

### Physical Activity – Activity 3, Worksheet 1 – CLB 2–3

Partner A





<u>Barrier</u>	<u>Solutions</u>	
<b>No time</b>		Get off the bus before your stop to walk a little further
<b>Not motivated</b>	Find an activity you enjoy	
<b>Poor weather</b>		Find enjoyable indoor activities
<b>Too expensive</b>	Walking is free	
<b>Tired and no energy</b>		Go for a walk early in the day
<b>No one to be active with</b>		Invite friends to join you

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Partner B

<u>Barriers</u>	<u>Solutions</u>	
<b>No time</b>	Do just 10 minutes at a time and increase to 150 minutes a week	
<b>Not motivated</b>		Focus on the benefits such as better sleep and more energy
<b>Poor weather</b>	Dress for the weather	
<b>Too expensive</b>		Take the stairs
<b>Tired and no energy</b>	Remind yourself that you will have more energy after	
<b>No one to be active with</b>	Join a class	

**Physical Activity – Activity 3, Worksheet 2 – CLB 2–3****Barriers**

Your classmate Maria is new to Canada. She finds it difficult to be active. Read the email.

 Reply	 Reply All	 Forward	 Delete		
<p>Date: December 12 Time: 11:20</p> <p>Dear _____,</p> <p>I really enjoy my new life in Canada, my English class and meeting new people like you! I have a problem. Before I came to Canada, I liked to walk outside. The weather was never cold like it is in Canada. I know it is important to stay active and walking is an easy and free way to stay active when it is cold outside. What can I do?</p> <p>From</p> <p>Maria</p>					

Answer the questions:

1 Who wrote the email?

\_\_\_\_\_

2 When did Maria send the email?

\_\_\_\_\_

3 What does she enjoy in Canada?

\_\_\_\_\_

4 How did she stay active before coming to Canada?

\_\_\_\_\_

5 Why does she find it difficult to be active in Canada?

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