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Level 6 – 11th April, 2020

Paris bans daytime exercise

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<https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Authorities in Paris have taken extra measures in an attempt to contain the COVID-19 pandemic. They have banned people exercising outdoors during the day to try and stem the surge in the number of infections and deaths. No one will be allowed to exercise outside of their home between the hours of 10am and 7pm. The move is in reaction to greater numbers of people taking to the streets in recent good weather and flouting lockdown rules. There have been over 10,000 deaths in France, putting it in fourth place on the fatalities list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further transmission of the virus and lead to a flattening of the curve.

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread of viral load in the air. They said that when a cyclist or jogger sneezes, coughs or even just exhales, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This poses a danger to the person coming behind them who has to pass through a cloud of droplets. The scientists advised that people who exercise should be given a wider berth. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to that throughout the world - stay at home and follow social distancing rules when outside.

Sources: <https://www.cosmopolitan.com/uk/reports/a32071543/paris-ban-outdoor-exercise-daytime/>
<https://www.france24.com/en/20200407-paris-bans-daytime-jogging-as-virus-deaths-hit-new-high>
<https://www.dailymail.co.uk/news/article-8196759/Paris-bans-outdoor-exercise-threatens-hit-joggers-120-fines-amid-coronavirus-lockdown.html>

WARM-UPS

1. DAYTIME EXERCISE: Students walk around the class and talk to other students about daytime exercise. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

authorities / measures / pandemic / exercising / outdoors / infections / weather / virus exercise / cyclist / walking / cloud / message / staying at home / social distancing

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

3. NO EXERCISE: Students A **strongly** believe we should not exercise outdoors during lockdowns; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. EXERCISE RISKS: What are the risks of people doing these exercises? What can we do about these risks? Complete this table with your partner(s). Change partners often and share what you wrote.

	Risks	What We Can Do
Jogging		
Cycling		
Walking		
Frisbee		
Skateboarding		
Exercises		

5. OUTDOORS: Spend one minute writing down all of the different words you associate with the word "outdoors". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. EXERCISE: Rank these with your partner. Put the best forms of exercise at the top. Change partners often and share your rankings.

- running
- shopping
- gardening
- swimming
- walking
- cycling
- gym workouts
- housework

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--|
| 1. authorities | a. Stop a big problem from getting worse. |
| 2. measure | b. People or organisations with the power or control in a particular area. |
| 3. contain | c. Stop the spread or development of something bad. |
| 4. stem | d. A sudden, large increase in something. |
| 5. surge | e. A plan or course of action taken to achieve a particular purpose. |
| 6. flouting | f. The spreading and catching of a virus or disease. |
| 7. transmission | g. Openly disregarding a rule or law. |

Paragraph 2

- | | |
|-------------|---|
| 8. load | h. Breathes out. |
| 9. exhales | i. A very small portion of a liquid. |
| 10. linger | j. The total number or amount that can be carried in something. |
| 11. poses | k. Stay in a place for longer than necessary. |
| 12. droplet | l. Lots of distance. |
| 13. berth | m. Presents or constitutes a problem, danger, or difficulty. |
| 14. follow | n. Conform to instructions and rules. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

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

- a. The article said Paris authorities have taken extra COVID-19 measures. **T / F**
- b. The authorities are desperately trying to surge the stem in infections. **T / F**
- c. People in Paris cannot exercise for nine daytime hours. **T / F**
- d. The mayor of Paris says she wants to flatten the curve. **T / F**
- e. People who exercise put more of the virus in the air. **T / F**
- f. A jogger who is breathing puts more of the virus in the air. **T / F**
- g. A scientist said people should stay 20 metres away from cyclists. **T / F**
- h. The message in France is different to that in other countries. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|------------------------|-----------------|
| 1. authorities | a. response |
| 2. banned | b. regulations |
| 3. reaction | c. spread |
| 4. fatalities | d. amount |
| 5. transmission | e. prohibited |
| 6. load | f. breathes out |
| 7. exhales | g. observe |
| 8. poses | h. officials |
| 9. follow | i. presents |
| 10. rules | j. deaths |

