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Quarter of Brits walk an hour a week

8th May, 2013

http://www.breakingnewsenglish.com/1305/130508-physical_activity.html

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Multiple Choice)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

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THE ARTICLE

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Research has found that 25 per cent of British people walk for less than one hour each week. That's just nine minutes a day. Another 43 per cent walked for less than two hours per week. This research suggests people need to do more exercise. The British government recommends 150 minutes of physical activity every week. Most British people are doing less than this. The research is from an online survey of 2,021 adults. People answered questions about how far they walked a week. This included walking to work, schools or to local shops. Increasing numbers of people are using their cars instead of their feet, and playing games on video and computer screens rather than in sports centres and parks.

Britain's largest walking charity said the research showed that there was an 'inactivity pandemic' in Britain. More and more people are avoiding any physical exercise. The charity said: "Walking is the key to helping reverse this pandemic of inactivity." It added: "We want people all over Britain to join the walking revolution....Walking is one of the most accessible and achievable ways to truly conquer this inactivity." Politician Diane Abbott said the research was a 'worrying' indication of the nation's health. She said: "We need to plan activity into the way buildings are designed. The first thing you see in a building is often a lift [elevator], then you have to look for the stairs. It should be the other way around."

Sources: <http://www.bbc.co.uk/news/health-22401589>
<http://www.grough.co.uk/magazine/2013/05/06/ramblers-urge-walking-revolution-as-poll-reveals-nation-of-couch-potatoes>

WARM-UPS

1. WALKING: Students walk around the class and talk to other students about walking. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

research / British people / more exercise / physical activity / online survey / parks / charity / pandemic / reverse / inactivity / revolution / worrying / designed

Have a chat about the topics you liked. Change topics and partners frequently.

3. INACTIVITY: How can we change our life to exercise more? Complete this table with your partner(s). Change partners often and share what you wrote.

	What's wrong with this/these?	How to exercise more instead?
Elevators		
Video games		
TV		
Car		
Shopping		
Working		

4. LAZY: Students A **strongly** believe people being lazy is good; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

5. EXERCISE: Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- walking
- aerobics
- skipping
- push ups and sit ups
- Nintendo Wii
- gardening
- swimming
- table tennis

6. WALK: Spend one minute writing down all of the different words you associate with the word 'walk'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. A quarter of British people walk for just nine minutes a day. | T / F |
| b. 43% of British people walk less than two hours a week. | T / F |
| c. 20,000 British adults took a survey about their exercise. | T / F |
| d. People could not include walking to shops as part of their walking total. | T / F |
| e. A charity said inactivity was a serious problem around Britain. | T / F |
| f. The charity said walking could do a lot to turn round this inactivity. | T / F |
| g. A politician said the research was nothing to be worried about. | T / F |
| h. The politician said elevators should be in front of stairs in buildings. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|----------------|----------------------|
| 1. found | a. laziness |
| 2. suggests | b. instead of |
| 3. online | c. staying away from |
| 4. increasing | d. indicates |
| 5. rather than | e. beat |
| 6. inactivity | f. discovered |
| 7. avoiding | g. elevator |
| 8. accessible | h. growing |
| 9. conquer | i. Internet |
| 10. lift | j. available |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------------|---------------------------|
| 1. walk for less than one hour | a. 150 minutes |
| 2. research suggests people need | b. reverse this pandemic |
| 3. The British government recommends | c. instead of their feet |
| 4. local | d. buildings are designed |
| 5. using their cars | e. to do more exercise |
| 6. Walking is the key to helping | f. way around |
| 7. a 'worrying' indication | g. each week |
| 8. the way | h. shops |
| 9. The first thing | i. of the nation's health |
| 10. It should be the other | j. you see in a building |

GAP FILL

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Research has found that 25 per cent of British people walk for (1) _____ than one hour each week. That's just nine minutes a day. Another 43 per cent walked for less than two hours (2) _____ week. This research suggests people (3) _____ to do more exercise. The British government recommends 150 minutes of (4) _____ activity every week. Most British people are doing less than this. The research is from an online survey of 2,021 adults. People answered questions about how (5) _____ they walked a week. This included walking to work, schools or to local shops. Increasing (6) _____ of people are using their cars (7) _____ of their feet, and playing games on video and computer screens (8) _____ than in sports centres and parks.

