



Parts of the body



ACTIONS



Put your hands up



stretch



get up / get down



move / shake



jump

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Lay down



squat



fall down



work out / exercise



step forward / back

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Exercise 1

And now it's your turn... tell me what part of the body am I talking about?

E agora é a sua vez conte-me de qual parte do corpo estou falando?

1. We can hear sounds through it...
2. We can walk and play soccer...
3. It covers our head and can be short or long...
4. We can pick things up with them. Some of them are long...
5. They are white and appear when we smile...
6. it is essential for us to breathe and get oxygen...
7. We can talk, scream and kiss a lot...
8. We can wave... say bye-bye.. we can catch the things...
9. We can stretch them when we are too lazy...
10. It's important to digest all the food we eat...

At the gym



gym bag



locker



lock



t-shirt



shorts



socks



sneakers



towel



water bottle



stationary
bicycle



treadmill



jump rope



weights



kettlebell



shower



push-up



sit-up



jogging



yoga



exercise bike



rowing machine



treadmill

Exercise 2

How often do you exercise?

Always... often... sometimes... or rarely

What kind of exercises do you do?

I practice sports.. I do jogging... I run... I work out at the gym

Do you often stretch before exercising?

Yes I do.. No, I don't.

What kind of food do you eat when you're on a diet?

Fruits... vegetables.. soup... natural juices

EXTRA (only for lesson 6 to 10)

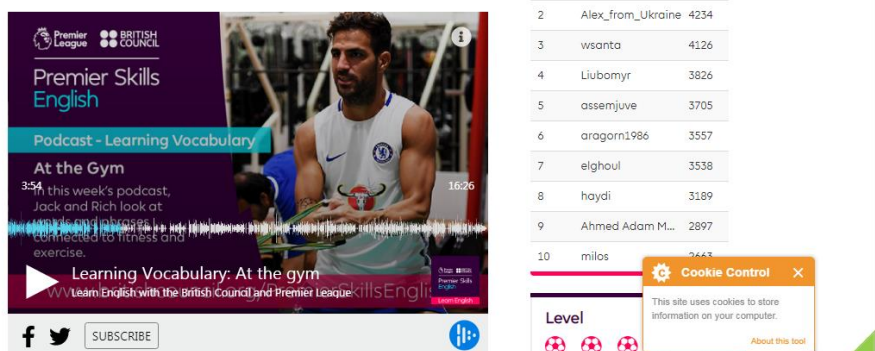
Preferencialmente alunos que estão à frente da lesson 5.

Read and listen the dialogue (link) Get the words you don't know (translate it)

Learning Vocabulary - At the Gym

In this week's Premier Skills English Podcast, Rich goes to a gym for the first time and talks about the experience. In the roleplay, Jack is a gym instructor and Rich is trying out some of the equipment. The language focus is on the words and phrases we use when talking about exercise and fitness. Your task is to complete our fitness challenge and tell us all about it. As always, we also have a new football phrase for you to guess at the end of the podcast. Enjoy!

<https://premierkillsenglish.britishcouncil.org/skills/listen/podcasts/learning-vocabulary-gym>



The screenshot shows a podcast player interface. On the left, there's a video thumbnail of a man in a gym. The text on the player reads: "Premier Skills English Podcast - Learning Vocabulary At the Gym 3:54 this week's podcast, Jack and Rich look at simple and phrases that lead to fitness and exercise. Learning Vocabulary: At the gym www.learnenglishwiththebritishcouncilandpremierleague.com". On the right, there's a leaderboard table:

2	Alex_from_Ukraine	4234
3	wsanta	4126
4	Liubomyr	3826
5	assemjuve	3705
6	aragorn1986	3557
7	elghoul	3538
8	haydi	3189
9	Ahmed Adam M...	2897
10	milos	2663

Below the table is a "Cookie Control" popup and a "Level" indicator with three soccer ball icons.

Read the transcript and listen at the same time.

Jack: So, did you go to the gym yesterday?

Rich: I did. I went to a gym for the first ever time. I was really nervous and a little bit embarrassed, to be honest.

Jack: But there was someone there to tell you what to do?

