

WARM UP!

WHAT IS THE
TEACHER DOING AT
THIS MOMENT?

WHAT IS YOUR
MOTHER DOING
NOW?

WHAT IS YOUR
FATHER DOING
RIGHT NOW?

VOCABULARY

PAGE # 4



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Section 1. Getting Started: Vocabulary and Pronunciation

Sports:

-  Baseball
-  Basketball
-  American Football
-  Soccer
-  Golf
-  Swimming
-  Table tennis
-  Tennis
-  Volleyball
-  Running

Athletes:

-  Athlete
-  Cyclist
-  Basketball player

-  Footballer
-  Soccer player
-  Golfer
-  Runner
-  Swimmer
-  Table tennis player
-  Tennis player
-  Volleyball player

Recreational Activities:

-  Cycling
-  Drawing
-  Fishing
-  Gardening
-  Hiking

-  Listening
-  Photography
-  Picnic
-  Reading
-  Camping

Verbs:

-  Camp
-  Cycle
-  Draw
-  Fish
-  Hike
-  Listen
-  Play
-  Swim

**Periods (.) and Commas (,):**

- Periods are used at the end of declarative sentences.
- Commas separate items in a list or connect related independent clauses.

Present Continuous is used for actions occurring at the present moment. The structure varies based on the subject (am/is/are) and the verb + ing form.



LEARNING UNIT # 1

Structure	Examples	Explanation
Subject + am/is/are + verb + ing	I am playing tennis.	Describes actions happening right now.
	They are swimming in the pool.	
He/She/It + is + verb + ing	She is reading a book.	Use 'is' with singular subjects.
We/You/They + are + verb + ing	We are learning English.	Use 'are' with plural subjects.

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Present Continuous Tense

Fill-in-the-Blank with correct form of the present continuous tense.

- They _____ (enjoy) a movie at the theater.
- She _____ (write) in her journal.
- He _____ (study) for his test.
- The children _____ (jump) on the trampoline.
- I _____ (pack) my bag for the trip.
- They _____ (build) a sandcastle at the beach.
- She _____ (cut) vegetables for dinner.
- He _____ (play) the guitar.
- We _____ (visit) a museum this afternoon.
- She _____ (draw) a picture of her pet.
- The kids _____ (color) in their books.
- I _____ (watch) a video tutorial.
- They _____ (make) cookies for the party.
- She _____ (play) chess with her brother.
- He _____ (clean) the windows.
- The dog _____ (run) around the yard.
- We _____ (plan) our next vacation.

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Use of adverbs "good at" and "well." Use 'good at' before a noun or verb-ing to indicate proficiency. 'Very well' is used to emphasize excellence or high proficiency in an action.

Structure	Examples	Explanation
'Be' + 'good at' + noun/verb-ing	She is good at basketball.	Expressing proficiency in an activity.
Subject + verb + 'very well'	He plays the guitar very well .	Emphasizing excellence or skill in an action.

Additional examples:

"I'm **good at** drawing."

"I'm **good at** video games."

"I'm **good at** swimming."

"I **Speak English very well**"

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PRACTICE

Exercise 2: Use of 'Good' and 'Well'

Complete the sentences with the correct form of 'good' or 'well.' Add commas or periods where necessary to ensure clear and accurate communication.

1. She is _____ at playing the violin.
2. He cooks _____ so he's the chef at the restaurant
- 3 We sing _____ but we don't play instruments.
3. The cake tastes _____ you should try it
4. My sister speaks English _____
5. I am _____ at math but my brother is better
6. The movie was _____ and the acting was superb
7. They did _____ on the exam
8. The team performed _____ during the championship
9. She dances _____ so she's the lead in the recital
10. My grandmother bakes cookies _____
11. The weather is _____ today let's go for a walk
12. The children behaved _____ at the party
13. We played the game _____ and enjoyed it
14. The car runs _____ after the repair

Connectors ('So' and 'Because'): 'So' connects sentences, showing a result or consequence. 'Because' introduces the reason behind an action or preference.

Structure	Examples	Explanation
Sentence + 'so' + Sentence	I like swimming, so I go to the pool often.	'So' connects related ideas or shows a result.
Sentence + 'because' + Sentence	She dances because she loves music.	'Because' introduces a reason for an action.

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Exercise 3: Connectors

Combine the sentences using '**so**' or '**because**.' Add commas or periods where necessary to ensure clear and accurate communication.

