

WELCOME TO OUR CLASS



Hoaloil High School

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# Tiếng Anh 11



Unit

1

# A long and healthy life

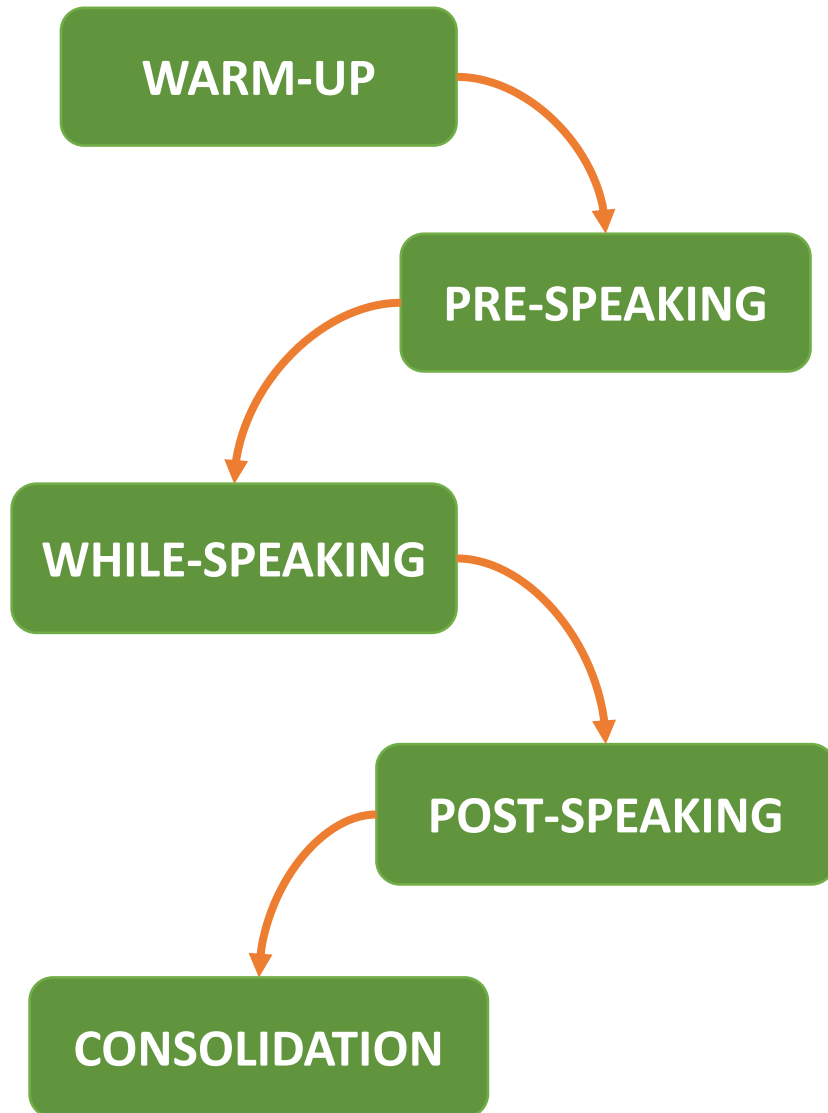
LESSON 4

**SPEAKING**

**Giving instructions for an exercise routine**

## LESSON 4

## SPEAKING



Watch a video

Task 1. Match the two parts of each sentence to complete the instruction

Task 2. Fill in the blanks with one word.