Rich: Yeah, it was really good. The guy who was there asked me about my overall fitness and asked me why I was there.

Jack: What did you tell him?

Rich: I said I wanted a six-pack for the beach!

Jack: You didn't?

Rich: No, I said I wanted to get fit and lose a bit of weight.

Jack: And he showed you around?

Rich: Yeah, but I didn't know what any of the machines were called. I said I think I want to start on the running machine.

Jack: You mean the treadmill.

Rich: Yep, he corrected me. And when I had a go I think I was walking or jogging rather than running so treadmill is probably a better name.

Jack: What else did you go on?

Rich: I then went on the cycling machine.

Jack: You mean the exercise bikes.

Rich: Yep. That was good. A bit easier. I think I had it on the lowest setting. It was like going downhill!

Jack: That might not get you where you want to be.

Rich: No, they don't take you anywhere. Sorry. And the last thing I went on was the rowing machine. What do you call them?

Jack: You mean the rower! You're OK, you can call this one a rowing machine too if you want.

Welcome - At the gym

Rich: Hello my name's Rich

Jack: and I'm Jack

Rich: and welcome to this week's Premier Skills English podcast

Jack: Where we talk about football and help you with your English.

Jack: What's happening this week, Rich?

Rich: In this week's podcast, we're going to concentrate on vocabulary and we're going to help you with some of the words and phrases you need at the gym.

Jack: That's right. Whether you are fifteen or fifty we all need to do some exercise. That can be in the gym, in the park or even at home.

Rich: Football clubs have strength and conditioning coaches these days. Their job is to make footballers stronger and prepare them for matches so they are in the best possible shape.

Jack: A lot of their work is done in the gym and in this podcast we're going to do a roleplay - a practice conversation. I'm going to be the strength and conditioning coach and Rich is going to be ... Rich.

Rich: Remember that the focus is on the language we use and not the training routines we are talking about. It's probably better to ask for advice from a fitness instructor than follow our routines!

Topic Focus - At the gym

Rich: While you are listening to the roleplay we want you to decide if you think Jack would be a good strength and conditioning coach or not.

Roleplay

Jack: So, this is your first day?

Rich: Yep, I think it would be good to take things slowly.

Jack: We'll see. Let's start with the warm-up. OK, let's start with a bit of stretching. Can you touch your toes?

Rich: This is tough. I can touch my knees.

Jack: You can do better than that. Can you feel the muscles stretching in your calves - the back of your legs?

Rich: Yep, getting closer.

Jack: No, don't bounce. Stretch.

Rich: Alright, but I'm not getting to my toes.

Jack: No problem - you'll get better with practice. Let's move on to the equipment. We'll start in the weight room. Grab one of those dumbbells over there. Let's start with the 5kg weights.

Rich: Bells?

Jack: Those weights. The short ones. It's got the weight on the side, see. It says 5kg.

Rich: Oh yeah - OK.

Jack: Let's do a few bicep curls. Like this. One, two, three I want to see 10 reps on each arm.

Rich: Reps?

Jack: Repetitions come on ... one, two ...

Rich: Eight, nine, ten. Pffff ...

Jack: OK - switch arms.

Rich: Ugh - one, two, three, ... nine, ten.

Jack: That's a good start. Two more sets to go.

Rich: Sets?

Jack: Yeah, you don't just do 10. You do 10 reps on each arm three times. Three sets.

Rich: OK. One, two, three...

Jack: Good job. Take a break and rest. Right, let's move on to the rower. Twenty minutes.

Rich: The rower?

Jack: The rowing machine.

Rich: Ah. I see.

Jack: Not like that. Keep your back straight. Use your legs not just your arms.

Rich: Like this.

Jack: Perfect. Have fun. I'll be back in twenty.

...

Jack: Finished. Good.

Rich: Finished? Brilliant.

Jack: No, we've not finished your workout yet. Let's move onto the treadmill. Let's set the incline to six and the speed to six miles per hour. Thirty minutes.

Rich: That's fast.

Jack: You can do it. No, don't hold the handles. Swing your arms. I'll be back in a bit.

Rich: OK, right. How do you turn this off? I think it's time to cool down in the pool.