



Fitness, Health & Body Awareness

Let's Talk Sports



Welcome & Objectives

Welcome to **Let's Talk Sports – Fitness, Health & Body Awareness**

Today, you will:

- Learn vocabulary about fitness, health, and physical activity
- Practise using the **present perfect tense** and **too/enough** for descriptions
- Talk about healthy habits and routines
- Complete gap fills, comparisons, and thought-based tasks



Icebreaker – What Does Fitness Mean to You?

- What does being "fit" mean to you?
- Do you do any regular exercise?
- What do you do to stay healthy?



Vocabulary – Types of Fitness Activities

Discuss the following terms with your tutor:

Activity	Definition
cardio	exercise that raises your heart rate (e.g. running, cycling)
strength training	building muscle using weights or resistance
yoga	combines stretching, balance, and breathing
stretching	lengthening muscles before/after exercise
endurance	how long you can continue doing an activity

Discussion: Which of these do you enjoy the most/least? Why?

Vocabulary – Body & Health Words

Discuss the following terms with your tutor:

- **hydrated** – having enough water in your body
- **flexibility** – ability to move joints easily
- **stamina** – physical strength to keep going
- **injury** – harm to the body
- **recovery** – time the body needs to heal
- **routine** – a regular set of actions or habits

Discussion: Do you think having a routine is important? Why/Why not?

Grammar – Present Perfect (Have/Has + Past Participle)

Understanding the grammar rule:

Present Perfect is used to talk about:

- Life experience (no specific time):

Example: “I’ve tried Pilates.”

- Recent events with present results:

Example: “She has injured her ankle.”

Structure:

have/has + past participle

Example: “He has eaten already.”

Tip: Use for **actions connected to now**.



Grammar Practice – Fill in the Gaps

Use the present perfect (with slightly challenging verbs) to complete the following sentences:

- She _____ (complete) a 10km run before.
- I _____ never _____ (attempt) that yoga pose.
- They _____ (improve) their strength recently.
- We _____ (not stretch) enough today.



Speaking – Your Fitness Experience

- Have you ever followed a workout plan?
- What new sport or fitness thing have you tried recently?
- How has your energy changed this year?

Tip: Try to use **Present Perfect** in your answers.

Grammar – Too & Enough

Understanding the grammar rule:

We use **too + adjective** for negative intensity:

Example:

“It’s **too** cold to run today.”

“This bag is **too** heavy.”

We use **adjective + enough** for acceptable/positive level:

Example:

“I’m **fit enough** to join the race.”

“He isn’t **strong enough** to lift that weight.”



Grammar Practice – Fill in the Gaps

Choose **too** or **enough** to complete the sentences:

- That gym session was _____ intense.
- She isn't flexible _____ to do the full stretch.
- You're _____ tired to train today.
- He's _____ motivated to complete the workout.



Activity – Improve the Routine

Your tutor will suggest some bad habits they have. Imagine you are a fitness coach; what advice would you give them?

Examples of bad habits:

“I’ve been eating late at night.”

“I don’t stretch after workouts.”

Tip: Suggest improvements using “enough” or imperatives.

Then, swap roles.



Reading – A Balanced Routine

Read the passage below with your tutor:

“Olivia has followed a weekly plan for two months. She runs three times a week and does yoga twice. She hasn’t eaten fast food during this time. She feels more energetic and flexible. Her coach says she is ready for a new challenge.”

Useful Vocabulary:

- **followed** = done regularly
- **energetic** = full of energy

Discussion:

- What helped Olivia stay consistent?
- How did Olivia change her diet?
- What new challenge would suggest for Olivia to try?

Vocabulary – Verbs of Physical Action

Discuss the following verbs with your tutor:

Verb	Definition
squat	bend knees and lower body
stretch	extend muscles or limbs
lift	raise something heavy
jog	run slowly for exercise
balance	stay steady without falling

Grammar – Present Perfect Questions

Understanding Present Perfect Questions:

Form: **Have/Has + subject + past participle...?**

Examples:

“Have you ever done weight training?”

“Has she completed the full routine?”

“What exercises have you tried?”

Tip: Useful for learning about someone’s experiences.

Activity – Interview Your Coach

Role play scenario:

Imagine your tutor is a fitness coach. You are new to the gym and need some advice on how to get started. Ask them questions about fitness routines:

Example:

“What advice have you given to beginners?”

Then reverse roles. Use present perfect + imperatives.

Vocabulary – Fitness Expressions

Discuss the following terms with your tutor:

- **in shape** – physically fit
- **warm-up** – prepare your body before activity
- **cool down** – slow movements after exercise
- **push yourself** – try harder
- **burn out** – get too tired or stressed

Discussion: Which of these have you done recently? How did they help?

Grammar Challenge – Correct the Mistakes

Fix the errors in the sentences below:

- He have ran five miles.
- We hasn't stretch after the session.
- She is enough fast to win.



Speaking – What's a Healthy Goal?

- What's one goal you've already achieved this year?
- What's something you want to do to feel better or stronger?
- Have you made changes to your fitness routine?
- Can you describe one **healthy** fitness goal and one **unhealthy** fitness goal people might try to achieve?



Activity – Build a 3-Day Fitness Plan

Create a short plan for your next gym session:

Include:

- Type of activity (e.g. strength, cardio)
- Duration
- Reasons on why you will do this (use vocabulary and grammar)

Example:

Day 1: I will start by learning to stretch, because I'm not flexible enough yet."

Day 2: I will move on to lifting light weights, because I want to build muscle."