

StartUp 4
Vocabulary

Unit6 – Lesson1
Page66

Elicit some sentences from your students about the picture. Ask your students to talk about the questions.



GET STARTED

A Read the unit title and learning goals.

B Look at the photo. What do you see?

C Now read Su-min's message. Why is she feeling good?



SU-MIN KIM

@Su-minK

Feeling great after last night's run! Nothing clears up your head like a little exercise!

Have your Ss preview the pictures and match them with the words. Check the answers in class.

MATCH the pictures with the words.

cycling – stretching – jogging – weight training – running a marathon – spinning – kickboxing – rock climbing



1



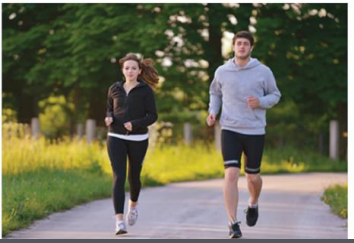
2



3



4



5



6



7



8

1 VOCABULARY Fitness activities

A 06-01 Listen. Then listen and repeat.



SU-MIN KIM

@Su-minK

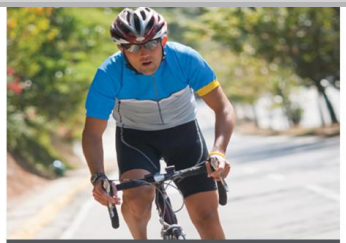
Good meetings today, but too much sitting around! Can't wait to get to the gym and MOVE!



weight training



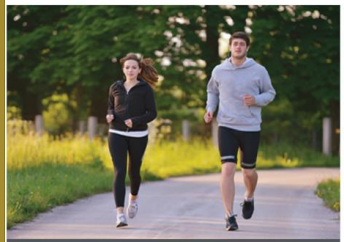
spinning



cycling



rock climbing



jogging



running a marathon



kickboxing



stretching

Activity

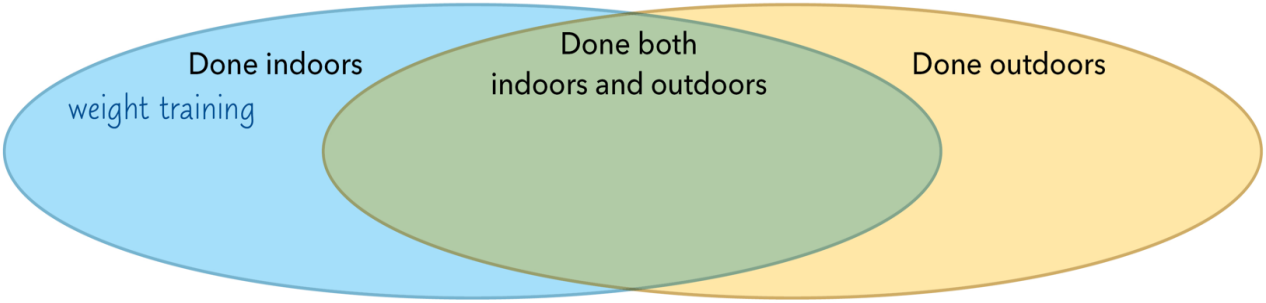
B Complete the sentences with words from the box.

climbing	jogging	marathon	stretching
cycling	kick	spinning	weight



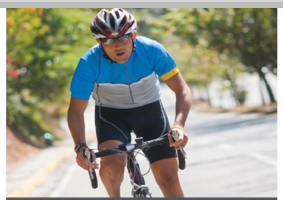
1. _____ before and after you exercise can help prevent injury.
2. I don't ride a bicycle outside, but I love my _____ class at the gym.
3. _____ boxing is a martial art. You fight with boxing gloves, but you also use your legs.
4. You should try _____ training. It will make your arms stronger.
5. I get so nervous when my son goes rock _____. I'm afraid he's going to fall.
6. I enjoy _____ in the park, but I'm not fast enough to run a race.
7. There are thousands of people in the streets today. They're running a _____.
8. They love riding bikes. They go _____ every weekend in the summer.

B Put the activities from 1A in the chart.

