
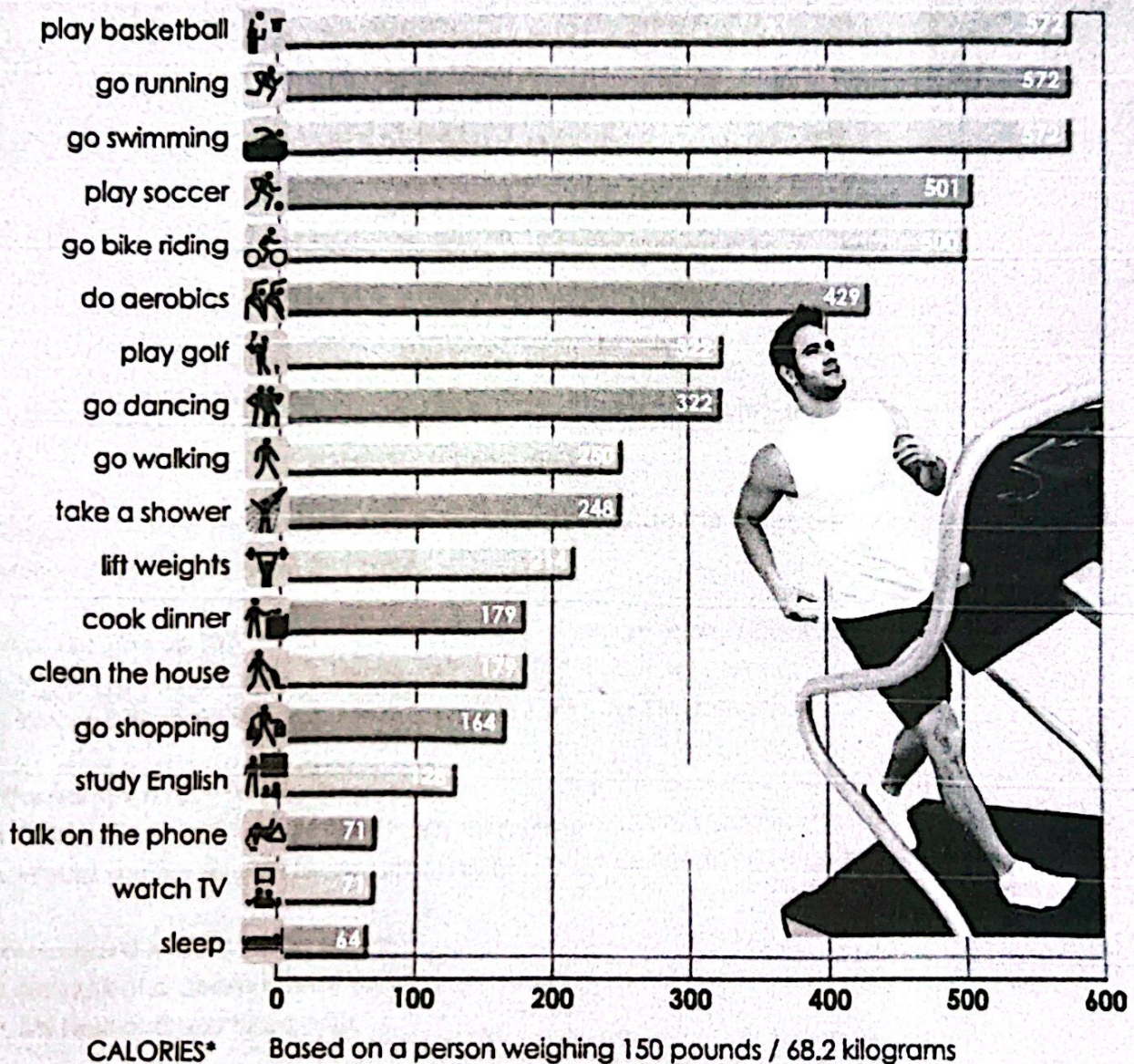


STAYING IN SHAPE

LISTENING

a)  Look at the graph. Then listen and repeat.

How many calories can you burn in one hour?



SPEAKING

b) Work in pairs. According to the graph, approximately how many calories do you burn every day? Find out who in your class burns more than 1,500 calories a day.

LISTENING

c)  5.2 Read and listen to people talk about playing tennis.



Lynn: Hi, Joy! What are you up to?
 Joy: Lynn! How are you? I'm playing tennis, actually. In the park.
 Lynn: You play tennis? I didn't know that.
 Joy: I do. About three times a week. Do you play?