1. She loves music She dances all the time.
2. We practiced a lot We won the competition.
3. It's raining We can't go to the beach.
4. He plays the guitar He's in a band.
5. They are studying hard They want to get good grades.
6. I enjoy reading I go to the library often.
7. He is good at soccer He joined the school team.
8. She likes swimming She goes to the pool regularly.
9. We are learning French We plan to visit France.
10. It's sunny today Let's have a picnic in the park
11. The team worked together They achieved success
12. The students are quiet They are taking an exam
13. She is tired She worked all day
14. He doesn't eat meat He is a vegetarian
15. I have a lot of homework I can't go out tonight

PRODUCTION



Section 3: Speaking



INSTRUCTION: Imagine you are hosting a podcast. Choose a sport from the list and discuss it current events, star players, and recent matches with a partner. You may also talk about what it is going on in Costa Rica or create a “GOSSIPING SECTION of the class”







- **Football/Soccer:** Discuss ongoing matches in Costa Rica. Who's leading the league? Any surprising team or player performances?
- **Cycling:** Talk about current cycling events. Are there upcoming tours or competitions? Share your recent cycling experiences and rides.
- **Swimming:** Explore current swimming competitions in Costa Rica. Which swimmers are setting records? Discuss any recent achievements in swimming.
- **Running:** Discuss ongoing marathons and running events. Any popular upcoming races? Share details about your current training routine.
- **Recreational Activities:** Share stories about current outdoor experiences, such as camping, hiking, or fishing.



USE THESE IDEAS AND YOUR OWN





Exercise 2. Recreational Day Itinerary

Time for a cool activity! Grab a partner, and let's plan an awesome day together. Use the template below to choose activities for different parts of the day, like morning, afternoon, and evening. Remember to explain why you picked each activity. Once you finish planning, share your day with the class. Here's a quick example: "In the morning, we are cycling at the park because it's sunny. In the afternoon, we are having a picnic near the river to enjoy nature. Give it a try and show off your planning and talking skills!"



OUR RECREATIONAL ACTIVITIES

TIME	ACTIVITY	LOCATION	REASON
MORNING			
LATE MORNING			
AFTERNOON			
LATE AFTERNOON			
EVENING			
NIGHT			

Exercise 1. A Cultural Encounter in Costa Rica

Listen to Luna and Mateo plan some energizing activities for the day. Then, answer the questions.

1. Why does Luna want to try soccer?

- a) She's a professional soccer player.
- b) She wants to impress Mateo with her skills.
- c) She heard it's a mandatory activity in Costa Rica.
- d) She thinks it looks like fun and wants to make new friends.

2. What outdoor activity is Mateo good at?

- a) Hiking
- b) Soccer
- c) Zip-lining
- d) Snorkeling

3. Why does Mateo enjoy playing soccer?

- a) Because he's good at it.
- b) Because it's a solo sport.
- c) Because it's a popular national pastime.
- d) Because it helps build connections with others.

4. What does Luna express interest in trying after soccer?

- a) Hiking
- b) Surfing
- c) Zip-lining
- d) Bird watching

5. How does Luna feel about the trip overall?

- a) Stressed
- b) Indifferent
- c) Disappointed
- d) Excited and grateful

Mateo



Luna

Imagine you're a dedicated athlete or have a passion for a specific hobby. Now, describe a day in your life using the present continuous tense.

Morning Routine: Share details about how your day begins.

Activities and Hobbies: Discuss the activities or hobbies you engage in during the day.

Evening Activities: Talk about your evening routine.

Connectors: Use words like "so" and "because" to explain why you enjoy specific activities.

Sharing with the Class: Be prepared to share your description with the class.

 Exercise 2. A Fitness Exploration Journey

Listen to Bruno and Olivia talk about some new fitness challenges. Then, answer the questions.

1. How does Olivia feel about the warm-up exercises?

- a) Tired and exhausted
- b) Challenged but good
- c) Bored and uninterested
- d) Energized and invigorated

2. According to Bruno, why is "because" a great connector?

- a) It creates confusion
- b) It sounds sophisticated
- c) It helps explain reasons
- d) It adds unnecessary details

3. What activities is Olivia good at?

- a) Yoga and tennis
- b) Swimming and cycling
- c) Running and weightlifting
- d) Martial arts and basketball

4. Can you name an activity where Olivia combines her yoga and tennis skills?

- a) Yoga tennis
- b) Beach volleyball
- c) Soccer and meditation fusion
- d) CrossFit and table tennis mix

5. What is the main reason Olivia is getting into fitness practice?

- a) To impress others
- b) Because it's trendy
- c) She loves doing squats
- d) She wants to be healthy

