

1. **Class topic:** Unit OUT AND ABOUT

2. **Competence:** Speaking, reading and Writing

3. **Objectives:** Students should be able to write and talk about actions in progress using the present progressive structure.

**Teacher:** Yesid Contreras Mora

### ACTIVITY 1:

Independent activity. Read the conversation and mark the correct option.

Actividad independiente. Lee la conversación y marca la opción correcta.

It's 2:30 p.m. on Saturday, and Anita is at work in San Francisco. She usually relaxes on Saturdays, but she's working this weekend. Right now she's taking a break and listening to her voice mail. All her friends are having fun!



It's 2:30 p.m. on Saturday, and Anita is at work in San Francisco. She usually relaxes on Saturdays, but she's working this weekend. Right now she's taking a break and listening to her voice mail. All her friends are having fun!

Saturday, 8:45 a.m.  
Hi, Anita. This is Yoko. I'm calling from a ski resort in Lake Tahoe. Lisa and I are skiing today. It's so beautiful here, and there's lots of snow. It's snowing right now. I'm sorry you're working. What's the weather like in San Francisco? Give me a call. Bye.



Saturday, 10:20 a.m.  
Hi, it's Bill. Listen, Marcos and I are at the beach in Santa Cruz. Come and join us! Don't worry – we're not swimming. It's too cold and cloudy. See you.



Saturday, 11:15 a.m.  
Hey, Anita. This is Nathan. I'm in San Jose with Katie and Rob. They're playing tennis, and I'm watching. It's nice and sunny. I hope it's not raining there. Call me! Bye.



1. Anita usually relaxes on Saturdays, but today...

**A** ☐

She is taking a break at home.

**B** ☐

She is working at the office.

2 Yoko says...

**A** ☐

Lisa and I are skiing and it is snowing right now.

**B** ☐

They are swimming at the beach.

3 Bill says...

**A** ☐

Marcos and I are playing tennis at the beach.

**B** ☐

Marcos and I are at the beach but we are not swimming it is very cold.

4 Natasha says...

**A** ☐

She is in San José with Katie and Rob and they are playing tennis.

**B** ☐

They are swimming at the beach.

**ACTIVITY 2:** Look at the options and click on the activities you are doing recently. Mira las opciones y has click en las actividades que estas haciendo recientemente.

What are you doing **now** or **these days**?

☐

**I am** reading  
now/at the  
moment/these  
days/lately


☐

**I am** spending time  
with family/friends  
now/at the  
moment/these  
days/lately


☐

**I am** exercising  
now/at the  
moment/these  
days/lately


☐

**I am** going for a  
drink now/at the  
moment/these  
days/lately


☐

**I am** eating out  
now/at the  
moment/these  
days/lately


☐

**I am** hanging out with  
friends  
now/at the  
moment/these  
days/lately


☐

**I am** shopping  
now/at the  
moment/these  
days/lately


☐

**I am** playing sports  
now/at the  
moment/these  
days/lately


☐

**I am** taking a rest  
now/at the  
moment/these  
days/lately



<input type="checkbox"/> <b>I am</b> playing video games/computer games now/at the moment/these days/lately 	<input type="checkbox"/> <b>I am</b> surfing the net now/at the moment/these days/lately 	<input type="checkbox"/> <b>I am</b> studying an English course now/at the moment 
<input type="checkbox"/> <b>I am</b> sleeping now/at the moment/these days/lately 	<input type="checkbox"/> <b>I am</b> taking online lessons now/at the moment 	<input type="checkbox"/> <b>I am</b> watching series online now/at the moment/these days/lately 
<input type="checkbox"/> <b>I am</b> spending time at home now/at the moment/these days/lately 	<input type="checkbox"/> <b>I am</b> working (from home) now/at the moment/these days/lately 	<input type="checkbox"/> <b>I am</b> watching soap operas now/at the moment/these days/lately 

Others: Now/at the moment, **I AM** work**ING**, teach**ING** and write**ING**.  
**I AM** work**ING**, teach**ING** and write**ING** now/at the moment.  
These days/lately, **I AM** watch**ING** series online, study**ING** and travel**ING**.

**I AM** watch**ING** series online, study**ING** and travel**ING** these days/lately.

**ACTIVITY 3: EXTRA PRACTICE:** Click on the links for extra practice. Click en el link para extra práctica.



<https://learningapps.org/watch?v=ppyudm9uc21>




<https://learningapps.org/watch?v=p5q344pkj21>

**ACTIVITY 4:** Read the text and mark TRUE or FALSE. Lee el texto y marca VERDADERO o FALSO.

## EXERGAMING

*Give it a try!*

College student Aaron Case plays tennis every day, even when it's raining – like today. But Aaron isn't getting wet. He's playing against a virtual tennis professional on his TV. These days, there are millions of "exergamers" like Aaron. They're skiing, playing golf, and doing karate in their own homes. Video exercise games are popular with people of all ages, and it's easy to see why.

- ▶ **The weather is never a problem.** Is it raining or snowing? Maybe it's hot and humid outside. Don't worry. Exercise indoors.
- ▶ **It's convenient.** Stay home and work out in front of your TV!
- ▶ **It's motivating.** Don't pay for an expensive personal trainer. With exergaming, you see your scores and get feedback on your progress.
- ▶ **There's variety.** Try something new. Exergames have everything from aerobics to yoga. There are a lot of different types of games, so you never get bored.
- ▶ **It's fun.** Work out with a friend, or play a game with a family member.
- ▶ **It's not expensive.** Forget about monthly gym fees. Just buy the basic equipment and a game, and after that, exergaming is free!

So, if you're looking for convenient, cheap, and fun ways to exercise, why not give exergaming a try?

- |  |                          |      |                          |       |
|--|--------------------------|------|--------------------------|-------|
| 1 Aron Case is playing tennis outdoor in the rain. | <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |
| 2 Only young people enjoy exergaming.              | <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |
| 3 Some personal trainers are expensive.            | <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |
| 4 Exergamers don't get bored.                      | <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |
| 5 You pay monthly fees for some games.             | <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |
| 6 The equipment for exergaming is free.            | <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |

**ACTIVITY 5:** Read the example and complete the spaces with your personal ideas. Write at least four different verbs for each answer. Read the answer to your teacher. Mira el ejemplo y complete los espacios con información personal. Escribe al menos cuatro verbos distintos en cada respuesta. Lee las respuestas al profe.

1 What is your best friend doing right now?



Well, I think my best friend is at home. Probably/maybe, he/she is in his/her bedroom, watching TV, reading, chatting or listening to music. Or he/she is having classes.

2 What can be your parents doing right now?



Well, my mother is at home, she is sitting in the sofa and watching TV or her favorite TV program, Caso cerrado. And my father, well, I think he is working.

1 What is your best friend doing right now?

Well, I think my best friend is... studying, working, having classes, sleeping, cooking or watching series.

2 What can be your parents doing right now?

Well, my mother is... cleaning the house and listening to music at the moment. Cooking lunch, taking a rest.

And my father, I think he is... working at the office, sending emails, attending a meeting or taking a break.