

- Expressing wants and intentions
- Giving reasons

1 | Vocabulary

A Look at these fitness activities and the calories they burn in one hour. Which activities burn the most calories?

activity	calories burned	activity	calories burned
ballroom dancing	325–500	running	985–1,075
bowling	175–280	skiing	510–765
ice skating	450–760	swimming	510–765
walking	305–470	tae kwon do	730–1,090
racquetball	510–765	tai chi	215–330

B PAIRWORK Tell your partner which fitness activities you like to do. Give reasons for your response.

Example:

A: I like to play racquetball. It helps me relieve stress.

B: I like to ski. I like outdoor activities and I love the snow.

2 | Conversation

CD 26 A Listen. Why is Peter interested in ballroom dancing? Why is Rachel interested in tai chi?

Rachel: I really need to get more exercise.

Peter: Me too. We could take classes at the sports center.
There's racquetball, boxing, swimming—

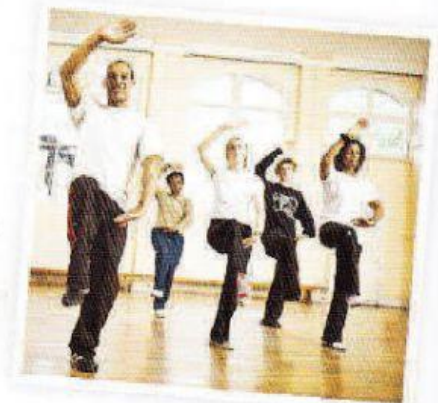
Rachel: Oh, I wouldn't really like those. They seem like a lot of hard work.

Peter: Well, how about a class in ballroom dancing? I'd love to try that!

Rachel: Really? Why is that?

Peter: Because I'd learn something new. And I can do it with someone else.

Rachel: I think it would be boring. I'd like to try something more relaxing, like tai chi.



B PAIRWORK Practice the conversation. Then exchange the blue and green words above with the words below and practice it again.

Rachel: I want to be more fit. Peter: I've always wanted to try it.

Rachel: Are you serious? Peter: I imagine it's a fun workout.

3 | Language Booster

A Notice the different ways we express wants and intentions, and give reasons.

Expressing wants and intentions	Giving reasons
I really want to	I need to get some exercise.
I'd like to	I'd learn something new.
I've always wanted to	It seems like a lot of hard work.
I don't want to	I think it would be boring.
I wouldn't like to	
I'd never	

B PAIR WORK Take turns expressing wants and intentions, and giving reasons. Use the activities from the Vocabulary section.

4 | Listening

CD1 28 A Listen. People are describing fitness activities. Number them from 1 to 4 in the order you hear them.



archery

☐


kayaking

☐


table tennis

☐


water aerobics

☐

CD1 29 B Listen again. Why do they want to try the activities? Write one reason.

1. _____

3. _____

2. _____

4. _____

ONLINE PRACTICE

SPEAK with CONFIDENCE

GROUP WORK Read about the fitness activities below. Tell three classmates what you would and wouldn't like to try. Give reasons for your response.

Interesting Fitness Activities



Zumba is a Latin-inspired dance. It is a popular and fun exercise. You can do aerobics and dance at the same time.



Forza means *strength* in Italian. You use a wooden sword to practice Japanese sword-fighting techniques.



Bosu is also known as *blue half-ball*. You can stand on it, lie on it, place your knees on it, or push your arms off it.