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

- | | |
|---------------------------------------|---------------------------|
| 1. Authorities in Paris have taken | a. exhales |
| 2. an attempt to contain | b. number of infections |
| 3. stem the surge in the | c. berth |
| 4. people taking to the streets | d. of the curve |
| 5. lead to a flattening | e. danger to the person |
| 6. there is a greater spread of viral | f. the COVID-19 pandemic |
| 7. sneezes, coughs or even just | g. rules |
| 8. This poses a | h. load in the air |
| 9. be given a wider | i. extra measures |
| 10. follow social distancing | j. in recent good weather |

GAP FILL

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Authorities in Paris have taken extra (1) _____ in an attempt to contain the COVID-19 pandemic. They have banned people exercising (2) _____ during the day to try and stem the (3) _____ in the number of infections and deaths. No one will be allowed to exercise outside of their home between the hours of 10am and 7pm. The move is in (4) _____ to greater numbers of people taking to the streets in recent good weather and (5) _____ lockdown rules. There have been over 10,000 deaths in France, putting it in fourth place on the (6) _____ list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further (7) _____ of the virus and lead to a flattening of the (8) _____.

surge
flouting
curve
outdoors
transmission
measures
reaction
fatalities

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a (9) _____ spread of (10) _____ load in the air. They said that when a cyclist or jogger sneezes, coughs or even just (11) _____, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This (12) _____ a danger to the person coming behind them who has to pass through a (13) _____ of droplets. The scientists advised that people who exercise should be given a wider (14) _____. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The message in France is (15) _____ to that throughout the world - stay at home and follow social distancing (16) _____ when outside.

poses
similar
greater
exhales
rules
cloud
berth
viral

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

- 1) Authorities in Paris have taken extra measures in an attempt _____ COVID-19 pandemic
 - a. to content the
 - b. to con train the
 - c. to co-train the
 - d. to contain the
- 2) banned people exercising outdoors during the day to try and _____
 - a. stem the surge
 - b. stem the purge
 - c. stem the urge
 - d. stem the dirge
- 3) numbers of people taking to the streets in recent good weather and _____
 - a. flout in lockdown rules
 - b. flout tin lockdown rules
 - c. flout thing lockdown rules
 - d. flouting lockdown rules
- 4) There have been over 10,000 deaths in France, putting it in fourth place on _____
 - a. the fatal cities list
 - b. the fate abilities list
 - c. the fatalities list
 - d. the fate utilities list
- 5) ruling would prevent further transmission of the virus and lead to a flattening _____
 - a. of the cave
 - b. of the curve
 - c. of the curb
 - d. of the carve
- 6) explained that when people exercise, there is a greater spread _____
 - a. of viral load
 - b. of rival load
 - c. of rebel load
 - d. of level load
- 7) when a cyclist or jogger sneezes, coughs or _____
 - a. ever just exhales
 - b. even just inhales
 - c. even just exhales
 - d. ever just inhales
- 8) a danger to the person coming behind them who has to pass through a _____
 - a. cloud of dropped lets
 - b. cloudy of droplets
 - c. clouded of drop lets
 - d. cloud of droplets
- 9) scientists advised that people who exercise should be given _____
 - a. a wider birth
 - b. a wider bath
 - c. a wider berth
 - d. a wider bathe
- 10) stay at home and follow social distancing _____
 - a. rules what outside
 - b. rules which outside
 - c. rules where outside
 - d. rules when outside

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Authorities in Paris have taken (1) _____ an attempt to contain the COVID-19 pandemic. They have banned people exercising outdoors during the day to try and (2) _____ in the number of infections and deaths. No one will be allowed to exercise outside of their home between the hours of 10am and 7pm. The move is (3) _____ greater numbers of people taking to the streets in recent good weather (4) _____ rules. There have been over 10,000 deaths in France, putting it in fourth place on the fatalities list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new (5) _____ further transmission of the virus and lead to a flattening (6) _____.