Task 3. Practice giving instructions

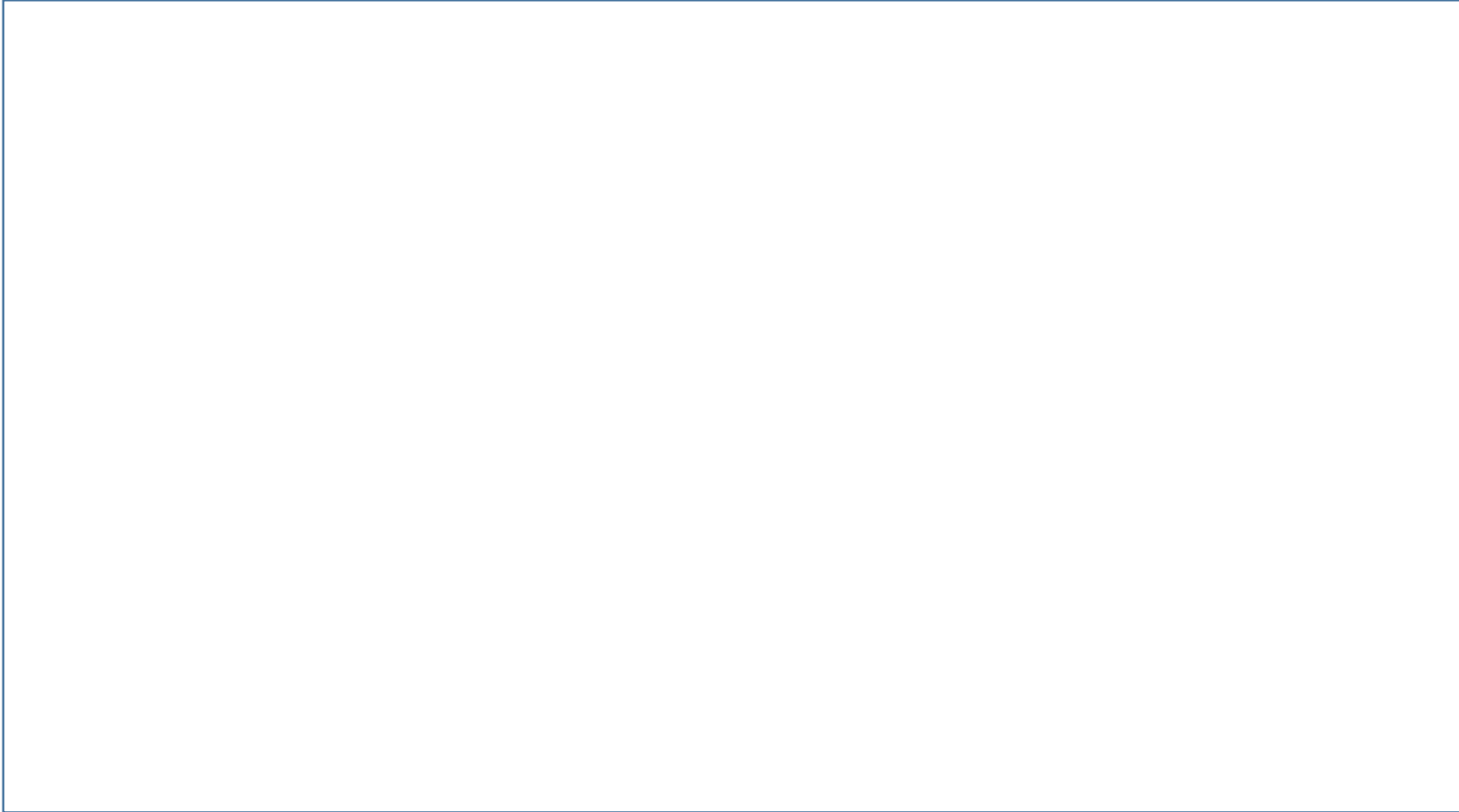
Task 4. Take turns demonstrating the exercise routine and giving instructions

Further practice

- Wrap-up
- Homework

# WARM-UP

## WATCH A VIDEO



# WARM-UP

## New words:

- turn around
- clap your hands
- stretch it out = spread out
- Do squat
- jump
- shake
- stomp your feet
- Slightly
- Run on the spot
- Press - up



# PRE-SPEAKING

- 1** Look at the diagram. Match the two parts of each sentence to complete the instruction.



To do star jumps properly, you should follow four steps.

