

**"BEYOND THE CLASSROOM"
ENGLISH SELF-STUDY GUIDE**

School	_____	City	_____
Teacher's name	_____		
Student's name	_____		
Grade	7 th	Level	A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

La presente guía busca que el estudiante adquiera vocabulario y estructuras necesarias para escribir un plan de acción para mantenerse sano físicamente. Su hijo(a) deberá dedicar una hora aproximadamente para desarrollar toda la guía. El trabajo planteado se puede ver en la página 23 del libro del estudiante Way to go 7 que está disponible en la plataforma Colombia Aprende.

La actividad 1.1.1 es un ejercicio de vocabulario que busca conectar lo que el estudiante sabe con lo que está por aprender antes de abordar el tema de lleno, así que se sugiere evitar el uso del diccionario o traductor de ninguna índole.

La actividad 1.1.2 es un ejercicio que consiste en relacionar palabras con sus definiciones con el fin de que esté más familiarizado y listo para la actividad que sigue que es de escucha.

La actividad 1.2.1 consiste en que el estudiante observe cómo funciona el modelo gramatical a usar en el contexto de slogans sobre el cuidado físico. Es importante que el estudiante se ayude mucho de las imágenes para relacionarlas con las palabras.

La actividad 1.2.2 consiste en que el estudiante seleccione la respuesta correcta después de observar y sacar sus propias conclusiones de cómo funciona la estructura gramatical en cuestión.

La actividad 1.2.3 consiste en que el estudiante aplique el conocimiento gramatical del anterior ejercicio para que identifique la forma adecuada de los verbos que acompañan a CAN

La actividad 2.1.1 consiste en escuchar las recomendaciones de un docente de educación física para luego determinar si cada afirmación es falsa o verdadera. Aquí el estudiante ya está completamente inmerso en el tema.

La actividad 2.1.2 consiste en que el estudiante escuche nuevamente la grabación y esta vez le preste atención a algunos detalles en cuestión. Debe completar la palabra faltante.

La actividad 2.2 consiste en mirar un ejemplo de lo que se espera como resultado de todo lo aprendido y es la parte donde el estudiante produce un texto de manera guiada.

Además, se ofrecen ejemplos de las actividades, las respuestas correctas y recursos adicionales de apoyo. Agradecemos su colaboración supervisando que su hijo(a) complete las actividades indicadas. Al final, ustedes encontrarán una serie de preguntas de verificación de lo que su hijo(a) aprendió mediante el desarrollo de esta guía.

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide will help you talk and write on how to stay healthy. All the activities are related to the topic of taking care of your body and mind presented in the book Way to go Student's book 7 Module 1 Unit 2 lesson 1. It starts exploring the vocabulary the students already know, then they get familiar with some words. Afterwards, they listen to an expert talking about actions to stay healthy, right after, they notice and deduce a grammar aspect and end up writing an action plan to stay healthy, using the grammar and vocabulary learnt.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Keeping healthy	Listening and writing	"Can" to talk about possibility	Healthy habits	Talking about possible actions to stay healthy

GET READY

<p>Study time needed:</p> <p>1 hour</p>	<p>Resources: Monolingual or bilingual dictionary, notebook, sheets of paper, audio player, pens, pencils, guide in physical (for students who do not have access to smartphone or computer) or electronic version.</p>	<p>Textbooks Links:</p> <ul style="list-style-type: none"> Way to go Student's book 7 Module 1 Unit 2 Lesson 1. Page 23. https://drive.google.com/file/d/1C_Ez_knz9NiFWocewZJ0_blrpp8O-uoF/view Audio recording found in this link: https://drive.google.com/file/d/1q2-vNqIUHtBd_Hiv34LmuoFPuACwuke5/view?usp=sharing
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LEARNING OBJECTIVES

What will you learn/practise/reinforce with these activities?

- To practise vocabulary related to keeping healthy.
- To use Can to talk about possibilities.
- To get familiar with collocations such as reduce stress, increase energy, etc.
- To identify the main gist from a native speaker talking about actions to follow in a healthy routine of exercise.
- To write an action plan following a model given by the teacher and using the grammatical forms learned during the lesson.