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread (7) _____ in the air. They said that when a cyclist or jogger (8) _____ even just exhales, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This (9) _____ to the person coming behind them who has to pass through a (10) _____. The scientists advised that people who exercise should be given a wider berth. They said walkers should get at least four metres, runners 10 metres and (11) _____ 20 metres. The message in France is similar to that throughout the world - stay at home and follow (12) _____ when outside.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

1. What have authorities in Paris taken to contain the COVID-19 pandemic?
2. What do authorities in Paris want to stem?
3. What are the hours that Parisians can exercise outside?
4. What has caused greater numbers of Parisians to take to the streets?
5. What does the mayor of Paris want to flatten?
6. What did scientists say joggers do besides sneeze and cough?
7. Who did the article say was in danger from joggers and cyclists?
8. What does the article say cyclists and joggers should be given?
9. How far should we stay away from cyclists?
10. What did the article say we should follow?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

- 1) What have authorities in Paris taken to contain the COVID-19 pandemic?
 - a) advice
 - b) extreme precautions
 - c) extra measures
 - d) emergency action
- 2) What do authorities in Paris want to stem?
 - a) the surge in infections
 - b) flowers
 - c) the recent good weather
 - d) wine glasses
- 3) What are the hours that Parisians can exercise outside?
 - a) 7pm to 10am
 - b) 18 hours
 - c) from midnight to midday
 - d) 8pm to 9am
- 4) What has caused greater numbers of Parisians to take to the streets?
 - a) fake news
 - b) recent good weather
 - c) boredom
 - d) social distancing rules
- 5) What does the mayor of Paris want to flatten?
 - a) peoples' worries
 - b) joggers
 - c) paper
 - d) the curve
- 6) What did scientists say joggers do besides sneeze and cough?
 - a) sweat
 - b) exhale
 - c) perspire
 - d) fall over
- 7) Who did the article say was in danger from joggers and cyclists?
 - a) people coming behind them
 - b) children
 - c) old people
 - d) the emergency services
- 8) What does the article say cyclists and joggers should be given?
 - a) advice
 - b) safer shoes
 - c) a wider berth
 - d) a strong reprimand
- 9) How far should we stay away from cyclists?
 - a) at least 7.5 metres
 - b) at least 10 metres
 - c) at least 15 metres
 - d) at least 20 metres
- 10) What did the article say we should follow?
 - a) social distancing rules
 - b) joggers and cyclists
 - c) our intuition
 - d) friends

ROLE PLAY

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Role A – Jogging

You think jogging is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): shopping, housework or gardening.

Role B – Shopping

You think shopping is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): jogging, housework or gardening.

Role C – Housework

You think housework is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): shopping, jogging or gardening.

Role D – Gardening

You think gardening is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): shopping, housework or jogging.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

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

daytime	exercise
----------------	-----------------

- 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">• extra• stem• allowed• recent• 10,000• curve	<ul style="list-style-type: none">• air• exhales• farther• danger• wider• follow
--	---

DAYTIME EXERCISE SURVEY

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Write five GOOD questions about daytime exercise 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.

DAYTIME EXERCISE DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'daytime'?
3. What is your country doing to keep people safe?
4. How safe do you feel?
5. Are you getting enough exercise?
6. How do you feel when you exercise outside?
7. How much do you worry about other people who are outside?
8. What do you think of people who flout the lockdown rules?
9. How difficult is it to live in times of lockdown?
10. What does it mean to flatten the curve?

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DAYTIME EXERCISE DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'exercise'?
13. What do you think about what you read?
14. What do you think of the daytime exercise ban in Paris?
15. What advice do you have for people in lockdown?
16. How much do you worry when someone coughs or sneezes?
17. Should joggers and cyclists keep a bigger distance?
18. What do you think of the 20 metres distance for cyclists?
19. What do you think of staying at home?
20. What questions would you like to ask the leader of Paris?

