



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

**School**

**City**

**Teacher’s name**

**Student’s name**

**Grade**

7th

**Level**

A1

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Esta guía de trabajo se diseñó para que su hijo (a) pueda reconocer vocabulario relacionado con la actividad física, sus beneficios y hábitos saludables. También aprenderá a describir sus habilidades y comprender un texto sobre la pirámide alimenticia y los beneficios de comer saludablemente. Su hijo(a) deberá dedicar una (1) hora para el desarrollo de esta guía. Las actividades tienen como referencia el libro “Way to Go! 7” y el “Workbook” disponibles en la página Colombia Aprende. Si no puede acceder a descargarlos, su hijo(a) cuenta con copias de las páginas a desarrollar en la presente guía.

La actividad 1 es un ejercicio para repasar vocabulario sobre actividad física, en él su hijo(a) deberá aparear la imagen con la respectiva palabra en inglés, también encontrará un ejercicio de vocabulario sobre deportes y sus definiciones.

La actividad 2 su hijo (a) deberá dirigirse al libro Way to Go 7, página 23 y resolver el ejercicio 1, luego deberá identificar los beneficios de hacer ejercicios tanto mentales como físicos y completar el cuadro, además su hijo deberá identificar la forma como se expresa habilidad y posibilidad en inglés y ordenar unas oraciones. Finalmente, En la página 8 del libro “Way to Go Workbook de 7, su hijo (a) deberá completar el ejercicio 3.

La actividad 3 su hijo (a) deberá dirigirse al libro Way to Go workbook 7, página 7. En él encontrará una lectura sobre la pirámide alimenticia, antes de abordar la lectura su hijo (a) deberá repasar vocabulario de alimentos y clasificarlos según sus propiedades, luego buscar información específica dentro del texto y marcar falso verdadero frente a las frases que allí aparecen. Finalmente, completar el diagrama para obtener un plato saludable y bien balanceado.

La actividad 4 su hijo deberá diseñar 3 lemas que hablen sobre los beneficios de llevar un estilo de vida saludable.

### WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you to learn and reinforce vocabulary about physical activity and healthy habits. You will also learn how to express your own abilities and the benefits of



healthy habits. All the activities are related to the topic of personal care habits presented in Way to Go Student Book 7 Module 1 Unit 2.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
physical activity and healthy eating habits	Reading & writing	Can/can't for ability and possibility	Physical activity and food	Talking about physical activity and healthy eating habits

### GET READY

<b>Study time needed:</b> <b>1 hour</b>	<b>Resources:</b> <i>Notebook, pencil, english dictionary, Way to go student book &amp; workbook 7.</i>  <i>Eraser, sharpener, colored pencils.</i>	<b>Textbooks Links:</b> - <u>Way to go Student book 7, page 23, exercise 1.</u> - <u>Way to go Workbook 7, page 7 &amp; 8, exercise 3.</u>
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### LEARNING OBJECTIVES

### LEARNING STRATEGIES

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

- To recognize vocabulary about physical activity and food.
- To associate texts that talk about the benefits of exercising with pictures.
- To express abilities and possibilities.
- To describe the benefits of a healthy lifestyle.

*What can you do to achieve the objectives?*

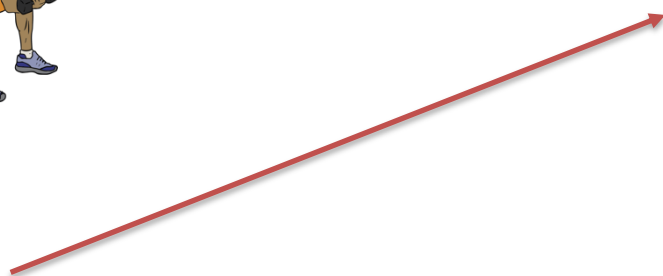
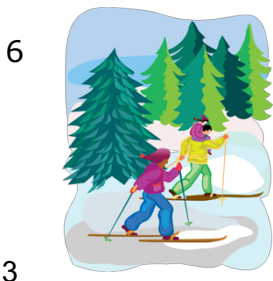
- Read the instructions for each task.
- Look at the examples given. They are underlined.
- Use visual diagrams, drawings and figures to organize the information on your notebook.
- Look up unknown words in the dictionary and write them in your notebook.
- Download an application to practice pronunciation without using the internet.



## ACTIVITIES

### 1. VOCABULARY (10 MINUTES)

a. Match the numbers with the letters, taking into account the images and the physical activities, as shown in the example.