Lynn: Not as much as I'd like to.
 Joy: Well, why don't we meet at the park on Saturday?
 Lynn: This coming Saturday? Sorry, I can't. I have to work. What about Sunday?
 Joy: Perfect. Hey, how about your husband? Can he come, too?



Lynn: Ken? No way. He's a total couch potato. He just watches TV and eats junk food. He's so out of shape.
 Joy: Too bad. My husband's crazy about tennis.
 Lynn: Listen. I'm on my way home right now. Let's talk tomorrow. Ok?
 Joy: Terrific.



d) Look at the underlined expressions in the photo story. Use the context to help you choose the correct meaning of the following sentences.

1. What are you up to?
 a. What are you doing? *I'm playing tennis*
 b. Where are you going? *in going to the park*
2. Why don't we play tennis sometime?
 a. Can you explain why we don't play tennis?
 b. Would you like to play tennis sometime?
3. My husband is really out of shape.
 a. My husband doesn't exercise.
 b. My husband exercised a lot.
4. I'm crazy about tennis.
 a. I hate tennis.
 b. I love tennis.
5. I'm on my way to the park.
 a. I'm going to the park right now.
 b. I'm going to go to the park this afternoon.

WRITING

e) Look at the activities in a). List the activities you do...

every day	every weekend	once a week	almost never	never
take shower lift weights talk on the phone sleep	cook dinner go walking watch tv	go running play soccer clean the house study English	go swimming go dancing	play basketball like movies do aerobics

SPEAKING

f) Compare activities with a partner.

"What do you do every weekend?"

"Me? I go shopping".

GRAMMAR

"Can" / "can't" and "have to" / "don't have to"

Can

- We use "can" + the base form of a verb for possibility.

Example: We can stay out late tonight. There are no classes tomorrow morning.

- Questions

Can you go running tomorrow at 3:00? (Yes, I can / No, I can't).

- "Can" is invariable.

Example: Can she play tennis? Yes, she can.

Can't

- We use "can't" + the base form of a verb for impossibility.

Example: I can't stay out late tonight. I have class tomorrow morning.

Have to

- We use "have to" or "has to" + the base form of a verb for obligation.

I have to work / don't have to

You have to work / don't have to

He

She has to work / doesn't have to work late tonight

It

We have to work / don't have to

You have to work / don't have to

They have to work / don't have to

"Don't" / "doesn't have to"

- We use "don't" / "doesn't have to" + the base form of a verb when it's not necessary to do something.

Example: We don't have to go to school tomorrow because it's Sunday.

g) Read the sentences carefully. Then complete each sentence with "can" or a form of "have to".

1. I'd like to go out tonight, but we have a test tomorrow. I have to study.

2. Audrey can't meet us for lunch today. She has to help her boss write a report.

3. Good news! I don't have to work late tonight. We can go running together at 6:00.

4. My sister can't go shopping at the mall today. She has to go to the doctor.

5. Henry has to go to Toronto next week, so he can't play golf with us.

6. Sorry, I can't go to aerobics class tonight. I have to meet with my boss.

WRITING

h) Write three questions using "can" and three questions using a form of "have to". Then practice asking and answering questions with a partner.

CAN
 can you go play tennis today?
 can you swim in the morning?

HAVE TO
 I have to meet with my friends
 I have to go dinner with my girlfriend

LISTENING

i) ^{5.3} Read and listen to two people plan an activity together.

A: Hey, Gary. Why don't we go running sometime?
 B: Great idea. When's good for you?
 A: Friday morning at 9:00?
 B: Sorry, I can't. I have to work on Friday.
 A: Well, how about Sunday afternoon at 2:00?
 B: That's good for me. See you then.



SPEAKING

j) Practice the conversation in i) with a partner.

	Friday	Saturday	Sunday
9:00	go running	visit Mom	

WRITING

k) Write your schedule for this weekend in the daily planner.

SPEAKING


l) Practice the conversation again. Plan other activities. Use your daily planner to respond.