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. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Authorities in Paris have taken extra measures in an (1) _____ to contain the COVID-19 pandemic. They have banned people exercising outdoors during the day to try and (2) _____ the surge in the number of infections and deaths. No one will be allowed to exercise outside of their home between the (3) _____ of 10am and 7pm. The move is in reaction to greater numbers of people taking to the streets in recent good weather and (4) _____ lockdown rules. There have been over 10,000 deaths in France, putting it in fourth place on the (5) _____ list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further transmission of the virus and lead to a flattening of the (6) _____.

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread of viral (7) _____ in the air. They said that when a cyclist or jogger sneezes, coughs or even just (8) _____, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This (9) _____ a danger to the person coming behind them who has to pass through a cloud of droplets. The scientists advised that people who exercise should be given a wider (10) _____. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The (11) _____ in France is similar to that throughout the world - stay at home and follow social (12) _____ rules when outside.

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

- | | | | | |
|-----|-----------------|----------------|----------------|---------------|
| 1. | (a) tempting | (b) attempt | (c) affront | (d) attentive |
| 2. | (a) step | (b) stem | (c) stub | (d) strip |
| 3. | (a) hourly | (b) hour | (c) hour-long | (d) hours |
| 4. | (a) flowering | (b) flouting | (c) flooring | (d) fleeing |
| 5. | (a) actualities | (b) fatalities | (c) realities | (d) deities |
| 6. | (a) carve | (b) curb | (c) curve | (d) crave |
| 7. | (a) lead | (b) lard | (c) load | (d) laid |
| 8. | (a) inhales | (b) whales | (c) exhales | (d) hales |
| 9. | (a) appraises | (b) appeases | (c) posts | (d) poses |
| 10. | (a) berth | (b) birth | (c) bath | (d) bathe |
| 11. | (a) message | (b) note | (c) memo | (d) Post-it |
| 12. | (a) distanced | (b) distances | (c) distancing | (d) distance |

SPELLING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Paragraph 1

1. Authorities in Paris have taken extra ssaeemr
2. stem the regus in the number
3. uofglnti lockdown rules
4. fourth place on the eisttiaalf
5. further arinostnmiss of the virus
6. lead to a lfitgeantn of the curve

Paragraph 2

7. coughs or even just ehlxesa
8. the micro-artlcpeis linger longer
9. This eopss a danger
10. be given a wider trebh
11. runners 10 metres and iltscscy at least 20
12. follow social nsadincitg rules

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Number these lines in the correct order.

- () to that throughout the world - stay at home and follow social distancing rules when outside.
- () and 7pm. The move is in reaction to greater numbers of people taking to the streets in recent good
- () Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread
- () berth. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar
- () droplets. The scientists advised that people who exercise should be given a wider
- () place on the fatalities list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new
- () and deaths. No one will be allowed to exercise outside of their home between the hours of 10am
- () weather and flouting lockdown rules. There have been over 10,000 deaths in France, putting it in fourth
- () people exercising outdoors during the day to try and stem the surge in the number of infections
- (**1**) Authorities in Paris have taken extra measures in an attempt to contain the COVID-19 pandemic. They have banned
- () exhales, the micro-particles linger longer in the air and spread farther than when someone is simply
- () of viral load in the air. They said that when a cyclist or jogger sneezes, coughs or even just
- () walking. This poses a danger to the person coming behind them who has to pass through a cloud of
- () ruling would prevent further transmission of the virus and lead to a flattening of the curve.