- |                  |  |
|------------------|--|
| 1 To begin with, | a jump back to your starting position and repeat.  |
| 2 Then,          | b stand with your arms down at your sides and your feet slightly apart.                                    |
| 3 As you jump,   | c open your legs wider than your shoulders and move your arms out, creating a star shape while in the air. |
| 4 Finally,       | d jump with your feet apart and your arms spread out.  |

# PRE-SPEAKING

## Tips to give instructions:

### Fill in the blanks with a suitable word:

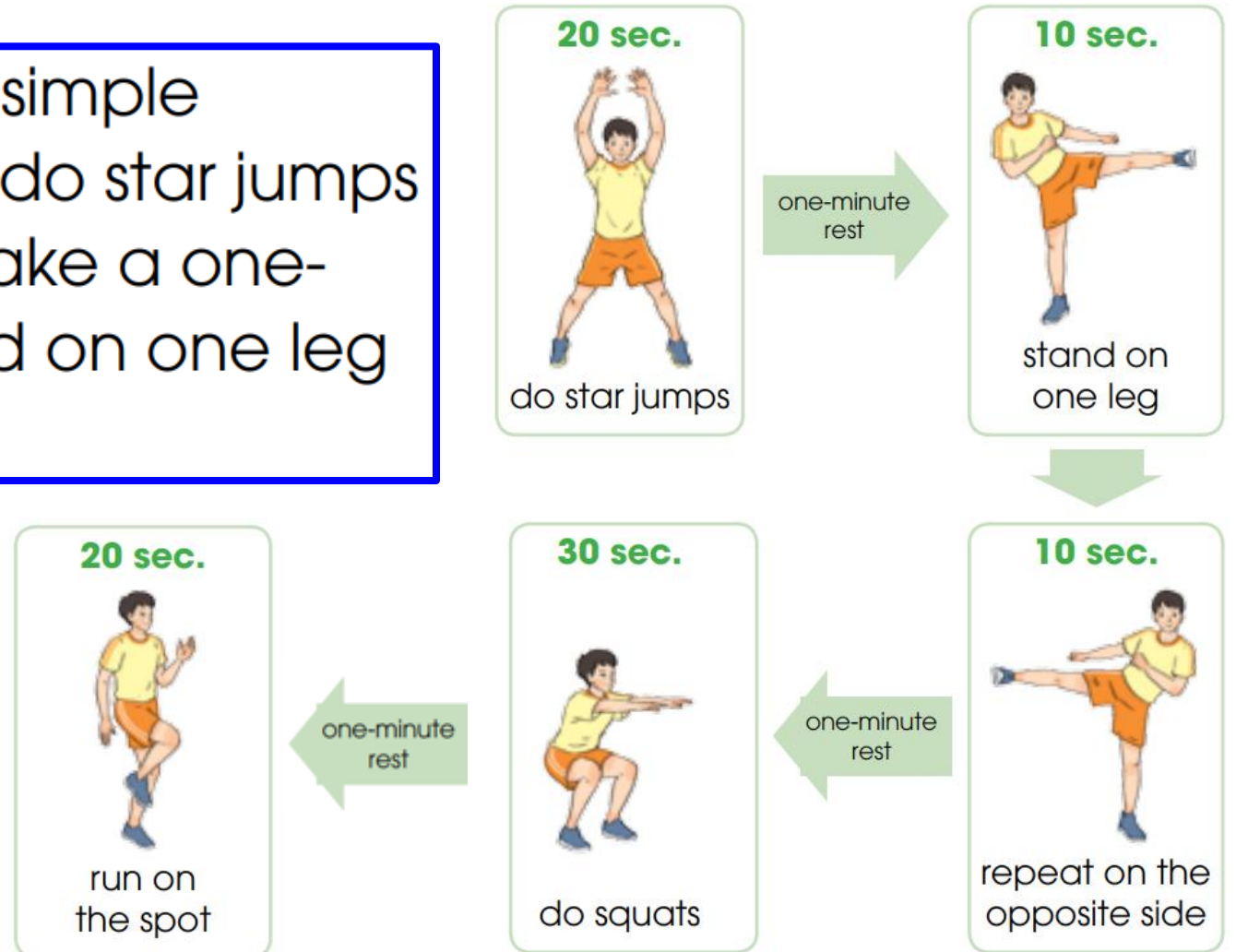
1. Start by introducing the process.
2. Sequencing the steps, using linking words or phrases (ex: first, second, next, then, after that, as/when /while, finally ...)
3. Give one direction at a time.