LEARNING STRATEGIES

What can you do to achieve the objectives?

- Create an image in your mind to represent vocabulary.
- Use keywords to match the words to the definitions.
- Use what you already know to do the task.
- Apply grammar rules: how to use CAN.
- Find good conditions to learn. E.g silence, headphones, etc.
- Plan the information you want to write and follow the example.



ACTIVITIES

1. LANGUAGE TASKS (25 minutes)







1.1. Vocabulary



Create an image in your mind to represent vocabulary

1.1.1 Use the Word Bank to complete the phrases. Then, match them with the pictures by writing the correct letter as in the example:

walk	outdoors	exercise	tag	schedule	progress
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<p><u> c </u> 1. Take your dog for a w a l k</p>	<p>2. Plan a _____</p>	<p>a</p>  <p>2*</p>	<p>b.</p>  <p>3*</p>
<p>3. Playing _____</p>	<p>4. Do some _____</p>	<p>c.</p>  <p>4*</p>	<p>d.</p>  <p>5*</p>
<p>5. Track your _____</p>	<p>6. Go _____</p>	<p>e</p>  <p>6*</p>	<p>f.</p>  <p>7*</p>

1.1.2 Match the words to their definitions. Write the number in the blank as in the example:



Use keywords to match the words to the definitions. E.g Weight - matter



Mood ____	1. a disorder of structure or function in a human, animal, or plant.
bones ____	2. Great worry caused by a difficult situation.
Muscles ____	3. Any of the parts of a skeleton.
weight <u>6</u>	4. The way you feel at a particular time
stress ____	5. To make something become larger in amount or size.
increase ____	6. The quantity of matter contained by a body
diseases ____	7. One of the many tissues in the body to relax or produce movement.

1.2. Grammar

1.2.1 Read the slogans (1-6) and match them with the pictures (a-f). For example: Slogan 1 goes with picture C.



Use what you already know to do the task.

					
1. Exercise can improve your mood.	2. Exercise can make bones and muscles stronger.	3. Exercise can help you control your weight.	4. Exercise can reduce stress.	5. Exercise can increase energy.	6. Exercise can fight diseases.

Taken from Way to go 7 student's book Module 1 Unit 2. Page 23

Slogan 1 c Slogan 2 ____ Slogan 3 ____ Slogan 4 ____ Slogan 5 ____ Slogan 6 ____



1.2.2 Read the slogans again and choose the correct option:

**QUICK
TIPS**

11*

Apply grammar rules: how to use CAN.

a. We use CAN to talk about:

1. obligatory actions to carry out 2. Possible actions to carry out 3. Imaginary actions to carry out.

b. When we use Can + a verb, the verb is always:

1. Verb+ING 2. Verb+ED 3. Verb+S 4. Verb

1.2.3 Complete the statements 1-4 with the best option a-d:

1. She can _____ a bike

a. rides b. riding c. rode d. ride

2. He can _____ and throw the ball at the same time

a. ran b. runs c. run d. running

3. He can _____ a ball with his feet

a. control b. controlling c. controls d. controlled

4. She can _____ underwater

a. breathes b. breathing c. breathe d. breathed

2. SKILL TASKS (25 minutes)

2.1. Listening

**QUICK
TIPS**

12*

Find good conditions to learn. E.g silence, headphones, etc.

2.1.1. Listen to a P.E. teacher giving students some health tips. Decide if the statements (1-5) are true or false:

1. Some of the students think doing exercise is hard. **True**
2. A horrible way to do exercise is to take your dog for a walk. _____
3. The teacher recommends 60 minutes of exercise every day. _____
4. An exercise schedule can help you to develop a good exercise routine. _____
5. You can do exercise when you play outdoors with your friends. _____

2.1.2. Listen again and complete the blanks:

1. Do you take your dog for a _____ every day?
2. Do some exercise for about _____ minutes _____ to four times a week
3. Turn _____ your TV
4. Don't play video games _____ with your friends.
5. Playing tag or _____ and _____ is a great way to do exercise.



2.2. Writing



Plan the information you want to write and follow the example.




