

Lesson 4C

HOW TO ... | express agreement and disagreement
VOCABULARY | exercise; sport; motivation and benefits
PRONUNCIATION | stress in phrases for partial agreement

VOCABULARY

exercise

- 1 Choose the correct word or phrase to complete the sentences.
 - 1 You need a lot of **flexibility** / **stamina** / **moderate exercise** to be able to finish a marathon. They take a long time to run!
 - 2 It's important to do some **aerobic** / **low-impact** / **stamina** exercise because it makes your heart beat faster.
 - 3 **Strength** / **Flexibility** / **Low-impact** training doesn't have to mean hours lifting weights – you can build muscle using your own body weight at home.
 - 4 An example of **aerobic** / **high-impact** / **low-impact** training is yoga, which is gentle but strengthening.
 - 5 I do **moderate** / **vigorous** / **stamina** exercise every day, just a 20-minute walk around the park.
 - 6 **High-impact** / **Flexibility** / **Strength** exercise includes things like running and ball sports, such as football or tennis.

sport: motivation and benefits

- 2 Complete the fundraising page with the words in the box. There is one word which you do not need.

benefit challenge confidence discipline
encouragement incentive teamwork

Cycling for the kids!

£1,258 raised by 3,480 supporters

DONATE

So, this year I'm planning a huge ¹ for myself and I need your ² to get me going!

I'm going to cycle the length of the country in as short a time as possible. The ³ for me to raise money for a children's charity that is close to my heart, and the ⁴ to them is being able to fund more research to make lives better.

I'm going to need a lot of ⁵ to make sure I get up early to train before work, even when it's dark or cold. Most of my weekends will be spent cycling long-distance routes. I also need to build my ⁶ for cycling bigger roads, though I'll take quieter ones when possible.

Follow the link to find out more about the charity or donate now.

How to ...

express agreement and disagreement

- 3 A 4.06 | Listen to a conversation between two friends. What are they talking about?
- B 4.06 | Listen again. Do the friends agree (A), disagree (D) or partially agree (PA) with each other about the statements (1–6)?
 - 1 Micro-HITT training doesn't seem worth the effort.
 - 2 One benefit of micro-HITT is that it's quick.
 - 3 Everesting sounds like a manageable challenge.
 - 4 New cyclists could cope with Everesting.
 - 5 The man needs to find a relaxing form of exercise.
 - 6 Yogalates helps with physical and mental health.

PRONUNCIATION

- 4 A 4.07 | stress in phrases for partial agreement | Listen and underline the main stressed word in each of the phrases in bold.
 - 1 I **agree up to a point**, but don't you think the government should play a role, too?
 - 2 I **take your point**, but that's what footballers expect to get paid.
 - 3 **That's a fair point**, but don't you think they get enough exercise at school?
- B 4.07 | Listen again and repeat the sentences.

SPEAKING

- 5 A 4.08 | Complete the conversation with phrases for agreeing and disagreeing. Then listen and check.

Marla: Let's do something. It would be a shame to stay in on a day like this.

Dan: I ¹ more. What shall we do? Want to try bouldering with me? Come on ...

Marla: Climbing over massive rocks all day? No, thanks. It sounds exhausting.

Dan: I know what ², but you did say you want to improve your strength a bit ...

Marla: That's a fair ³, but I've got work tomorrow and I don't want to be worn out.

Dan: You go to the gym all the time – you'll be fine!

Marla: I completely ⁴! Last time we went jogging it took me a week to recover!

Dan: All right. I take ⁵, You do need a lot of stamina. But on the ⁶, if you stay here all day, you'll never get fitter!
- B 4.09 | You are Dan in the conversation in Ex 5A. Listen and speak after the beep. Record the conversation if you can.

C Listen to your recording and compare it to Ex 5A.