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

Partner A

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

Partner B

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

LIVEWORKSHEETS

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		

Date: December 12
Time: 11:20

Dear _____,

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?

From

Maria

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?
_____

LIVEWORKSHEETS

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

Barriers

Now that you have read your classmate Maria's email, write her back an email, advising her on the importance of staying active and some possible ways she can do it in the colder temperatures.

 Reply	 Reply All	 Forward	 Delete		

Date: _____
Time: _____

Dear Maria,

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

LIVEWORKSHEETS