Run

Swim

Play soccer

Skiing

Go to the gym

Ride the bicycle



b. Match the pictures with the name of the sports in the box and complete.

cycling karate football gymnastics baseball swimming surfing basketball

7



1. Play \_\_\_\_\_

8



2. Play \_\_\_\_\_

9



3. Go \_\_\_\_\_

10



4. Go \_\_\_\_\_

11



5. Play \_\_\_\_\_

12



6. Go \_\_\_\_\_

13



7. Do \_\_\_\_\_

14



8. Do \_\_\_\_\_

c. Match the sport with the correct description.

- 1. Cycling
- 2. Karate
- 3. Football
- 4. Gymnastics
- 5. Baseball
- 6. Swimming
- 7. Surfing
- 8. Basketball

- a) You can self-defend if you practice this.
- b) You can be very flexible if you practice this.
- c) You can play this sport with a bat and a ball.
- d) You can float or be underwater if you practice this.
- e) You can ride on a wave on a special board.
- f) You can practice this sport by riding a bicycle.
- g) You can play this sport in two teams of five players.

## 2. LANGUAGE TASK (15 MINUTES)

- a. Open your "Way to Go! English Book 2", page 23 exercise 1.
- b. This exercise contains six (6) slogans about the benefits of exercising. Put the following in the right column.

improve your mood – make bones and muscles stronger – help you control your weight – reduce stress – increase energy – fight disease

Mental Benefits	Physical Benefits
<u>Improve your mood</u>	<u>Fight disease</u>

Remember!  
The use of charts and diagrams helps you to



- c. Think of one (1) more mental and physical benefit of exercising and add them to the chart.
- d. Match the slogans (1-6) to the photos (a-f)

1	<u>c</u>	4	
2		5	
3		6	

- e. Notice the word in red in each of the slogans which one is it?

\_\_\_\_\_

- f. The word "CAN" is a modal verb in English that expresses ability or possibility. For example.

- I can run very fast
- Exercise can improve your memory

- g. Unscramble the sentences. Follow the example.

- A. improve / can / Exercise / your sleep      Exercise can improve your sleep.
- B. reduce / Exercise/ can / the risk/ of illness      \_\_\_\_\_.
- C. Exercise/ improve/ can/ your mental health      \_\_\_\_\_.
- D. your self-esteem / Can / increase / Exercise      \_\_\_\_\_.

- h. Open your "Way to Go Workbook" page 8, exercise 3.

What sports or activities can or can't these people do?  
Use the words from the box.

### 3. READING TASK (15 minutes)

- a. Open your "Way to Go Workbook" on page 7, exercise 1.
- b. Make a list of foods or products that contain fats and sugars, proteins, dairy products, fruits and vegetables, carbohydrates, taking into account the food pyramid and the word box. Example.



Fats and sugar	Protein	Dairy products	Fruits and vegetables	Carbohydrates
<u>sweets</u>	<u>meat</u>			

c. Read the following blog and respond exercise 1 and 2

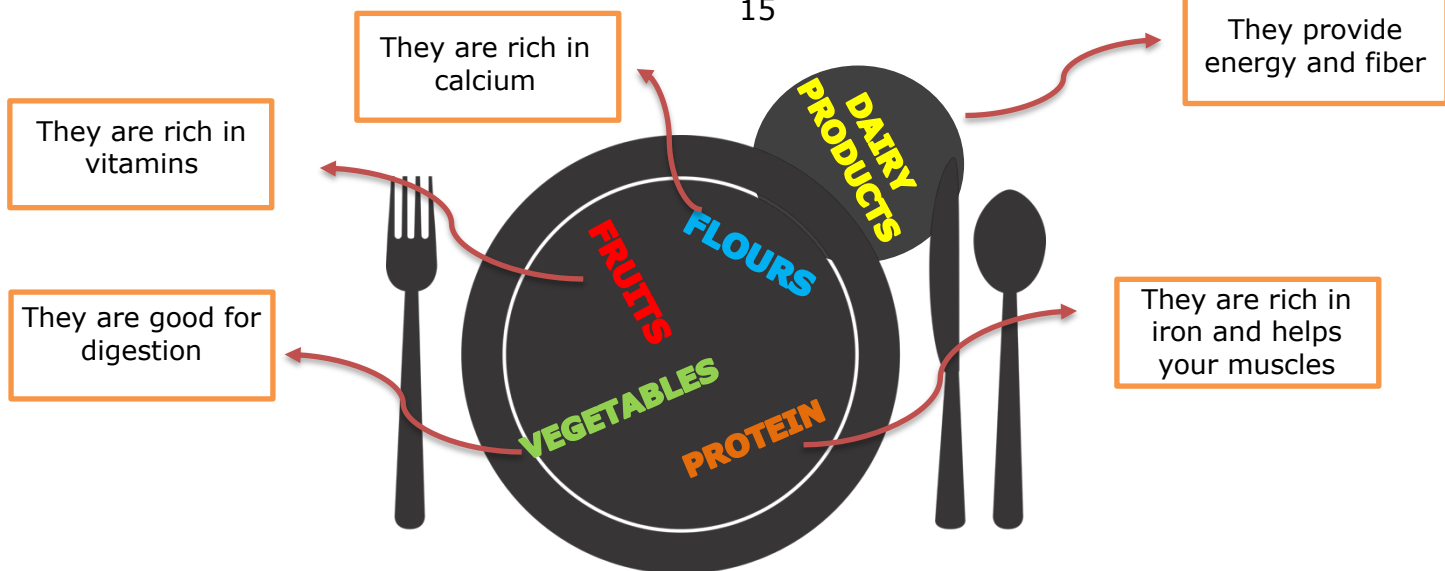
Hi there, I am Lily and I want to share with you the importance of giving the right food and portions to our kids. The importance of carbohydrates is because they give a lot of energy so they can play and study. When they are around and are hungry, we can give them fruits, which are yummy as the vegetables! And guess what... they are rich in fiber, vitamins and minerals. Those components are very important in their daily life because fiber will allow them a good digestion. And don't forget to add some dairy products to their meals so they can have the best teeth and bones in school thanks to the calcium. Proteins will help them with their muscles and brain, because of iron. And just a tip, olive oil is great but remember that too much fat and fried food is very bad for their health.

