



Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. scanning skills 	
Warmer	<ol style="list-style-type: none"> 1. Teacher asks a few questions. <ol style="list-style-type: none"> a. Do you like PE classes? b. Why? 2. Teacher leads into the topic of the day. 	2 mins
Pre-reading	<ol style="list-style-type: none"> 1. Teacher goes through the Glossary on page 46. 2. Teacher distributes Task 1 3. In pairs, students work on Task 1. 4. Teacher checks answers. 	10 mins
While-Reading	<ol style="list-style-type: none"> 1. Teacher assigns Task 2. 2. Teacher asks students to scan passage on page 43 and 46 to complete Task 2. 	8 mins
Post-reading	<ol style="list-style-type: none"> 1. Teacher checks the answers to Task 2. 2. Teacher distributes Task 3. 3. Students complete Task 3. 4. Teacher elicits answers. 	10 mins
Wrap	<ol style="list-style-type: none"> 1. Teacher gets students to look at pictures and notes on page 44 and 45. 2. Teachers asks students to check type of sports that will suit them. 3. Students share their responses. 	10 mins

TASK 1

Fill in the blanks with a suitable word from the Glossary

1. There are many _____ in a traditional Malay wedding.
2. She is always sick because she lives a _____ life with no exercise.
3. You can try an _____ cure like acupuncture if you do not want to go to a hospital.
4. I am in a _____. I do not know whether to stay at home and study or go watch a movie.
5. I always drink plain water _____ of coffee in the morning.

TASK 2

Scan the passage and name some sports for each category

Team Sports	Individual Sports	Alternative Sports

TASK 3

Answer the questions
1. What happens if you become sedentary?
2. What can you do to become good at sports?
3. Where can you find alternative sports?
4. Why must you take up sports or some physical activity?
5. Is sports always about winning?

ANSWERS

Task 1

1. customs
2. sedentary
3. alternative
4. dilemma
5. instead

Task 2

Team: basketball, volleyball, water polo, handball, lacrosse, cricket, baseball, football, hockey

Individual: badminton, bowling, boxing, cycling, figure skating, skiing, snowboarding, surfing, swimming, track and field, wrestling

Alternative: skateboarding, rock climbing, martial arts, roller derby

Task 3

1. If we are sedentary our bodies will become weak.
2. To be good at sports, we must practice and improve our skills.
3. Alternative sports are available outside school.
4. We must take up sports to have a healthier body and mind.
5. No, sports is not about winning, it is about being a healthier human being.