Daily Planner			
	Friday	Saturday	Sunday
9:00	travel to hotel	eat breakfast	sleep
11:00	arrive to the hotel	go to the beach	sleep
1:00	go shopping	swim	go to the restaurant
3:00	go to a restaurant	go to a restaurant	take a shower
5:00	go swimming	go shopping	go bike riding
7:00	lift weights	watch tv	talk on the phone



LISTENING

Places for sport and exercise

m)  5.4 Read and listen. Then listen again and repeat.



a pool



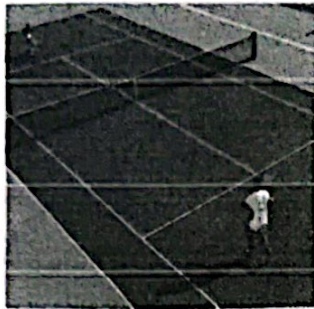
an athletic field



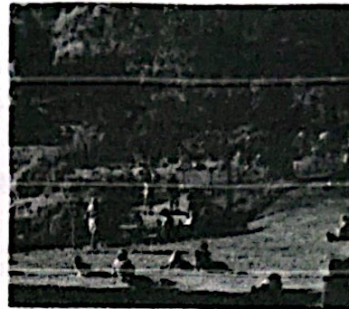
a golf course



a track



a tennis court



a park



a gym

SPEAKING

n) Tell your partner what you can do in these places.

GRAMMAR

The Present Simple and the Present Continuous tense: review

The Present Simple

(for habits and routines)

Example: I make dinner at least twice a week.

Example: He hardly ever meets his friends for dinner.

Questions

Do you always play golf on Saturdays?

How often do you lift weights?

Frequency adverbs

100%	always
↑	almost always
	usually / often / generally
	sometimes / occasionally
↓	hardly ever
	0% never

The Present Continuous

(for actions in progress and future plans)

Example: I'm making dinner right now.

Example: They're swimming at the pool in the park tomorrow.

Questions

Are you going running tomorrow?

What time are you playing tennis today?

o) Complete the sentences. Use the Present Simple or the Present Continuous tense.

1. Brian can't answer the phone right now. he is studying
he / study
2. How often does she go walking?
she / go
3. Are we playing tennis this weekend?
we / play
4. he lifts weights three times a week.
he / lift
5. They are making lunch. Can they call you back?
they / make
6. How often do you clean the house?
you / clean
7. I do aerobics every day.
I / do
8. she is going shopping tonight.
she / go

LISTENING

p) 5.5 Listen to the conversations. Circle the frequency adverb that best completes each statement.

1. She (often/ hardly ever/ never) plays golf.
2. He (often/ sometimes/ always) goes to the gym four times a week.
3. She (often/ sometimes/ never) plays tennis in the park.
4. He (always/ often/never) goes swimming.
5. She (always/ sometimes/ never) rides her bike on weekends.

LISTENING

q) 5.6 Read and listen to two people talk about habitual activities and future plans.

A: Hey, Nancy. Where are you off to?

B: Hi, Trish. I'm going to the gym.

A: Really? Don't you usually go there on weekends?

B: Yes. But not this weekend.

A: How come?

B: Because this weekend I'm going to the beach.

SPEAKING

r) With a partner, change the conversation in q) using a different vocabulary. Then change roles.



v) Take the health survey.

Do you stay in shape?

Check the statements that are true for you. Then add up your score.

1 a. I exercise regularly.
 b. I hardly ever exercise.
 c. I never exercise.

2 a. I usually sleep seven hours or more.
 b. I generally sleep less than seven hours.
 c. I rarely sleep more than four hours.

3 a. I avoid junk food.
 b. I sometimes eat junk food.
 c. I eat a lot of junk food.


4 a. I hardly ever eat sweets.
 b. I sometimes eat sweets.
 c. I eat too many sweets.

5 a. I hardly ever watch TV.
 b. I sometimes watch TV.
 c. I watch a lot of TV.

Score

Each a answer = 10 points
 Each b answer = 5 points
 Each c answer = 0 points
 Your total points = 35

Points	
40-50	You stay in great shape!
30-35	You're getting in shape!
20-25	You can do more!
0-15	You're a couch potato!



w) Walk around the classroom and ask questions. Write names and take notes on the chart.

Find someone who...	Name	Other information
stays in great shape	Toni	goes running everyday
stays in great shape.	Yaselin	she play futbol
is out of shape.	Miguel	he don't do exercise
eats a lot of junk food.	Miguel	he likes junk food
avoids sweets.	Emanuel	he don't like sweet food
avoids fatty foods.	Andres	he eat a lot of vegetables
never sleeps more than four hours.	Emanuel	don't sleep more than 7 hours