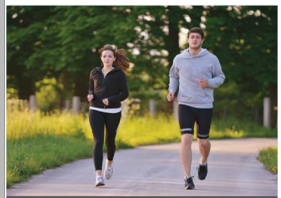



weight training


spinning


cycling

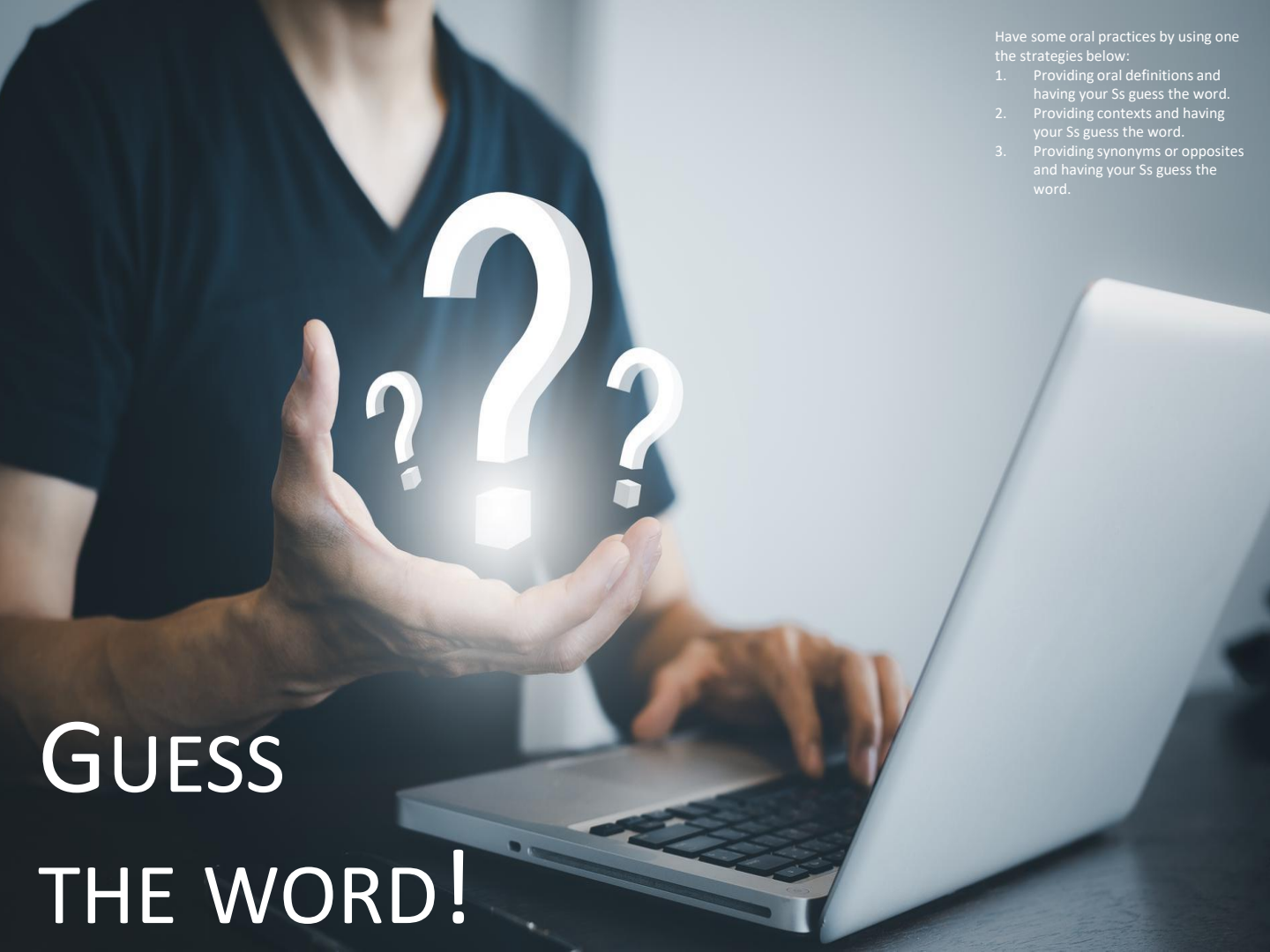

rock climbing


jogging


running a marathon


kickboxing


stretching



Have some oral practices by using one the strategies below:

1. Providing oral definitions and having your Ss guess the word.
2. Providing contexts and having your Ss guess the word.
3. Providing synonyms or opposites and having your Ss guess the word.

GUESS THE WORD!