

Unit 5: Health**Day Four: Advice, encouragement, discouragement****Objective**

1. Students will be able to give, accept, and reject advice.
2. Students will be able to offer encouragement.
3. Students will be able to express discouragement.

Setting the Stage (2 minutes)

The teacher displays a local gym's workout schedule translated into the target language and asks the students to talk to a classmate about the following points. ([Sample gym schedule](#))

1. What is this schedule for?
2. How many different categories of activities do they see?
3. What are the different categories?

Input (20 minutes)

The teacher displays the photo of a famous person (actor, politician, singer, artist, musician, etc.) and asks the students as a class to "create" the fitness schedule of this person, who belongs to the Fitness Club that has the above schedule. They are to choose one activity for every day of the week. Some sample questions might be

1. What does (the famous person) do if he/she likes to swim?
2. What does he/she do to tone the muscles?
3. What does he/she do if he/she is feeling stressed?
4. What does he/she do if he/she likes to dance?
5. What activity would be best if he/she stayed up late the night before?
6. What activity is best if he/she is feeling a bit sick?
7. What time is he/she going to go to the fitness club for ... (the activity in question)?

The teacher recycles the language by asking yes/no, either/or, and who/what/where/when/why questions to insure that all students are actively engaged and participating in the story-telling.

Guided Practice (10 minutes)**Activity 1**

The teacher has prepared a worksheet that shows elements of possible sentences (in the TL). The students are to read the possible sentences and write out their choices.

Model:

Describe what you, your friend or your family does for sports. Choose one word or one expression from each box and create seven different sentences.

PERSON	ACTIVITY	WHEN
My father	does weight lifting	every other week.
My mother	does aerobics	twice a week.
My best friend	goes jogging	every day.
My sister	does gymnastics	in the afternoon.
My brother	plays tennis	on the weekend.
I	work out in the gym	every evening.
?	?	?

Activity 2

The teacher has written expressions of giving/accepting/rejecting advice on the board in the TL, with the English translation next to each expression.

Model:

GIVING ADVICE	ACCEPTING ADVICE	REJECTING ADVICE
You really need to ... You should ... It would be really good if ... All you have to do is ... Why don't you ...	You are right! That's a good idea! All right.	I can't I really don't want to. No, I prefer ... I don't have time to. It's not what I like to do.

The teacher asks the students, in pairs, to refer to their seven sentences created in Activity 1 and write down a mini-conversation with each of the people in the left column. They are to give advice to each person and each person is to respond to this advice. The students should include one or two of the new expressions in each mini-conversation.

Independent Practice (20 minutes)

The students go out on the campus of their school for 10 minutes and interview 5 adults: secretaries, other teachers, administrators, or custodians. Have the students find out whether each of these 5 adults exercises and what else he or she does to stay healthy. The students should work independently, not with a partner. In other words, only 1 student may interview 1 adult, not 2 students interviewing 1 adult.

The teacher walks around the campus and monitors the students.

At the end of the time allotted to this activity, the students are to return to the classroom and, in groups of 5, tabulate their results. The teacher can provide large butcher paper and colored marker pens for each group.

Finally, the groups share their findings with the class as a whole.

An alternate activity:

If there is a gym or fitness club in your neighborhood, ask the students to visit this facility as a homework project and interview several people who participate in the activities there. The students are to ask why the club members exercise and what else they do to stay healthy.

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