# WHILE-SPEAKING

- 2** Look at the How to burn fat exercise. Fill in the blanks with one word to complete the first part of the instructions

You can burn fat by doing this simple exercise routine. (1) First, do star jumps for 20 seconds. (2) Then, take a one-minute rest. (3) After that, stand on one leg for 10 seconds ...

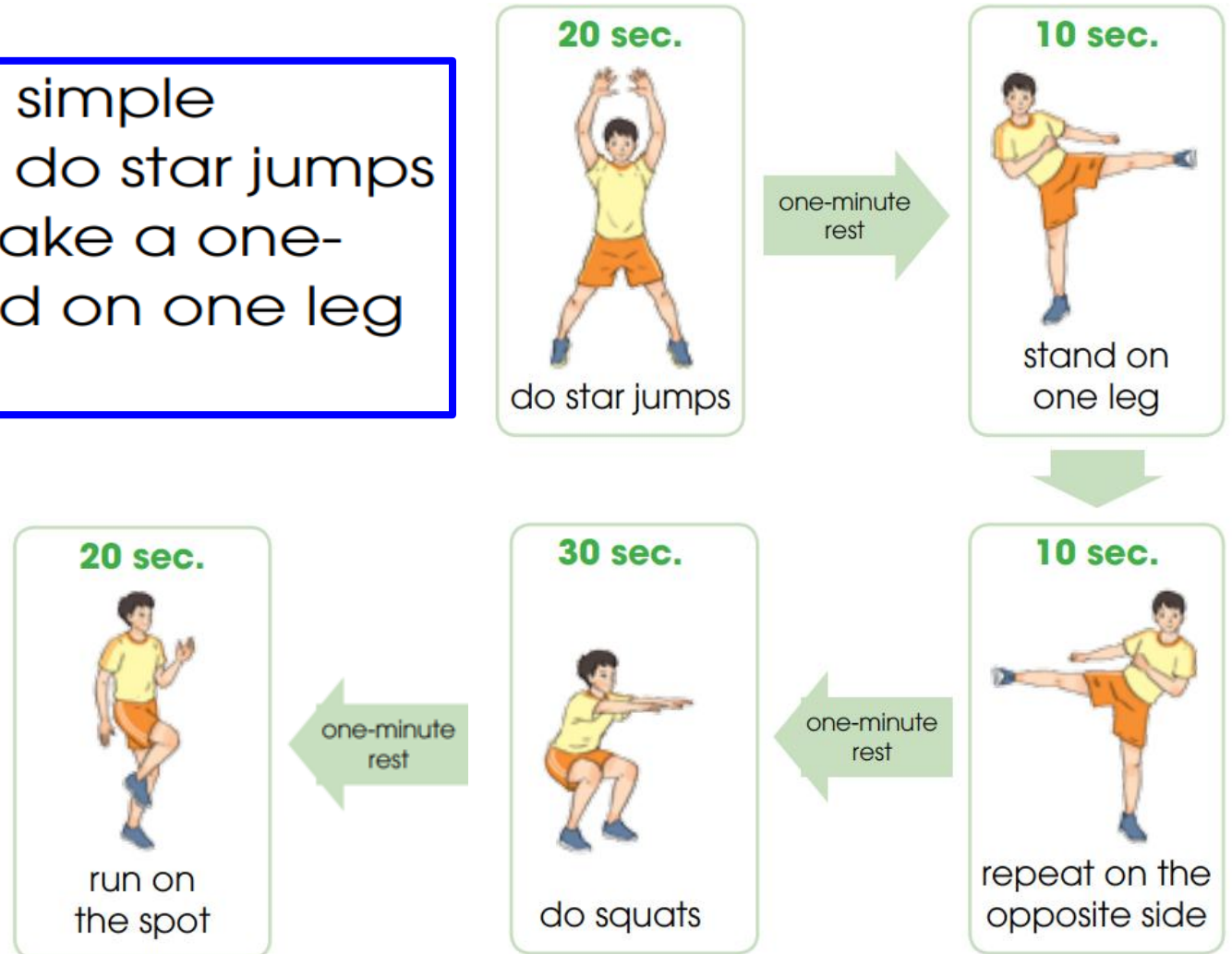