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

1. in have measures . Paris extra taken Authorities
2. contain an attempt COVID-19 the pandemic . to In
3. number of Stem in infections . the the surge
4. fourth the Putting fatalities . on place in it
5. new transmission . would further ruling prevent The
6. viral spread a is load . There greater of
7. is Spread simply walking . farther someone than when
8. wider berth . People given a exercise are who
9. four get should metres . Walkers at least
10. at and distancing Stay rules . social home follow

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Authorities in Paris have taken extra *measurements* / *measures* in an attempt to contain the COVID-19 pandemic. They have *binned* / *banned* people exercising outdoors during the day to try and stem the *splurge* / *surge* in the number of infections and deaths. No one will be *allowing* / *allowed* to exercise outside of their home *among* / *between* the hours of 10am and 7pm. The move is in *reaction* / *reacts* to greater numbers of people taking to the streets in *recent* / *recently* good weather and flouting lockdown rules. There have been over 10,000 deaths in France, putting it *in* / *on* fourth place on the *fatalities* / *fatal* list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further transmission of the virus and lead to a *fluttering* / *flattening* of the curve.

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a *greater* / *greatly* spread of viral *load* / *lode* in the air. They said that when a cyclist or jogger sneezes, coughs or even just *inhales* / *exhales*, the micro-particles *linger* / *ringer* longer in the air and spread farther than when someone is simply walking. This *poses* / *possess* a danger to the person coming behind them who has to *parse* / *pass* through a cloud of droplets. The scientists *advisory* / *advised* that people who exercise should be given a wider *berth* / *birth*. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The *messaged* / *message* in France is similar to that throughout the world - stay at home and follow social *distancing* / *distanced* rules when outside.

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 <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

A_t h_r_t__ s _n P_r_s h_v_ t_k_n _x t_r_ m__ s_r_s
_n _n _t t_m p t t_ c_n t__ n t h_ C O V I D - 1 9
p_n d_m_c . T h_y h_v_ b_n n_d p__ p_l_ _x_r c_s_n g
__ t d__ r s d_r n g t h_ d_y t_ t_r y _n d s t_m t
h_ s_r g_ _n t h_ n_m b_r _f _n f_c t__ n s _n d d__ t
h s . N__ n_ w_l l b_ _l l_w_d t_ _x_r c_s_ __ t s_d_ _f
t h__ r h_m_ b_t w__ n t h_ h__ r s _f 1 0_m _n d
7 p m . T h_ m_v_ _s _n r__ c t__ n t_ g r__ t_r
n_m b_r s _f p__ p_l_ t_k_n g t_ t h_ s t r__ t s _n
r_c_n t g__ d w__ t h_r _n d f_l__ t_n g l_c k d_w n
r_l_s . T h_r_ h_v_ b__ n _v_r 1 0 , 0 0 0 d__ t h s
_n F r_n c_ , p_t t_n g _t _n f__ r t h p_l_c_ _n t h_
f_t_l_t__ s l_s t b_h_n d I t_l_y , S p__ n _n d t h_
U S A . P_r_s M_y_r A n_n_ H_d_l g_ s__ d t h_ n_w
r_l_n g w__ l d p_r_v_n t f_r t h_r t_r_n s m_s s__ n
f t h v_r_s _n d l__ d t_ _ f_l_t t_n_n g _f t h_
c_r v_ .

S c__ n t_s t s f r_m t h_ E_n d h_v_n U n_v_r s_t y _f
T_c h n_l_g y _x p l__ n_d t h_t w h_n p__ p_l_ _x_r
c_s_ , t h_r_ _s _ g r__ t_r s p r__ d _f v_r_l l__ d
n t h __ r . T h_y s__ d t h_t w h_n _ c y c l_s t
_r j_g g_r s n__ z_s , c__ g h s _r _v_n j_s t _x
h_l_s , t h_ m_c r_ - p_r t_c l_s l_n g_r l_n g_r _n t
h_ __ r _n d s p r__ d f_r t h_r t h_n w h_n s_m__
n_ _s s_m p_l_y w_l k_n g . T h_s p_s_s _ d_n g_r
t_ t h_ p_r s_n c_m_n g b_h_n d t h_m w h_ h_s t_
p_s_s t h_r__ g h _ c_l__ d _f d_r_p_l_t s . T h_ s c__
n t_s t s _d v_s_d t h_t p__ p_l_ w h_ _x_r c_s_ s h__ l
d b_ g_v_n _ w_d_r b_r t h . T h_y s__ d w_l k_r s
s h__ l d g_t _t l__ s t f__ r m_t_r_s , r_n n_r s 1
0 m_t_r_s _n d c y c l_s t s _t l__ s t 2 0 m_t_r_s .
T h_ m_s s_g_ _n F r_n c_ _s s_m_l_r t_ t h_t t h_r__
g h__ t t h_ w_r l d - s t_y _t h_m_ _n d f_l l_w
s_c__ l d_s t_n c_n g r_l_s w h_n __ t s_d_ .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

