

## “BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

<b>School</b>	_____	<b>City</b>	_____
<b>Teacher's name</b>	_____		
<b>Student's name</b>	_____		
<b>Grade</b>	6th	<b>Level</b>	A1

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados padres de familia y/o acudientes

Continuamos nuestra labor, apreciamos su compromiso, excelente actitud y trabajo en equipo para el beneficio de nuestros jóvenes. El diseño de esta guía está basado en el libro Way to go! 6th grade, modulo2, Unidad 3, página 70. Para el desarrollo de la misma, su hijo realizara las siguientes actividades en un tiempo estimado de 1 hora:

- Sección 1 (vocabulario): Ejercicio para identificar y familiarizarse con rutinas diarias saludables.
- Sección 2 (lectura): ejercicio de comprensión de lectura de textos en inglés sobre rutinas diarias saludables que pueda aplicar para su vida.
- Sección 3 (escritura): su hijo utilizará el vocabulario estudiado en esta guía de aprendizaje y sus conocimientos previos para comunicar y habituar rutinas saludables en su diario vivir.
- Sección 4 (autoevaluación): El estudiante evaluará su aprendizaje a partir de las actividades que desarrolló.

Así a través de estas actividades, su hijo mejorará su dialecto relacionado con rutinas diarias saludables en presente simple. Para al mismo tiempo lograr realizar oraciones cortas sobre hábitos de salud que aporten a mejorar su calidad de vida.

Adicionalmente su hijo(a) cuenta con ejemplos de las actividades, recursos adicionales y las respuestas correctas correspondientes a los ejercicios.

Esperamos que pueda apoyar a su hijo(a) supervisando el desarrollo de las actividades y formulando las preguntas que se encuentran al final de esta guía en la sección ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA a fin de confirmar los aprendizajes que su hijo(a) logró realizar.

Gracias por su apoyo



### WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you to learn health care routines, this to improve your life style in a healthy way. All the activities are related to the topic my health care routine in Way to go! Sixth grade, student´s book, *module 2 unit 3, page 70*. It starts with some vocabulary activities. Then, you read some information and work on some activities about it. Later, you are going to find some concept questions and finally you have to describe some healthy daily routines.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
My health care routine.	Reading and writing	Simple present	Healthy daily routines.	Recognize healthy daily routines and communicate them in simple present to improve my life style.

### GET READY

<b>Study time needed:</b> <b>1 hour</b>	<b>Resources:</b> <i>PDF file of Way to go! Student´s book, sixth grade, notebook, pencil, sheets of paper, English dictionary, smartphone, speakers.</i>	<b>Textbooks Links:</b> <a href="https://drive.google.com/file/d/1sroHuDVqB3YpL6ztl5hn3ViweAmR5oc6/view">https://drive.google.com/file/d/1sroHuDVqB3YpL6ztl5hn3ViweAmR5oc6/view</a>
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### LEARNING OBJECTIVES

*What will you learn/practice/reinforce with these activities?*

- To talk about my health care routine in present simple.
- To write short sentences about my health care routine.

### LEARNING STRATEGIES

*What can you do to achieve the objectives?*

- Recognize in short sentences healthy habits in my daily routine communicating them in present simple.
- Write short messages with different purposes, related to situations. Objects or people in my environment.



- Extract general and specific information from a short text written in simple language.
- Understand literary, academic and general interest texts, written in simple language.

## ACTIVITIES

### a) VOCABULARY TASKS (10 minutes)

a. Put the days in the correct order and choose which activities you want to do.

# HEALTHY WEEK PROGRAM

Wednesday Ride bicycle

Tuesday Read a book

Monday Cook healthy

Sunday Run

Friday Spend time with your family

Thursday Motivation

Saturday Sleep well


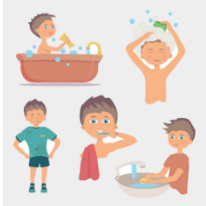
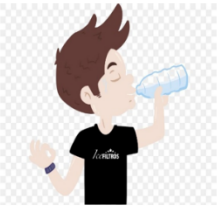



### Example

- Day 1 Monday, cook healthy
- Day 2 \_\_\_\_\_
- Day 3 \_\_\_\_\_
- Day 4 \_\_\_\_\_
- Day 5 \_\_\_\_\_
- Day 6 \_\_\_\_\_
- Day 7 \_\_\_\_\_