# WHILE-SPEAKING

## 3 Work in pairs. Practice giving instructions for the rest of the exercise routine

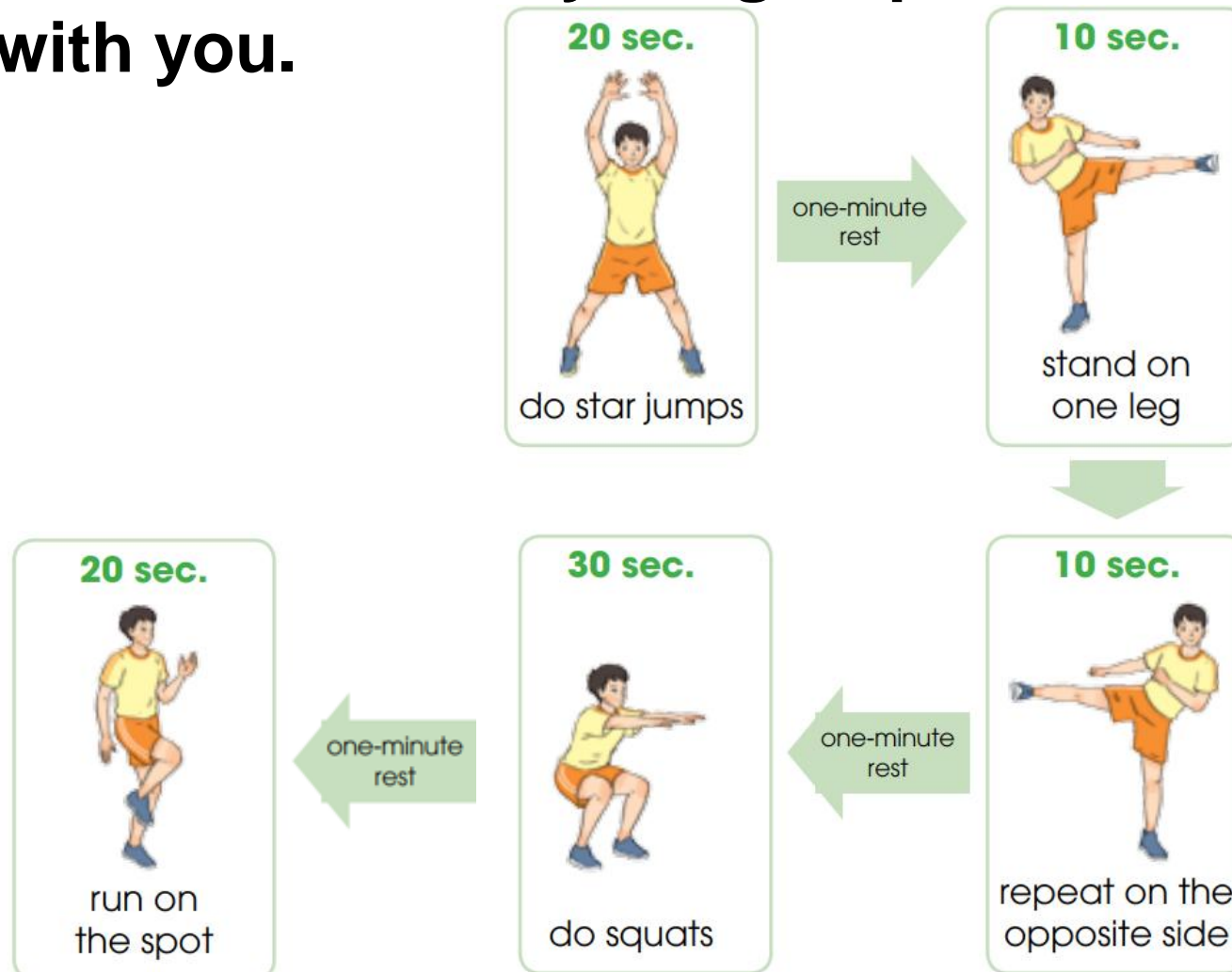
You can burn fat by doing this simple exercise routine. (1) First, do star jumps for 20 seconds. (2) Then, take a one-minute rest. (3) After that, stand on one leg for 10 seconds ...