instead
need
far
less
rather
physical
per
numbers

Britain's (9) _____ walking charity said the research showed that there was an 'inactivity pandemic' in Britain. More and more people are (10) _____ any physical exercise. The charity said: "Walking is the key to helping (11) _____ this pandemic of inactivity." It added: "We want people all over Britain to join the walking (12) _____Walking is one of the most accessible and achievable ways to (13) _____ conquer this inactivity." Politician Diane Abbott said the research was a '(14) _____' indication of the nation's health. She said: "We need to plan activity into the way buildings are (15) _____. The first thing you see in a building is often a lift [elevator], then you have to look for the stairs. It should be the other (16) _____ around."

revolution
way
reverse
largest
worrying
truly
avoiding
designed

LISTENING – Guess the answers. Listen to check

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

- 1) 25 per cent of British people walk for less than one _____
 - a. hour each week
 - b. hourly each week
 - c. hour every week
 - d. hour per week
- 2) This research suggests people need to _____
 - a. take more exercise
 - b. have more exercise
 - c. get more exercise
 - d. do more exercise
- 3) The research is from _____ 2,021 adults
 - a. an online survey for
 - b. an online survey by
 - c. an online survey of
 - d. an online survey from
- 4) Increasing numbers of people are using their cars _____ feet
 - a. in steady of their
 - b. instead of there
 - c. instead of them
 - d. instead of their
- 5) on video and computer screens _____ sports centres and parks
 - a. rather than in
 - b. rather more in
 - c. rather that in
 - d. rather thanking
- 6) research showed that there was an _____ in Britain
 - a. 'in active it pandemic'
 - b. 'inactivity pan dermic'
 - c. 'inactive panda mic'
 - d. 'inactivity pandemic'
- 7) More and more people _____ physical exercise
 - a. are avoiding many
 - b. are avoid in any
 - c. are avoid in many
 - d. are avoiding any
- 8) We want people all over Britain to join the _____
 - a. walking revolution
 - b. walk in revolution
 - c. working revolution
 - d. work in revolution
- 9) We need to _____ the way buildings are designed
 - a. plan actively into
 - b. plan activities into
 - c. plan activity into
 - d. plan active into
- 10) It should be the _____
 - a. other way round
 - b. another way a round
 - c. another way around
 - d. other way around

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Research has found that 25 per cent of British people (1) _____ hour each week. That's just nine minutes a day. Another 43 per cent walked for (2) _____ week. This research suggests people need to do more exercise. The British government recommends 150 minutes of physical activity every week. Most British people (3) _____. The research is from an online survey of 2,021 adults. People answered questions (4) _____ a week. This included walking to work, schools or to local shops. (5) _____ people are using their cars instead of their feet, and playing games on video and computer (6) _____ sports centres and parks.

Britain's largest walking charity said (7) _____ there was an 'inactivity pandemic' in Britain. More and (8) _____ any physical exercise. The charity said: "Walking is the key to helping reverse (9) _____." It added: "We want people all over Britain to join the walking revolution....Walking is one of the most accessible and achievable ways (10) _____ inactivity." Politician Diane Abbott said the research was a 'worrying' indication of the nation's health. She said: "We (11) _____ into the way buildings are designed. The first thing you see in a building is often a lift [elevator], then you have to look for the stairs. It should be (12) _____."

COMPREHENSION QUESTIONS

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

1. What did research find 25% of British people did?

2. How many people walked for less than two hours a week?

3. What does Britain's government think people should do?

4. Where did people answer the questions?

5. What are people using instead of their feet?

6. Who said there was an 'inactivity pandemic' in Britain?

7. What are people avoiding?

8. What does a charity want people to join?

9. What did the charity say can beat inactivity?

10. What did a politician say about lifts and stairs?

MULTIPLE CHOICE - QUIZ

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

1. What did research find 25% of British people did?
 - a) never go for a walk
 - b) walk for 90 minutes a week
 - c) walk less than an hour a week
 - d) only walk in a gym
2. How many people walked for less than two hours a week?
 - a) 43%
 - b) 44%
 - c) 45%
 - d) 46%
3. What does Britain's government think people should do?
 - a) walk to work every day
 - b) 150 minutes of exercise a week
 - c) stop using the car
 - d) walk up and down stairs
4. Where did people answer the questions?
 - a) in a gym
 - b) in a shopping mall
 - c) in the street
 - d) online
5. What are people using instead of their feet?
 - a) public transport
 - b) bicycles
 - c) cars
 - d) walking shoes
6. Who said there was an 'inactivity pandemic' in Britain?
 - a) Nike
 - b) a charity
 - c) Britain's government
 - d) British doctors
7. What are people avoiding?
 - a) going outside
 - b) gyms
 - c) buying walking shoes
 - d) physical exercise
8. What does a charity want people to join?
 - a) a donation programme
 - b) a walking revolution
 - c) a gym
 - d) a walking race
9. What did the charity say could beat inactivity?
 - a) Nintendo Wii
 - b) walking
 - c) swimming
 - d) cycling
10. What did a politician say about lifts and stairs?
 - a) people should see the stairs first
 - b) they should use both
 - c) lifts should be banned
 - d) they are both good for exercise

ROLE PLAY

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Role A – Walker

You think walking is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): running, swimming or cycling.

