PRE-LISTENING ACTIVITIES

1. The song uses a sports metaphor for dating. Considering this, answer the following questions:

- What does "training" usually mean?
- If someone says "Training season is over" in a relationship context, what do you think they mean?
- Brainstorm 3 things a person might be "tired of doing" in a bad relationship.

2. Your non-negotiables: You'll be writing a "job description" for the perfect partner. Complete the prompts with your ideas.

- They must be good at .....
- I expect them .....
- They should avoid.....
- I would love.....
- They need .....

3. What are your "pet peeves"?

Training Season

Dua Lipa

LIVEWORKSHEETS

WHILE-LISTENING ACTIVITIES

1. Do the activities

a. Complete with the verbs in the correct form.

Are you someone that I can ..... my heart to?
Or just the poison that I'm drawn to?
It can be hard to .....the difference late at night
Play fair, is that a compass in your nature?
Or are you tricky?
'Cause I've been there
And baby, I don't need ..... my lesson twice

But if you really wanna ..... there
You should I

know -tell - give - go - learn

b. Order the lines.

.....When I'm vulnerable, he's straight-talking to my soul
.....I need someone to hold me close, deeper than I've ever known
.....Conversation overload, got me feeling vertigo
.....Whose love feels like a rodeo, knows just how to take control

c. Match the lines.

Are you somebody	then let me know, yeah
'Cause I don't wanna	who can go there?
If that ain't you,	have to show ya

'Cause training season's over (training season's over)

d. Complete

I tried ..... my lovers in a good light
Don't wanna ..... it just to be nice
Don't wanna .....to teach you how ..... me right
I hope it hits me like an .....
Someone with some .....
Is it too much to .....for, who understands?

REPEAT B and C

e. Circle the correct option.

Can you ***concrete/compete***?
Now is your time
Run when you hear that ***whistle/bristle*** blow
Are you on my ***dream/team***?
Or ***tuck/stuck*** on the sidelines waiting for someone to tell you to go?

For someone to tell you to go
You should know I

REPEAT B
'Cause training season's over (training season's over)

LIVEWORKSHEETS

AFTER-LISTENING ACTIVITIES

1. The advice column: Imagine you are a relationships' coach and give Dua some advice on finding the correct partner. Include phrases like:

- You should avoid...
- It's important ...
- Don't let them...
- Try to look for...

2. Green flags or red flags? Look at the following behaviours, would you consider them red or green flags?

- Refusing to listen.
- Keep checking their phone.
- Offering to pay the bill.
- Avoid making eye contact.
- Talking about an ex on the first date.
- Making compliments.

3. Let's focus on the vocabulary now... Go back to the song and find 3 new words/phrases. Can you understand their meaning? Check with a dictionary and use them in context.

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