



## Health and Fitness

### Task 2: Sports Facilities

#### Activity 1: Listening

Welcome to a practice listening for the ISE 1, listening task 2.

You are going to hear a short talk about **sports facilities**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me in a few words what the speaker is talking about. Are you ready?

*The task will play once*

Now tell me in a few words what the talk was about.

*Give the candidate some blank paper*

Now listen to the talk again. Write down some notes about what you hear if you want to. Then I'll ask you to tell me six pieces of information about **sports facilities**. Are you ready?

Now tell six pieces of information about **sports facilities**.

Now let's go over the potential questions. Remember, the examiner can ask you up to 4 additional questions after you say the six pieces of information that you heard.

This is the end of listening task 2.

#### Audio Script

You **must** [modal verb: must] know that most cities and towns have indoor sports facility centres. They **have opened** [Present Perfect] these sorts of facilities **in order to** [Infinitive of Purpose] promote people's healthy lifestyles. So, let's consider the benefits that this brings. One of the biggest advantages is that **if you want to do exercise, you don't have** [Zero Conditional] to worry about the weather all through the year. Although you can enjoy fresh air, there are **many** [Adverbs of Quantity] problems that can happen outside with sports. **If you do sports outside, you will probably have** [first conditional / will for future use and possibilities] problems sometimes with rain, snow, high winds and extreme temperature. With indoor sports facilities, this is never a problem. Matches and practices don't **need to** [Semi-modal verb: need to] be canceled **because of** [Connector] the weather. Another pro is that an indoor sports facility is a comfortable place to do sports. Most athletes enjoy climate control, efficient lighting systems, playing conditions, state-of-the-art equipment, and the different amenities. In these buildings, a great variety of activities and sports can be done **because** [Connector] it offers different classes, equipment and spaces for the participants. Moreover, most families **were seeing** [Past continuous] that not only could their children socialize with other children but that it is a safe place where they can be active while being under supervision. One last observation is that the town halls **have to** [Semi-modal verb:

**have to** worry about the cost of maintaining public areas, and **prefer to [Preferences]** do this by creating a sports facility centre. It **might [modal verb: might]** be more economical because everything indoor is protected from the weather.

### Answers & Questions

1	Most cities and towns	Who has indoor sports facility centres?
2	To promote people's healthy lifestyles	Why do they have sport facility centres?
3	Don't have to worry about the weather	What is the biggest advantage?
4	rain, snow, high winds and extreme temperature	What problems can people have with the weather?
5	Matches and Practices	What doesn't need to be canceled?
6	climate control / efficient lighting system / playing conditions / state-of-the-art equipment / different amenities	Say at least two reasons why indoor sports facilities are comfortable.
7	different classes, equipment and spaces for the participants	What do these buildings offer?
8	Children socializa (with other children) / safe place	What were many families seeing?
9	Cost (of maintaining public areas)	What do most town halls have to worry about?
10	everything indoor (is protected from the weather)	Why might having a sports facility be more economical?

Marks: +\_ / +10

## Activity 2: Reading

Find grammar in the audio script and highlight it, writing behind the grammar: For example:

You must know that... = You **must [modal verb: must]** know that

Grammar list:

- Present Perfect
- Because
- Because of
- Will for future use: will probably // will surely // will likely
- Adverbial quantities: a lot // much // many
- Expressions of preferences: I prefer // I would rather // I'd rather
- Zero Conditional
- First Conditional
- Past Continuous
- Modal verb: must
- Modal verb: Might
- Semi-modal verb: have to
- Semi-modal verb: need to
- Infinitive of Purpose: in order to // so as to

Once you have found all the grammar, write down some vocabulary and ideas in the audioscript.

1. (Idea) With indoor facilities, the weather isn't a problem.
2. (Idea) Doing sports outside has problems with rain, snow, high winds and extreme temperature.
3. (Idea) Don't need to cancel matches and practices indoors.
4. (Idea) Children can socialize with other children and facilities are a safe place to be.
5. (Idea) The town hall has to pay to maintain public areas
6. (Vocabulary) Promote = Promocionar
7. (Vocabulary) Worry = Preocupar
8. (Vocabulary) Facility = Instalación // Facilities = Instalaciones
9. (Vocabulary) Climate Control = Control Climático
10. (Vocabulary) Equipment = Equipamento



### Activity 3: Writing

Write a review for your teacher (100 to 130 words) about a class that you take in the town's sport facility centre:

- >> Tell what type of class you are taking
- >> Explain what you think it is a good class to take and
- >> Recommend what type of person would benefit from this

Plan your writing with the grammar, writing format, and ideas from the writing prompt before starting.

#### Remind students to:

- Use grammar, as done in the listening audio script.
- Follow writing format.
- Use specific vocabulary.
- Answer completely the writing prompt.
- Make sure not to write less than 100 words and more than 130 words.

#### Activity 4: Speaking

Now, think about having a two minute conversation about: What are some of the advantages and disadvantages of a sport facility and why? You can use ideas from the listening activity and/or add your own ideas.

What ideas can you use?

1. Can meet new people that have your same interest.
2. Can get crowded with people, while outside you can have more room to move.
3. People who like to do exercise use a sports facility centre two to three times a week.
4. Some people go there to use the sports equipment, and others to take classes.
5. There are classes like aerobics, yoga, karate and so on.
6. People don't have to worry about weather problems and the sports facility centre is a safe place to be.

What questions can you ask?

1. Why would you go to a sports facility centre?
2. Would you rather do sports inside or outside?
3. Have you ever used a sports facility centre before?
4. Do you know anybody that uses a sports facility centre?
5. What kind of class would you like to do in a sports facility centre?
6. Why is this good for families and especially children?