Role B – Runner

You think running is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): swimming, cycling or walking.

Role C – Cyclist

You think cycling is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): running, swimming or walking.

Role D – Swimmer

You think swimming is the best exercise in the world. Tell the others three reasons why. Tell them things that are wrong with their activity. Also, tell the others which is the worst of these (and why): running, cycling or walking.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'physical' and 'activity'.

physical	activity

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• 25• 43• 150• 2,021• local• rather	<ul style="list-style-type: none">• showed• avoiding• join• worrying• plan• around
--	---

WALKING SURVEY

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Write five GOOD questions about walking in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WALKING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'walking'?
- c) How much walking do you do each week?
- d) Do you like walking?
- e) What could you do less of to walk more?
- f) What do you think of people walking less than 9 minutes a day?
- g) Is it easy to do more than 150 minutes of exercise a week?
- h) What exercise do you do?
- i) How lazy are you?
- j) Is your country full of lazy or active people?

Quarter of Brits walk an hour a week – 8th May, 2013
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WALKING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) Why are people so lazy and avoiding exercise?
- c) How can governments get people to exercise more?
- d) Is being lazy a better feeling than exercising?
- e) Is our modern life making people lazier?
- f) Would you like to join a walking revolution?
- g) Should buildings be designed to make people walk?
- h) Is shopping good exercise?
- i) How can we stop people using elevators (lifts) ?
- j) What questions would you like to ask the head of the charity?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MULTIPLE CHOICE - LANGUAGE

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Research has found that 25 per cent of British people walk for less than one hour each week. That's just nine minutes a day. (1) ____ 43 per cent walked for less than two hours per week. This research (2) ____ people need to do more exercise. The British government (3) ____ 150 minutes of physical activity every week. Most British people are doing less than this. The research is from an online survey (4) ____ 2,021 adults. People answered questions about how far they walked a week. This (5) ____ walking to work, schools or to local shops. Increasing numbers of people are using their cars instead of their feet, and playing games on video and computer screens (6) ____ than in sports centres and parks.

Britain's largest walking charity said the research showed that there was an 'inactivity pandemic' in Britain. More and (7) ____ people are avoiding any physical exercise. The charity said: "Walking is the (8) ____ to helping reverse this pandemic of inactivity." It added: "We want people all over Britain to join the walking revolution....Walking is one of the most accessible and achievable (9) ____ to truly conquer this inactivity." Politician Diane Abbott said the research was a '(10) ____' indication of the nation's health. She said: "We need to plan activity into the way buildings are (11) _____. The first thing you see in a building is often a lift [elevator], (12) ____ you have to look for the stairs. It should be the other way around."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|----------------|---------------|
| 1. | (a) Others | (b) The other | (c) Other | (d) Another |
| 2. | (a) suggestive | (b) suggestion | (c) suggesting | (d) suggests |
| 3. | (a) commands | (b) recommends | (c) commends | (d) comments |
| 4. | (a) at | (b) on | (c) of | (d) as |
| 5. | (a) inclusive | (b) including | (c) included | (d) inclusion |
| 6. | (a) rather | (b) riser | (c) real | (d) really |
| 7. | (a) many | (b) more | (c) most | (d) less |
| 8. | (a) key | (b) lock | (c) chain | (d) clue |
| 9. | (a) odds | (b) ways | (c) bits | (d) walks |
| 10. | (a) worried | (b) worries | (c) worrying | (d) worry |
| 11. | (a) designing | (b) designs | (c) designed | (d) designers |
| 12. | (a) that | (b) than | (c) this | (d) then |

SPELLING

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Paragraph 1

1. just nine esutnim a day
2. research gssgeust people need to do more
3. clsahiyp activity
4. an online vusery of 2,021 adults
5. This cieddlun walking to work
6. using their cars taedisn of their feet

Paragraph 2

7. Britain's largest walking ciryhat
8. Walking is the key to helping reveers this
9. one of the most ciscbseela and achievable ways
10. qunorec this inactivity
11. the way buildings are dsendeig
12. often a lift / eoerlatv

PUT THE TEXT BACK TOGETHER

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Number these lines in the correct order.