**b. Match the pictures with the daily routines.**

**Example: *Number 1 is (d). brush your teeth at least three times a day.***

<p><b>1.</b></p> 	<p><b>2.</b></p> 	<p><b>3.</b></p> 	<p><b>4.</b></p> 	<p><b>5.</b></p> 
<p><b>6.</b></p> 				

<p>a). Cook healthy food</p>	<p>b). Sleep well</p>	<p>c). Get up early</p>	<p>d). Brush your teeth at least three times a day.</p>
<p>e). Keep your body clean</p>		<p>f). Drink water.</p>	

**2. Reading task (15 minutes)**

**a. Read the text and answer the questions**



My name is Rosario, I wake up at 4.20 every day. I arrive at the gym at 5 a.m. Then, I do exercise for two hours. After I finish, I go home. I have breakfast before I take a shower. I go to school at 7.30 and I finish at 3 P.M. After school, I go to the gym again. I usually arrive home for dinner at 7.30. Sometimes I am late because I practice aerobics in the gym.

**Example: What time does Rosario wake up? She wakes up at twenty past four.**

- a) What is the first activity that Rosario does after waking up? \_\_\_\_\_
- b) How long does she do exercise for? \_\_\_\_\_
- c) Does she go to swim? \_\_\_\_\_
- d) What time does she go to school? \_\_\_\_\_
- e) Why is she late? \_\_\_\_\_

**b. According to following information are these sentences true (T) or false (F)**

There are major benefits to feeding children healthy food, my name is Laura, I am a mom of three children and I know that Healthy food builds children who think more clearly, are less prone to illness, and are stronger. Children who eat healthfully may live longer, healthier lives, and can prevent obesity.

Teaching children to eat well may seem overwhelming, but is actually very simple if try.

**Eat together.** Family meals are a reassuring routine for the whole family. This is the time kids actually get to observe their parent's eating habits. Although that puts the pressure on you to eat a well-balanced and well-proportioned meal, and eat with good manners, it pays off with a lifetime of early-developed good habits in your children.

**Example: a) True**

- a) Laura feeds her children healthy to prevent them from future diseases T
- b) Laura thinks that Healthy food builds children who think more clearly \_\_\_\_\_
- c) Laura says "Children who eat healthfully may live longer, healthier lives, and can prevent obesity".  
\_\_\_\_\_
- d) Laura does not eat in family because she thinks that family meals are not appropriated if parents or adult people do not eat healthy food \_\_\_\_\_
- e) In Laura's point of view eat healthy in family does not help children to learn and get healthy habits. \_\_\_\_\_
- f) Laura considers that there are less benefits of feeding children healthy food \_\_\_\_\_

**3. LANGUAGE AWARENESS (15 minutes)**

**a. Choose the right answers. An example. Number 1 is: a. She**

1. The name "Laura" in sentence (a ) can be replace by:

- a. She
- b. woman
- c. girl



2. The verb “think” in the sentence b we ad “s “at the end of it because.....

- a. It is necessary
- b. It is in first person
- c. It is in third person in present simple

3. The verb “say” in sentence (c) we do not delete the (y) and we do not add (ies) at the end of the verb because .....

- a) It is and adjective
- b. it is singular.
- c. It applies just when there is a consonant before (y)

4. All the sentences are in:

- a. Present
- b. Past
- c. Future

**Answer the following questions regarding your opinion but considering parts of the body information that you have learned.**

5. Are the sentences related to a possible healthy routine that you can do?

\_\_\_\_\_

6. Why it is so important to get used to a healthy daily routine?

\_\_\_\_\_

#### 4. Writing task (15 minutes)

**A-Are these sentences true or false? Justify when one of them is false**

##### EXAMPLE 1

1. Drink soda is healthier than drinking water.

False

Because soda is an artificial product, while the water is natural.

2. Brush my teeth once at day is enough to keep them clean.

\_\_\_\_\_

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3. Exercising prevents getting sick

\_\_\_\_\_

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4. If you eat health, you may live longer.

\_\_\_\_\_

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5. You can live longer if you do not have accidents \_\_\_\_\_

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**B-Answer these questions.**

*Example: 0- how many knees do we have? we have two knees*

**1-What time do you get up?** \_\_\_\_\_

**2-How often do you do exercise?** \_\_\_\_\_

**3- Do you drink water or artificial drinks?** \_\_\_\_\_

**4-How many times do you brush your teeth at day?** \_\_\_\_\_

**5. SELF-ASSESSMENT TASKS** (5 minutes)

Tick (✓) the option that shows what you can do.

