

Talking About Personal Care and Fitness



Level: B1/Low Intermediate

Duration: 60 minutes

Course Title:

Batch/Class:

Objective:

By the end of the lesson, students will be able to:

- Discuss personal care and fitness in English using basic vocabulary and phrases.

Materials Needed:

- Whiteboard and markers
- Flashcards with key vocabulary (e.g., exercise, diet, sleep, hygiene, etc.)
- Handouts with dialogues and scenarios related to personal care and fitness
- Pictures of different personal care and fitness activities (optional)

Warm-up (10 minutes):

- Begin the class by asking students about their personal care and fitness routines in their native language. Discuss the importance of being able to discuss personal care and fitness when living in or visiting an English-speaking country.
- Introduce the topic of the day: "Self-Care Conversations: Discussing Personal Care and Fitness". Discuss the importance of this skill when interacting with English speakers.

Presentation (15 minutes):

- Introduce key vocabulary related to personal care and fitness. Use flashcards for visual aid and pronunciation practice.
- Use the whiteboard to write simple sentences about personal care and fitness and explain each part. For example, "I exercise three times a week.", "I try to eat a balanced diet.", "Good sleep is important for health."
- Show pictures of different personal care and fitness activities (if available) and practice discussing them using the key phrases.

Practice (20 minutes):

- Distribute handouts with dialogues and scenarios related to personal care and fitness. Students practice the dialogues in pairs, taking turns in each role.
- Conduct a listening exercise where the teacher discusses their personal care and fitness routines. Students listen and then identify the key phrases used in the conversation.

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Production (10 minutes):

- **Role-play activity:** Set up scenarios where students need to discuss personal care and fitness, such as at a gym, with a doctor, or with a friend. Encourage students to use the key vocabulary and phrases learned in the lesson.

Wrap-up (5 minutes):

- Review the key vocabulary and phrases. Ask students to provide examples of how to use them.
- Encourage students to practice discussing personal care and fitness in English outside of class. They can do this in their daily lives or by using English language learning apps or websites.

Homework:

- Write a short paragraph describing their personal care and fitness routines, using the key vocabulary and phrases.
- Listen to an English-language conversation online (provide a few recommended resources) about personal care and fitness and write down the key phrases used.

Assessment:

- Participation in class activities and discussions.
- Accuracy and creativity in the role-play activity.
- Completion and quality of homework assignments.

Teacher's Notes:

Happy Teaching!

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