**UNIT**



**2**

# LESSON

**Web task Outdoor fitness programme**

## **ERK-DESCRIPTOREN**

**1**



**Luisteren A2: Luisteren naar TV, video- en geluidsopnames**

* Kan herkennen wat de hoofdpunten zijn van nieuwsberichten op tv, als er een duidelijke visuele ondersteuning is.

**Lezen A2: Lezen om informatie op te doen**

* Kan korte, beschrijvende teksten over vertrouwde onderwerpen begrijpen.

**Lezen A2: Instructies lezen**

* Kan eenvoudige, goed gestructureerde instructies begrijpen.

**Gesprekken voeren A2: Zaken regelen**

* Kan afspraken maken.

**Gesprekken voeren A2: Informatie uitwisselen**

* Kan informatie van persoonlijke aard vragen en geven.

**Schrijven A2: Vrij schrijven**

* Kan in korte, eenvoudige zinnen vertrouwde zaken beschrijven.

## **INTRODUCTION**

**We sit around too much, do not move enough, and do not always eat the best food to keep us healthy. So even when we are on holidays, many of us like to stay fit: go for a run, visit a gym, take long walks, etc. So, imagine you are on holidays in Australia. With a few friends you have decided to organise a Fitness Party on the beach!**

**What are you going to do?**

You are going to create an outdoor fitness programme. First you are going to find a video you want to show everybody joining your fitness programme with the latest facts about fitness. Then you are going to find information about outdoor fitness programmes around the world to create your own. Next you are going

to interview some of the people who want to join, to find out what they want to do. Finally, you are going to create a flyer on which you introduce the programme, give fitness tips, describe an Exercise of the Day and let some people talk about their experiences.

**What steps are you going to take?**

Take the following steps in order to make your flyer:

* + Read this introduction page before you start.
  + Find the information you need (‘Web search’). Do not forget to write down the web addresses - or the titles of the books or magazines - you have used.
  + Select the most interesting and useful information for your flyer (‘Information’).
  + Write your web page and discuss it with your classmates (‘Action’).
  + Hand in everything to your teacher (‘My products’).

## **WEB SEARCH**

1. First, write down three facts about teenagers’ fitness and three exercises you think may help improve fitness. You do not have to look things up yet - just think of what you already know.

|  |  |  |  |
| --- | --- | --- | --- |
| **FACTS EXERCISES** | | | |
| 1 |  | 1 |  |
| 2 |  | 2 |  |
| 3 |  | 3 |  |

1. Look for fitness news videos on the Internet. Watch at least three different videos. Use the following words if you use a search engine: *‘*fitness news video’. Write down important facts from the videos (see step C).
2. Now look for information on outdoor fitness programmes. Use the following words if you use a search engine: ‘teen outdoor fitness programmes’. Make notes in step C.You can also consult one or more of these sources:

The Outdoor Workout Green workout

The 30-minute workout Workout Top 7 Exercises for teens

Home Workout for teens

Make a list of three exercises you think people *of your age group* might find useful and why you think they are good.

1. Write down or print all the interesting information. Do not forget to write down the www addresses (the URLs) of the web pages, for example: [www.bodybuildingforyou.com.](http://www.bodybuildingforyou.com/) You can use the form on the next page (‘Information’).
2. Find a few photos or videos for your flyer.
3. Use *All right! Studiehulp* for extra help.

## **INFORMATION**

1. Choose three fitness news videos. Write down two important facts from each video. Later you will use these for your flyer.

|  |  |  |  |
| --- | --- | --- | --- |
| **Title of video** | **Fact 1** | **Fact 2** | **Web site** |
| Voorbeeld: This | Voorbeeld: Work and | Voorbeeld: A daily power | <http://www.ndtv.com/> |
| week’s fitness | family pressure leaves little | walk can halve the risk of | video/player/news/ |
| news. | room for exercise. | a heart attack. | this-week-s-fitness- |
|  |  |  | news/250565 |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |

1. Look for outdoor exercises that appeal to people of your age. Complete the table. Also write down the web addresses of the web sites and web pages. Have a look at the example:

|  |  |  |  |
| --- | --- | --- | --- |
| **Title of web site** | **Exercise** | **Why** | **Web site** |
| Voorbeeld: Home | Voorbeeld: Do three sets of | Voorbeeld: It’s | [http://evilcyber.](http://evilcyber/) |
| workout plan for | push-ups, as many as you | good for your | com/fitness/ |
| teenagers. | can do. Take 60 seconds’ rest | chest muscles | home-workout-plan- |
|  | between sets. | and triceps. | for-teenagers/ |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |

## **ACTION**

**You are going to put your beach fitness programme together, interview some friends and create a flyer to get people to join in.**

1. Decide what your programme is going to be called, and which outdoor exercises you would include (at least three). Use the information you found. Describe each exercise in at least 15 words.
2. Draw a design for your flyer. The purpose of the flyer is to make people enthusiastic, so make it fun! The flyer should include the following things.
   * a title and some nice pictures
   * the announcement of / introduction to the programme
   * descriptions of at least three exercises in your programme (with photos)
   * three fitness tips or facts (see step C, the videos)
   * two descriptions in which people talk about their experience with fitness.
3. Put everything together in your flyer. You can cut and paste your information on one or two pieces of paper, but you can also make your flyer on the computer and print it.
4. Hand your flyer to your classmates. Your classmates read your flyer and the flyers from other groups and then choose which fitness programme they would do.

## **MY PRODUCTS**

**Hand in the following things to your teacher:**

1. The information sheet in step C.
2. Your recorded interview.
3. Your flyer.

Make sure your name and class are on everything you hand in.