- () nine minutes a day. Another 43 per cent walked for less than two hours per week. This research suggests people
- () of their feet, and playing games on video and computer screens rather than in sports centres and parks.
- () reverse this pandemic of inactivity." It added: "We want people all over Britain to join the walking
- () need to do more exercise. The British government recommends 150 minutes of physical
- () activity every week. Most British people are doing less than this. The research is from an online survey of 2,021
- () see in a building is often a lift [elevator], then you have to look for the stairs. It should be the other way around."
- () adults. People answered questions about how far they walked a week. This included walking to work, schools or
- () to local shops. Increasing numbers of people are using their cars instead
- () this inactivity." Politician Diane Abbott said the research was a 'worrying' indication of the nation's
- () revolution....Walking is one of the most accessible and achievable ways to truly conquer
- (**1**) Research has found that 25 per cent of British people walk for less than one hour each week. That's just
- () health. She said: "We need to plan activity into the way buildings are designed. The first thing you
- () in Britain. More and more people are avoiding any physical exercise. The charity said: "Walking is the key to helping
- () Britain's largest walking charity said the research showed that there was an 'inactivity pandemic'

PUT THE WORDS IN THE RIGHT ORDER

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

1. than each People less hour for one week walk.

2. hours walked less two Another 43 per than cent for.

3. less British than people this are doing Most.

4. questions walked about how People far answered they.

5. their People their of using instead feet are cars.

6. physical avoiding people exercise any are More.

7. key to Walking helping is reverse the this.

8. the of indication worrying A health nation's.

9. lift is in thing often a you The a building see first.

10. the be should It around way other.

CIRCLE THE CORRECT WORD (20 PAIRS)

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Research has *found / finding* that 25 per cent of British people walk for less than one hour each week. That's just nine minutes *the / a* day. Another 43 per cent walked for less than two hours *per / par* week. This research suggests people need to do *more / many* exercise. The British government recommends 150 minutes of physical activity *every / all* week. Most British people are doing *fewer / less* than this. The research is from an online survey *at / of* 2,021 adults. People answered questions about how *farther / far* they walked a week. This included walking to work, schools or to *local / locally* shops. Increasing numbers of people are using their cars instead of their feet, and playing games on video and computer screens rather *that / than* in sports centres and parks.

Britain's largest walking charity said the research *showing / showed* that there *were / was* an 'inactivity pandemic' in Britain. More and *less / more* people are avoiding any physical exercise. The charity said: "Walking is the *key / keys* to helping reverse this pandemic of inactivity." It added: "We want people all over Britain to join the walking *revolutionary / revolution*....Walking is one of the most accessible and achievable ways to *truly / true* conquer this inactivity." Politician Diane Abbott said the research was a 'worrying' *indication / indicating* of the nation's health. She said: "We need to plan activity into the *way / how* buildings are designed. The first thing you see in a building *is / was* often a lift [elevator], then you have to look for the stairs. It should be the other way *up / around*."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

R_s__rch h_s f__nd th_t 25 p_r c_nt _f Br_t_sh p__pl_ w_lk f_r l_ss th_n _n_ h__r __ch w__k. Th_t's j_st n_n_ m_n_t_s _d_y. _n_th_r 43 p_r c_nt w_lk_d f_r l_ss th_n tw_ h__rs p_r w__k. Th_s r_s__rch s_gg_sts p__pl_ n__d t_ d_ m_r_ __x_rc_s_. Th_ Br_t_sh g_v_rnm_nt r_c_mmds 150 m_n_t_s _f phys_c_l _ct_v_ty _v_ry w__k. M_st Br_t_sh p__pl_ _r_d__ng l_ss th_n th_s. Th_r_s__rch_s fr_m_n _nl_n_s_rv_y _f 2,021 _d_lts. P__pl_ nsw_r_d q__st__ns _b__t h_w f_r th_y w_lk_d _ w__k. Th_s _ncl_d_d w_lk_ng t_w_rk, sch__ls_r t_l_c_l sh_ps. _ncr__s_ng n_mb_rs _f p__pl_ _r__s_ng th__r c_rs _nst__d _f th__r f__t, _nd pl_y_ng g_m_s _n v_d__ _nd c_mpt_r scr__ns r_th_r th_n _n sp_rts c_ntr_s _nd p_rks.

