

# LET'S CHANGE OUR LIFESTYLE!

**COMPETENCIA:**

Lee y escribe diversos tipos de textos escritos en inglés como lengua extranjera

**PROPÓSITO:**

Comprender información específica de textos en inglés sobre actividades deportivas, a fin de elaborar una infografía utilizando el vocabulario y estructuras adecuadas en inglés.

**CHALLENGE:**

Elaborar una Infografía en inglés que informe y motive a otros adolescentes y jóvenes a desarrollar actividades deportivas tomando en cuenta las medidas necesarias de prevención y cuidado.



STUDENT'S NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

TEACHER'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_



## Activity 1: OUTDOOR SPORTS!

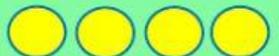
### LEAD IN!

1. Match! Then classify the pictures into team sports and individual sports.

- A** Walking    **B** Basketball    **C** Biking    **D** Soccer    **E** Skateboarding    **F** Running



**Team sports**



**Individual sports**



### LET'S LISTEN AND READ!



<https://youtu.be/70C4waa4Jtw>



2. Listen to and read.



Talk to your friends and ask what they do to protect their health when they do outdoor sports.



Eddy: Hello, Andrea! Can I ask you some questions?  
 Andrea: Of course, Eddy. Ask me.  
 Eddy: What is your favourite sport?  
 Andrea: My favourite sport is skateboarding. I love it.  
 Eddy: How often do you go skateboarding?  
 Andrea: Twice a week in the morning.  
 Eddy: Where do you skate?  
 Andrea: In the local skatepark.  
 Eddy: Do you meet any friends there?  
 Andrea: No, I do it on my own.



Eddy: Basilio! It's nice to see you!  
 Basilio: Hi, Eddy! Good to see you too.  
 Eddy: What is your favourite sport?  
 Basilio: My favourite sport is running. I love it.  
 Eddy: How often do you go running?  
 Basilio: Three times a week in the evening.  
 Eddy: Where do you run?  
 Basilio: In the park in front of my house.  
 Eddy: Do you meet any friends for running?  
 Basilio: No, I do it on my own.





# LET'S UNDERSTAND!

## EXERCISE 1

How often do you go \_\_\_\_\_?



3. Complete the sentences.



I go \_\_\_\_\_ twice a week in the morning.

I go \_\_\_\_\_ three times a week in the evening.



## EXERCISE 2

4. Write A (Andrea) or B (Basilio).

Example:

I go running. It's my favourite sport.

B

1. I go skateboarding. I love it.

2. I do it twice a week.

3. I do it three times a week.

4. I go running in the park.

5. I go skateboarding in the skatepark.

## REMEMBER !



### Sport and Exercise

#### DO - GO - PLAY

<b>GO</b>	<b>DO</b>	<b>PLAY</b>
Go bowling	Do aerobics	Play badminton
Go camping	Do exercise	Play baseball
Go cycling	Do push-ups	Play basketball
Go dancing	Do sit-ups	Play football
Go fishing	Do yoga	Play hockey
Go golfing	Do a warm-up	Play ping pong
Go hiking		Play soccer
Go ice-skating		Play squash
Go running		Play tennis
Go scuba diving		Play volleyball
Go snow boarding		
Go surfing		
Go swimming		

ESLBUZZ

### How often do you go running?

- I go running.....

<b>Every</b> day. morning. afternoon. evening.	<b>Once</b> a day. <b>Twice</b> a week. <b>Three times</b> a month. <b>Four times</b> a year.	Mrs. J.C.
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## WHAT ABOUT YOU?

How often do you .....

- I \_\_\_\_\_.

## LET'S SELF ASSESS!

¿Sabías que hay estándares internacionales sobre lo que puedes hacer con el inglés?

Aquí algunas preguntas relacionadas a estos estándares. ¿Los puedes hacer?

Mrs. J.C.



What to Do?		SI	NO
1	¿Puedo reconocer palabras simples (deportes) en inglés con el apoyo de imágenes?		
2	¿Puedo reconocer el significado de expresiones de tiempo ("twice a week", "three times a week")?		
3	¿Puedo comprender una conversación corta sobre deportes?		