After finishing this self - study guide, I can.....	Great 	Good 	I need more practice 
Use vocabulary about My health care routine.			
Recognize healthy habits in my daily routine.			
Identify information in a text.			
Write short sentences about my health care routine.			
Talk about my health care routine in present simple.			
Love and care my body much better every day.			

**THIS IS THE END**

Congratulations, you can do your best every single moment. Continue practicing healthy routines and do them to have a better lifestyle to avoid future sicknesses and you may live longer.



## USEFUL RESOURCES

<https://drive.google.com/file/d/1sroHuDVqB3YpL6ztL5hn3ViweAmR5oc6/view>

<https://en.islcollective.com/>

<https://dictionary.cambridge.org/es/>

<https://www.pexels.com/royalty-free-images>

<https://www.liveworksheets.com/search.asp?content=healthy%20daily%20routines>

<https://learnenglishteens.britishcouncil.org/exams/grammar-vocabulary-exams/vocabulary-exercise-types>

<https://busyteacher.org/13350-daily-routines.html>

## ANSWER KEY

### 1. VOCABULARY TASKS

#### a. Put the days in the correct order and choose which activities you want to do.

1= Monday, cook healthy, 2 = Tuesday, read a book, 3 = Wednesday, ride bicycle, 4 = Thursday, motivations, 5 = Friday, Spend time with your family 6 =Saturday, Sleep well 7= Monday, Cook Healthy

#### b. Match the pictures with the daily routines.

2=e 3=f 4=a 5=b 6=c

### 2. Reading task

#### a. Read the text and answer the questions.

**Answers:** a.= She arrives at the gym at 5 a.m., b= She does exercise for two hours, c= No, she doesn't, d= She goes to school at 7.30. e.= Because she practices aerobics in the gym.

#### b. According to Rosana information are these sentences true (T) or false (F)

b.=T, c. =T, d. =F, e=F, f=F

### 3. LANGUAGE TASKS:

#### a. Choose the right answers.

1=a. she, 2= c. It is in third person in present simple, 3= c. It applies just when there is a consonant before (y), it is already a plural word, 4= a. Present, **5 and 6.**



**No**

**4. Writing task**

**a. Are these sentences true or false? Justify when one of them is false**

**Possible answers**

**2. False,** No, because you should brush your teeth after having a meal, at least three times at day.

**3. True.**

**4. True.**

**5. False,** because it is necessary eat and live healthy too.

**B. answer the questions**

**Free answers**

### ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo o hija haya terminado la guía, agradecemos que usted le haga las siguientes preguntas que permitirán supervisar el proceso de aprendizaje.

1. ¿Cuál fue la actividad que más le gustó y la que menos le gusto y por qué?

2. ¿Cuál actividad fue más fácil de hacer y con cuál tuvo más dificultad?

3. ¿puedes escribir oraciones cortas de rutinas saludables en presente simple?

¿Puedes comunicar de forma oral tus rutinas diarias saludable en presente simple de forma sencilla?

¿Te gustaría empezar a llevar una rutina más saludable en tu vida y la de tus personas más cercanas?

4. ¿Las instrucciones dadas en la guía fueron claras y posibles de realizar?

5. ¿El tiempo asignado para la guía fue suficiente?

6. ¿La guía te da la opción de trabajarla con tu familia?

7. ¿Qué recursos utilizaste?

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# Unit »1

## My Body Is an Amazing Machine

### » Objectives

- » I can identify the main parts of the body and its features.
- » I can understand descriptions of body problems.
- » I can write simple recommendations to protect our bodies.

## In Context » From Head to Toe

28

### 1. Listen »

Camila's having a check-up with the school doctor, Ms Romero. Listen and tick (✓) the parts of the body the doctor checks.



PART OF THE BODY	
• arm	<input type="checkbox"/>
• leg	<input type="checkbox"/>
• eye	<input type="checkbox"/>
• ear	<input type="checkbox"/>
• stomach	<input type="checkbox"/>
• head	<input type="checkbox"/>
• back	<input type="checkbox"/>
• foot	<input type="checkbox"/>

### 2. Speak »

Label the pictures (1-8) with the words in the Word Bank. Practise the pronunciation with a partner.



#### Word Bank

stomach    neck    knee  
 shoulder    back    leg  
 arm        elbow

#### Study Tip

Make a word list to remember the vocabulary you learn.