Second, repeat on the opposite side. Next, take one minute rest. Do squat for 30 seconds. Finally run on the spot for 20 seconds.



# WHILE-SPEAKING

- 4** Take turns demonstrating the exercise routine and giving instructions to the rest of your group so that they can do the exercise with you.



# CONSOLIDATION

## **1** Wrap-up

What have you learnt today?

- How to give instructions for an exercise routine
- Vocabulary to talk about an exercise routine

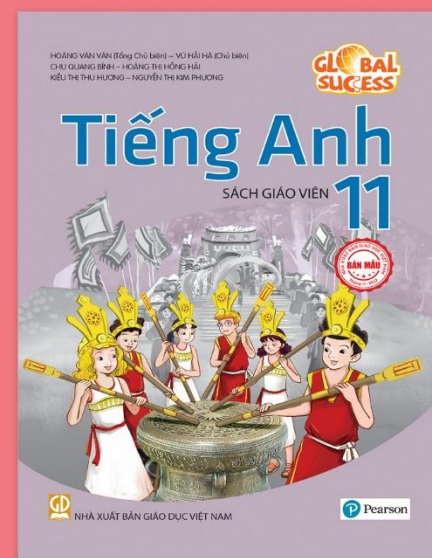
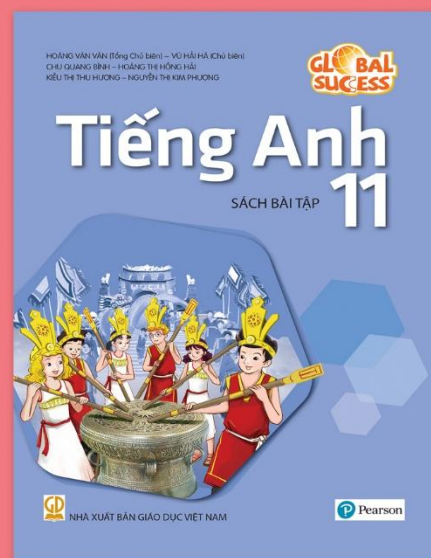
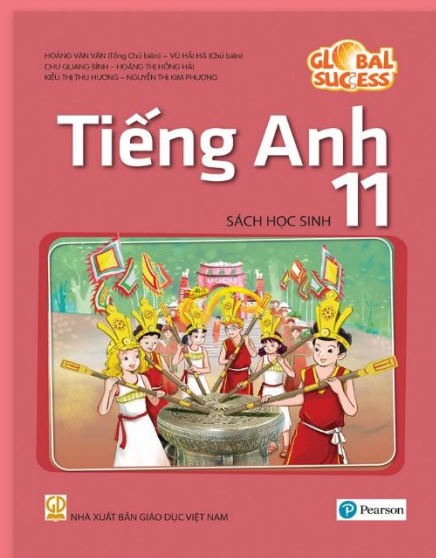


# CONSOLIDATION

## **2** Homework

- Do exercises in the workbook.
- Prepare for Lesson 5 - Unit 1.

# THANK YOU



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