Imagine you are going to write an action plan for a health magazine on what to do to keep healthy: Here an example:

Hello, my name is Edgar Riascos and my action plan to keep healthy is this: You can exercise at least three times a week. You can develop an exercise routine. You can play outdoors with your friends at least once a month. You can reduce stress by working no more than eight hours a week. You can have healthy food to fight diseases.

Hello, my name is _____

3. ASSESSMENT TASK (10 minutes)

Read the statements and check your progress. Then, discuss some questions with your parents.

Check your progress!	 14*	 15*	 16*	Discuss with your parents, then answer the questions below
	Very well	Quite well	With difficulty	
I can use vocabulary related to keeping healthy				How many new words did you learn? _____ _____ _____
I can write sentences with CAN to name possible actions.				
I can recognize collocations such as: reduce stress, increase energy.				
I can listen and understand ways to keep healthy				What can you do to keep healthy? _____



I can write an action plan to keep healthy following a model given by the teacher.				<hr/> <hr/>
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THIS IS THE END

Congratulations, you can do amazing things. Continue practicing the vocabulary about healthy habits, and how to stay healthy in English. You can check the useful resources as well. Finally, take care of yourself with simple but important healthy habits.

USEFUL RESOURCES

Tips to keep healthy

https://www.google.com/search?q=tips+to+keep+healthy&rlz=1C1CHBF_esCO893CO894&sxsrf=ALeKk03hTog4iqRHKTctASeA60SHBtdJ2w:1598043278594&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiK6NKPI63rAhUKjVvKHZfpCuQQ_AUoAXoECA0QAw&biw=1366&bih=657#imgrc=T8HaxYgGVgxKDM

Using CAN as a possibility

<https://learnenglish.britishcouncil.org/english-grammar-reference/probability>

ANSWER KEY

Audio Script

PE Teacher: Come on students. If you **can't** find time to exercise, you **can** easily get very sick. I know some of you think it's hard to develop and follow an exercise routine, but it isn't. Here are some tips to make things easy for you.

Number 1: Start small. Do you take your dog for a walk every day? Well, that's a great way to exercise! ... See, it's easy!

Number 2: Do some exercise for about 40 minutes three to four times a week. That's about two hours a week. So turn off your TV and go to the gym!

Number 3: Plan a schedule for your physical activity. A weekly schedule helps you to see when and where you can do exercise ... AND your homework of course!

Number 4: Don't play video games online with your friends ... go outdoors and play with them, ... playing tag or hide-and-seek is a great way to do exercise ... and TALK to them, don't chat on your phone or online!

And the last one, number 5. Track your progress. This makes you feel motivated. Remember, find a physical activity that you like. That way you can be active and stay healthy.

Vocabulary



1.1.1 Match : 1. Take your dog for a walk C , 2. Plan a schedule D, 3. Playing tag E, 4. Do some exercise B, 5.Track your progress A, 6.Go outdoors F

1.1.2 Definitions : 4 - 3 - 7 - 6 - 2 - 5 - 1

1.2 Grammar

1.2.1 Grammar Slogans: Slogan 1-C, slogan 2-F, slogan 3-B, slogan 4-D, slogan 5-E, slogan 6-A

1.2.2 Choose the correct option: a-2, b-4

1.2.3 1- ride

2-run

3-control

4-breathe

2.1 Listening

2.1.1 Listening for the gist

1- True, 2-False, 3- true, 4- True

2.1.2 Listening for details:

1- walk

2-40 _ 3

3- off

4- online

5- hide _ seek

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo o hija haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permiten verificar el proceso de aprendizaje

- ¿Cuál fue la actividad que más te gustó y cuál fue la actividad que te pareció más difícil?
- Enséñame cómo se dicen en inglés algunas acciones para estar sano.
- Dime cómo se puede describir un plan para mantenerse saludable.
- ¿Cuánto tiempo te tomó desarrollar toda la guía?
- ¿Qué recursos utilizaste?

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10. Ministerio de Educación Nacional (2016). Way to go! 7th Grade. Bogotá D.C. – Colombia. Retrieved from www.colombiaaprende.edu.co/colombiabilingue.

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