1. Write true or false to each statement.

- a. Carbohydrates can give energy and fiber.        true
- b. Fruit and vegetables are rich in fat and sugar.      \_\_\_\_\_
- c. Fibre is necessary for good digestion.      \_\_\_\_\_
- d. Protein can help your muscles and brain.      \_\_\_\_\_
- e. Olive oil is unhealthy.      \_\_\_\_\_

2. Read the text again and decide which food items complete a well-balanced plate.

15



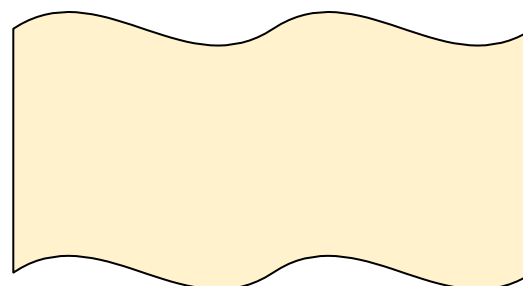
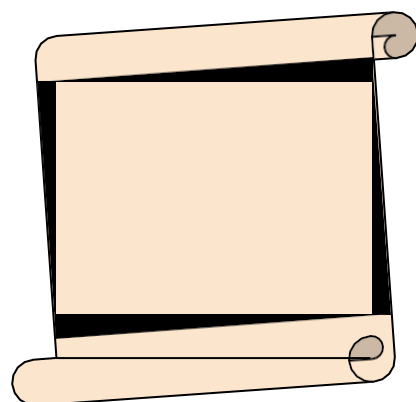
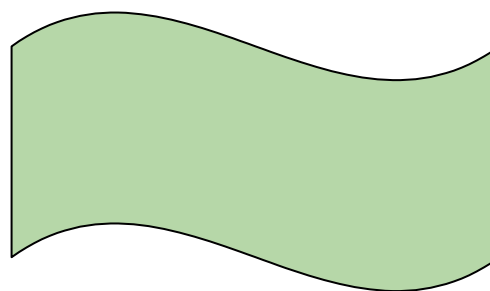
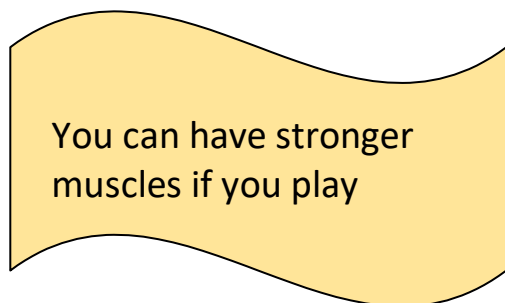
**4. WRITING TASK (15 minutes)**

- a. Look through the activities in the present guide to remind yourself of the topic of healthy habits, then complete the following diagram.

<p>PHYSICAL ACTIVITY</p> <ul style="list-style-type: none"> <li>• <u>Playing soccer</u></li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p>BENEFITS</p> <p><u>Make your muscles stronger</u></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>HEALTHY FOOD</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p>BENEFITS</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

b. With the information you wrote in the previous exercise, design 3 slogans to promote good healthy habits.

Example:



5.

**ASSESSMENT TASKS (5 minutes)**

<b>Check your progress</b>	<b>Good</b>	<b>Very well</b>	<b>With difficulty</b>
I can describe the benefits of doing physical activity and eating healthy.			
I can express abilities and possibilities.			



## THIS IS THE END

Congratulations my dear students, you did an amazing job! Keep on practicing how to describe healthy habits. Be safe and enjoy learning!

