

# Lesson 4C

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

## VOCABULARY

### exercise

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

### sport: motivation and benefits

- 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 <sup>1</sup>..... for myself and I need your <sup>2</sup>..... to get me going!

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

I'm going to need a lot of <sup>5</sup>..... 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 <sup>6</sup>..... 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

- 3A** **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)?
  - Micro-HITT training doesn't seem worth the effort.
  - One benefit of micro-HITT is that it's quick.
  - Everesting sounds like a manageable challenge.
  - New cyclists could cope with Everesting.
  - The man needs to find a relaxing form of exercise.
  - Yogalates helps with physical and mental health.

## PRONUNCIATION

- 4A** **4.07** | **stress in phrases for partial agreement** | Listen and underline the main stressed word in each of the phrases in bold.
  - I **agree up to a point**, but don't you think the government should play a role, too?
  - I **take your point**, but that's what footballers expect to get paid.
  - 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

- 5A** **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 <sup>1</sup>..... 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 <sup>2</sup>....., but you did say you want to improve your strength a bit ...

Marla: That's a fair <sup>3</sup>....., 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 <sup>4</sup>.....! Last time we went jogging it took me a week to recover!

Dan: All right. I take <sup>5</sup>..... You do need a lot of stamina. But on the <sup>6</sup>....., 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.