



LISTENING: Dangers of being a couch potato

FULL NAME: _____ GRADE:4 C y D

Se comunica oralmente en inglés como lengua extranjera

- *Obtiene información de textos orales.*
- *Infiere e interpreta información de textos orales.*
- *Reflexiona y evalúa la forma, el contenido y el contexto del texto oral*

PROPÓSITO:

Nos comunicamos oralmente en inglés obteniendo, infiriendo y reflexionando información del video Thechnology and our daily lives sobre rutinas y uso de tecnología proponiendo alternativas de solución.

CRITERIOS DE EVALUACIÓN

- **Recupera** información del video Thechnology and our daily lives sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales.
- **Deduce** información del video Thechnology and our daily lives sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales.
- **Explica** información del video Thechnology and our daily lives sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales.
- **Opina** sobre la información del video Thechnology and our daily lives sobre rutinas y uso de tecnología en un cuestionario de comprensión de textos orales.

I. BEFORE YOU WATCH THE VIDEO: Watch the images and answer: What do you think the video is going to be about?



II. NEEDED VOCABULARY: Match the verbs to its simple past form and to its meaning.

have	stunned	decir
be	had	aturdir
stun	was / were	sentir
feel	felt	ser / estar
consider	considered	tener
ask	said	ver
say	fell asleep	parar / detenerse
sit	asked	levantarse
go	sat	ir
watch	went	quedarse dormido
fall asleep	watched	preguntar
get up	got up	hacer
do	stopped	considerar
can	estimated	sentarse
stop	did	poder
estimate	could	estimar

III. NOW, WATCH THE VIDEO:



Buscar



Dangers of Being a Couch Potato

GET INFORMATION:

1. Complete with the verbs you listen.

"I _____ just shocked, I guess, and it kind of _____ me. I _____ lucky, lucky that I was alive."

He never _____ himself a couch potato, but when _____ about his lifestyle, he said, "I _____ at my desk all day, _____ home, _____ TV, _____, _____ the next day, and _____ the same thing."

2. What happened to Joe Caza one year ago?

- a) He started a new job
- b) He had a heart attack
- c) He moved to another country
- d) He began exercising regularly

3. What did Joe usually do every day before changing his lifestyle?

- a) He went to the gym and ate healthy food
- b) He traveled a lot and worked outdoors
- c) He sat at his desk, watched TV, and repeated the same routine
- d) He played sports and spent time with friends

4. Match the numbers with the right information:

18%

9%

11%

5 hours

- a. _____ Increased risk of death from cancer
- b. _____ Increased chance of dying from heart disease
- c. Americans spend _____ watching TV daily
- d. _____ Increase in premature death from all causes

DEDUCE INFORMATION:

5. Read and write True (T) or False (F):

- Joe Caza always had a very active lifestyle. ____
- He had a heart attack that changed his life. ____
- Watching too much TV can increase the risk of disease. ____
- The risks only affect overweight people. ____

6. Joe didn't think he was a "couch potato," but his routine shows that he...

- a) was very active
- b) had a sedentary lifestyle
- c) worked outdoors
- d) exercised every day

7. The study suggests that watching too much TV is dangerous because it...

- a) improves your health
- b) helps you relax more
- c) increases the risk of serious diseases
- d) makes people happier

EXPLAIN INFORMATION:

8. Answer the following question:

Was it easy or difficult for Joe to change? Explain why?



GIVE OPINION

9. Answer the following question:

What would you do if you were in Joe's situation? Give details.

10. Publish your opinion in the following Padlet forum:

4A: https://padlet.com/cecilia_cisneros_cosme/what-would-you-do-if-you-were-in-joe-s-situation-give-detail-6qde605bapk022b

4B: https://padlet.com/cecilia_cisneros_cosme/what-would-you-do-if-you-were-in-joe-s-situation-give-detail-t1m5njiunt2ilm2d

4C: https://padlet.com/cecilia_cisneros_cosme/what-would-you-do-if-you-were-in-joe-s-situation-give-detail-s5nm4egykr6ahxt