## USEFUL RESOURCES

[English dictionary](#)

[English-Spanish Dictionary - Cambridge ...](#)

[English book: Way to go and workbook 7](#)

<http://aprende.colombiaaprende.edu.co/es/node/94010>

### ANSWER KEY

#### 1. Vocabulary tasks.

**a. 1-c, 2-a, 3-f, 4-b, 5-d, 6-e**

**b.** Baseball 2. Football 3. Swimming 4. Cycling 5. Basketball 6. Surfing 7. Gymnastics 8. Karate

**c.** 1. f 2. a 3. h 4. b 5. c 6. d 7. e 8. G

**d.** You can go cycling 2. You can be an athlete 3. You can play basketball 4. You can't go swimming 5. You can play baseball 6. You can't play football

#### 2. Language tasks.

**b.** Mental benefits: improve your mood, reduce stress, increase energy. physical benefits: make bones and muscles stronger, help you control your weight, fight disease.

**c.** Possible answers: improve your memory, prevent from heart attacks,

**d.** 1-c, 2-f, 3-b, 4-d, 5-e, 6-a

**e.** CAN

**f.** a- exercise can reduce the risk of illness, b- Exercise can improve your mental health, c- Exercise can improve your self- esteem.

#### 3. Reading task

**a.** 1. Sweets, oil. 2. Eggs, fish, meat, chicken. 3. Cheese, milk, yogurt. 4. Apples, banana, broccoli, carrot, onions, oranges, spinach. 5. Beans, pasta, potatoes, rice.

**b.** 1. True 2. False 3. True 4. True 5. False

**c.** fruit, vegetables, proteins, carbohydrates, dairy products.



## ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo (a) haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permitirán 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 algunos deportes que aprendiste.
- Enséñame cómo se expresan habilidades o posibilidades en inglés.
- ¿Cuánto tiempo te tomó desarrollar toda la guía?

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## module 1 // Unit 2

# Expanding Knowledge » Be Smart: Do Exercise!

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1. **Read »** Read the slogans (1-6) and match them with the photos (a-f).

a.	b.	c.	d.	e.	f.
1. Exercise <b>can</b> improve your mood.	2. Exercise <b>can</b> make bones and muscles stronger.	3. Exercise <b>can</b> help you control your weight.	4. Exercise <b>can</b> reduce stress.	5. Exercise <b>can</b> increase energy.	6. Exercise <b>can</b> fight diseases.

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

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

3. **Read »** Match what the person can do (1-4) with the sport he/she plays (a-d) and then answer the questions (a-f).

- |  |               |
|--|---------------|
| 1. She can ride a bike.                            | a. football   |
| 2. He can run and throw the ball at the same time. | b. cycling    |
| 3. He can control a ball with his feet.            | c. swimming   |
| 4. She can breathe underwater.                     | d. basketball |

- Can the girl ride a bike? *Yes, she can.*
- Can the boy ride a bike? *No, he can't.*
- Can the boy play football?
- Can the girl swim?
- Can the boy do two things with a ball at the same time?
- Can the girl play basketball?

### Study Tip

Make a study schedule: plan what to learn and when and find a quiet place to work.



## Lesson 2 » Be Smart: Do Exercise!

1. Eating healthily is not the only way to be healthy. Match the activities with the effects.

- |                          |       |                              |
|--------------------------|-------|------------------------------|
| 1. Cleaning the house    | _____ | A. makes you ill.            |
| 2. Doing exercise        | _____ | B. prevents allergies.       |
| 3. Eating unhealthy food | _____ | C. helps our body work well. |

2. Write sentence using *can*. Use the ideas in exercise 1.

- Cleaning the house can prevent allergies.
- Doing exercise \_\_\_\_\_.
- Eating unhealthy food \_\_\_\_\_.
- Being outdoors \_\_\_\_\_.
- Being indoors \_\_\_\_\_.

3. What sports or activities can or can't these people do? Use the words from the box.

athlete    baseball    basketball    cycling    football    swimming

- I can't ride a bike. You can't go cycling.
- I can run very fast. You \_\_\_\_\_.
- I can jump very high. \_\_\_\_\_.
- I can't be underwater. \_\_\_\_\_.
- I can throw the ball very far. \_\_\_\_\_.
- I can't control the ball with my feet. \_\_\_\_\_.

4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
	<i>sing</i>

- I can't sing well, but I want to take singing lessons.
- I can \_\_\_\_\_.
- I can't \_\_\_\_\_.
- I \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.



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17. Ministerio de Educación Nacional (2016). Way to go! 7th Grade. Bogotá D.C. – Colombia. P. 8. Retrieved from [www.colombiaaprende.edu.co/colombiabilingue](http://www.colombiaaprende.edu.co/colombiabilingue).