authorities in paris have taken extra measures in an attempt to contain the covid19 pandemic they have banned people exercising outdoors during the day to try and stem the surge in the number of infections and deaths no one will be allowed to exercise outside of their home between the hours of 10am and 7pm the move is in reaction to greater numbers of people taking to the streets in recent good weather and flouting lockdown rules there have been over 10000 deaths in france putting it in fourth place on the fatalities list behind italy spain and the usa paris mayor anne hidalgo said the new ruling would prevent further transmission of the virus and lead to a flattening of the curve

scientists from the eindhoven university of technology explained that when people exercise there is a greater spread of viral load in the air they said that when a cyclist or jogger sneezes coughs or even just exhales the microparticles linger longer in the air and spread farther than when someone is simply walking this poses a danger to the person coming behind them who has to pass through a cloud of droplets the scientists advised that people who exercise should be given a wider berth they said walkers should get at least four metres runners 10 metres and cyclists at least 20 metres the message in france is similar to that throughout the world stay at home and follow social distancing rules when outside

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise.html>

Authorities in Paris have taken extreme measures in an attempt to contain the COVID-19 pandemic. They have banned people exercising outdoors during the day to try and stem the surge in the number of infections and deaths. Noon will be allowed to exercise outside of their home between the hours of 10am and 7pm. The move is in reaction to greater numbers of people taking to the streets in recent good weather and flouting lockdown rules. There have been over 10,000 deaths in France, putting it in fourth place on the fatalities list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further transmission of the virus and lead to a flattening of the curve. Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread of viral load in the air. They said that when a cyclist or jogger sneezes, coughs or even just exhales, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This poses a danger to the person coming behind them who has to pass through a cloud of droplets. The scientists advised that people who exercise should be given a wider berth. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to that throughout the world - stay at home and follow social distancing rules when outside.

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 this news story. Share what you discover with your partner(s) in the next lesson.

3. DAYTIME EXERCISE: Make a poster about daytime exercise. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SOCIAL DISTANCING: Write a magazine article about fining people who break social distancing rules. Include imaginary interviews with people who are for and against this.

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 an expert on daytime exercise. Ask him/her three questions about it. Give him/her three of your ideas on how people can exercise at home. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. e 3. a 4. c 5. d 6. g 7. f
8. j 9. h 10. k 11. m 12. i 13. l 14. n

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

1. h	2. e	3. a	4. j	5. c
6. d	7. f	8. i	9. g	10. b

COMPREHENSION QUESTIONS (p.9)

1. Extra measures
2. The surge in infections
3. 7pm to 10am
4. Recent good weather
5. The curve
6. Exhale
7. People coming behind them
8. A wider berth
9. At least 20 metres
10. Social distancing rules

WORDS IN THE RIGHT ORDER (p.20)

1. Authorities in Paris have taken extra measures.
2. In an attempt to contain the COVID-19 pandemic.
3. Stem the surge in the number of infections.
4. Putting it in fourth place on the fatalities.
5. The new ruling would prevent further transmission.
6. There is a greater spread of viral load.
7. Spread farther than when someone is simply walking.
8. People who exercise are given a wider berth.
9. Walkers should get at least four metres.
10. Stay at home and follow social distancing rules.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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