Br_t__n's l_rg_st w_lk_ng ch_r_ty s__d th_r_s__rch sh_w_d th_t th_r_ w_s _n 'n_ct_v_ty p_nd_m_c' _n Br_t__n. M_r_ _nd m_r_ p__pl_ _r_ _v__d_ng _ny phys_c_l _x_rc_s_. Th_ ch_r_ty s__d: "W_lk_ng _s th_ k_y t_ h_l_p_ng r_v_rs_ th_s p_nd_m_c _f _n_ct_v_ty." _t _dd_d: "W_ w_nt p__pl_ _ll _v_r Br_t__n t_ j__n th_ w_lk_ng r_v_l_t__n...W_lk_ng _s _n_ _f th_ m_st _cc_ss_bl_ _nd _ch__v_bl_ w_ys t_ tr_ly c_nq__r th_s _n_ct_v_ty." P_l_t_c__n D__n_ _bb_tt s__d th_r_s__rch w_s _ 'w_rry_ng' _nd c_t__n _f th_n_t__n's h__lth. Sh_s__d: "W_ n__d t_ pl_n _ct_v_ty _nt_ th_ w_y b__ld_ngs _r_d_s_gn_d. Th_ f_rst th_ng y__s__ _n _ b__ld_ng _s _ft_n _l_ft [_l_v_t_r], th_n y__ h_v_t_l__k f_r th_ st__rs. _t sh__ld b_ th_ _th_r w_y _r__nd."

PUNCTUATE THE TEXT AND ADD CAPITALS

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

research has found that 25 per cent of british people walk for less than one hour each week that's just nine minutes a day another 43 per cent walked for less than two hours per week this research suggests people need to do more exercise the british government recommends 150 minutes of physical activity every week most british people are doing less than this the research is from an online survey of 2021 adults people answered questions about how far they walked a week this included walking to work schools or to local shops increasing numbers of people are using their cars instead of their feet and playing games on video and computer screens rather than in sports centres and parks

britain's largest walking charity said the research showed that there was an 'inactivity pandemic' in britain more and more people are avoiding any physical exercise the charity said "walking is the key to helping reverse this pandemic of inactivity" it added "we want people all over britain to join the walking revolution...walking is one of the most accessible and achievable ways to truly conquer this inactivity" politician diane abbott said the research was a 'worrying' indication of the nation's health she said "we need to plan activity into the way buildings are designed the first thing you see in a building is often a lift [elevator] then you have to look for the stairs it should be the other way around"

PUT A SLASH (/) WHERE THE SPACES ARE

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Research has found that 25 percent of British people walk for less than one hour each week. That's just nine minutes a day. Another 43 percent walked for less than two hours per week. This research suggests people need to do more exercise. The British government recommends 150 minutes of physical activity every week. Most British people are doing less than this. The research is from an online survey of 2,021 adults. People answered questions about how far they walked a week. This included walking to work, school or local shops. Increasing numbers of people are using their cars instead of their feet, and playing games on video and computer screens rather than in sports centres and parks. Britain's largest walking charity said the research showed that there was an 'inactivity pandemic' in Britain. More and more people are avoiding any physical exercise. The charity said: "Walking is the key to helping reverse this pandemic of inactivity." It added: "We want people all over Britain to join the walking revolution.... Walking is one of the most accessible and achievable ways to truly conquer this inactivity." Politician Diane Abbott said the research was a 'worrying' indication of the nation's health. She said: "We need to plan activity into the way buildings are designed. The first thing you see in a building is often a lift [elevator], then you have to look for the stairs. It should be the other way around."

FREE WRITING

From http://www.BreakingNewsEnglish.com/1305/130508-physical_activity.html

Write about **walking** for 10 minutes. Comment on your partner’s paper.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about how good walking is for you. Share what you discover with your partner(s) in the next lesson.

3. WALKING: Make a poster about walking and health. Show your work to your classmates in the next lesson. Did you all have similar things?

4. PHYSICAL ACTIVITY: Write a magazine article about physical activity. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a physical activity expert. Ask him/her three questions about walking. Give him/her three of your ideas on how to keep healthy. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b T c F d F e T f T g F h F

SYNONYM MATCH (p.4)

- | | |
|----------------|----------------------|
| 1. found | a. discovered |
| 2. suggests | b. indicates |
| 3. online | c. Internet |
| 4. increasing | d. growing |
| 5. rather than | e. instead of |
| 6. inactivity | f. laziness |
| 7. avoiding | g. staying away from |
| 8. accessible | h. available |
| 9. conquer | i. beat |
| 10. lift | j. elevator |

COMPREHENSION QUESTIONS (p.8)

1. Walk for less than an hour a week
2. 43%
3. 150 minutes of exercise a week
4. Online
5. Cars
6. Britain's largest walking charity
7. Physical exercise
8. A walking revolution
9. Walking
10. People should see the stairs first

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)