

Unit 06

Physical Education Class



Warm-Up

Hãy cùng bạn học trả lời các câu hỏi dưới đây.

- 1 Do you like to exercise? Why?
- 2 What exercises do students do at your school?
- 3 Does every student enjoy physical education class?

Introducing the Topic



All over the world, students are becoming fat. Over 18 percent of children in the United States are overweight. In China and South Korea, children are becoming overweight, too. One way to solve this problem is exercising in school. Physical education classes help all children stay healthy. But does everyone need them?

Learning about the Topic

Should schools make students take P.E. class?

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Đọc và gạch chân các lập luận hỗ trợ trong đoạn 2 và đoạn 3.

Thousands of schools do not have **physical** education (P.E.) classes anymore. Some people think that students should only study. However, other people think that students need to do physical activity at schools.

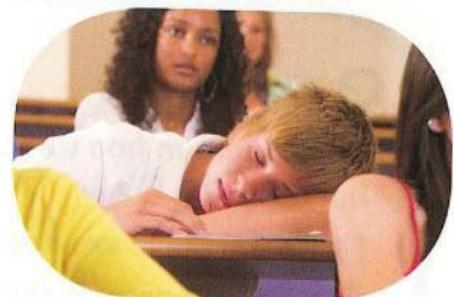
Students Should Take P.E. Class

First, exercise teaches many skills. Students make goals and work toward them. Team sports teach students to think and act together. Think about soccer. Students learn to make **decisions** as a group. They also learn to listen to others. These are important life skills. They cannot learn these only by studying in class. Second, exercising is as important as studying. Scientists found that exercising helps the brain to develop. This can help make students learn better. P.E. classes make sure that all students get this **benefit**.



Students Do Not Have To Take P.E. Class

For one, P.E. classes can make students too tired. Students become tired after P.E. class. They will not focus in other classes. Students may not learn enough and have bad test **results**. So P.E. classes are not helpful for their studies. Second, students should be able to choose to exercise or not to exercise. Some students do not enjoy exercising. They would **rather** play inside or study. Schools should respect the choices of these students. They should only let students exercise if they want to.



Answers: p 122

Vocabulary Check

■ Chọn câu trả lời thích hợp cho từng câu hỏi dưới đây.

decision benefit results physical rather

1. Would you eat ice cream or cake?
2. One of this ticket is free popcorn.
3. Riding a bicycle is a activity, but watching TV is not.
4. I got my test back. I got an A on every test!
5. Getting married is a very important for most people.

Answers: p 122

Comprehension Questions

■ Chọn câu trả lời đúng cho từng câu hỏi dưới đây.

1. What skill do students learn from team sports?
 - a. Listening to themselves
 - b. Making decisions as a group
2. How can physical education classes make students learn better?
 - a. They make students' brains grow.
 - b. They help students release their stress.
3. Why can P.E. classes lead to bad test results?
 - a. Because students will spend too much time exercising
 - b. Because students will be too tired to focus in class
4. Why should schools not make all students exercise?
 - a. Because some students prefer to play inside or study
 - b. Because some students exercise enough at home

Answers: p 122