of exercise, but not because I like it. I do it because _____ stay slim and healthy. I always feel great after exercising, so _____ parts to it. The thing I hate most is getting ready. It's really difficult after a _____ to come home and then prepare for your exercises. I really _____ do it when I'm getting changed. I hate _____ stretching. I also hate _____ minutes of a run, swim or cycle. But then once my lungs _____, I settle into a rhythm and things _____. Recently I bought an exercise bike. Sitting in my house cycling to _____ watching TV is a great way to get some exercise.



CORRECT THE SPELLING

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UNJUMBLE THE WORDS

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Exercise is something of most hate to love us. A lot of us avoid it altogether. I do a lot of exercise, but not because I like it. I do it me helps it because slim stay and healthy. I always feel great after exercising, so there are good parts to it. The thing hate most is getting ready I. It's really difficult to work day's hard a after come home and then your prepare exercises for. I really don't want to do it when I'm getting changed. I hate the warm-up stretching. hate first minutes also the few I of a run, swim or cycle. But then burning lungs once stop my, I settle into a rhythm and things aren't so bad. Recently I bought an exercise bike. Sitting in my house cycling to loud music or TV watching get to way great a is some exercise.



 **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 EXERCISE SURVEY

From: <http://www.listenAminute.com/e/exercise.html>

Write five GOOD questions about exercise 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.

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 exercise. Talk about what you discover with your partner(s) in the next lesson.

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

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

5. MY EXERCISE LESSON: Make your own English lesson on exercise. 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 exercise. Share your findings with the class.

