

Essay on physical exercise

[Health & Medicine](#), [Body](#)



Procedures.

Warm Up (5 minutes).

The teacher asks if the students practice any physical exercises.

- What kind of exercise they like.
- Where they prefer to practice: at home or in a gym.
- How many times a week they do exercises. Which days and time of the day they prefer and why.
- What personal goals they follow doing exercises.
- If someone does not do any exercises, why.
- What physical activities are difficult for them and why.
- What kinds of physical exercise are more common all over the world.
- What kind of physical exercises they have never tried, but would like to try someday.

Development.

The teachers says a few words about Physical exercise in general.

Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall health. Regular physical exercise is an important component in the prevention of some diseases such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Physical exercise is considered important for maintaining physical fitness including healthy weight; building and maintaining healthy bones, muscles, and joints; promoting physiological well-being; reducing surgical risks; and strengthening the immune system.

The teacher tells students how physical exercises are grouped.

Exercises are generally grouped into three types depending on the overall effect they have on the human body.

The teacher writes groupnames in the board, describing each group:

- flexibility exercises improve the range of motion of muscles and joints; (example stretching - <https://www.youtube.com/watch?v=KJaWIBg15n0> , yoga vs. stratching - <https://www.youtube.com/channel/UCOQ0MNIIA3ff7IRSuqNbe1A>)
- aerobic exercises, also known as cardio focus on increasing cardiovascular endurance; (example dances - <https://www.youtube.com/watch?v=mR9td6t5mTc>)
- anaerobic exercises (example sprinting - <https://www.youtube.com/watch?v=NfCsowqjPME>) increase short-term muscle strength.

Activity 1. Vocabulary

After description the teacher starts to give students examples of physical activities (they can be written on flashcards or just pronounced), students should pick the group relating to named physical activity.

Examples of physical activities (grouped; pictures of all physical activities attached):

Flexible: stretching, yoga, pilates.

Aerobic: walking, running, step aerobics, cycling, skiing, elliptical trainer, jogging, nordic walking, rowing, surfing, dances.

Anaerobic: weight training, functional training, sprinting, bodybuilding

The teacher asks students which group of exercises they prefer and why, and they can give more examples to each group, if they want. Students should right down all names of physical activities and their groups.

Activiy 2. Reading

<http://www.mayoclinic.org/healthy-living/fitness/in-depth/exercise/art-20048389>

Activity 3. Vocabulary.

First students ask what unknown words they have found in text. The teacher writes all unknown words on a desk. Then describes the meaning in english. Students should understand which word was described.

After the teacher adds highlighted words and continues the game with meanings/

The description of the highlighted words and phrases:

one-two punch a pair of punches in quick succession, especially with alternate hands

emotional lift feeling of positiveness and happiness

workout training

gym sport club

<https://assignbuster.com/essay-on-physical-exercise/>

self-esteem confidence in one's own worth or abilities; self-respect

endurance the ability to continue or last with strength

dance class no need for description

hiking trials long, vigorous walk on footpaths

soccer team no need for description

With words on a desk and with names of physical activities we wrote down before students should make up a story at home. The story should not be about sport. It will help students to use new words freely.

Activity 4. Speaking.

Text discussion. The teacher asks students the following questions:

- You agree with the main idea of the text or no and why?
- Have you ever thought of losing weight and what you did to reach your goal?
- Do you know people who change their life with the help of physical exercises?
- Which exercises can become dialy " one-two punches"?
- What you usually do to unwind?
- What time of the year is the best for sports and why?
- Have you ever took any sport challenges in your life? Tell a bit about that.
- Do you want to engage in physical activity more than before this lesson?

Activity 5. Making up your fitness plan.

The teacher tells that now students have lots of new information about physical exercises and this information can help them to create their own

fitness plan. They will have a list of questions according to which they will create their own fitness plan.

Helpful questions to create your own fitness plan:

1. Why do you need to do physical exercises?

- I want to lose weight
- I want to be healthy
- I want to grow muscles
- I just like to do sports
- I want to be a professional sportsman (in what kind of sports)

2. At what time is it easier for you to do exercises?

- morning time
- lunch time
- afternoon
- evening

3. Do you use some special kind of diet right now?

- yes, i am trying to eat less to lose weight
- yes, i am a vegetarian
- no

4. What is the latest time of your meals?

- an hour before going to bed
- two hours before going to bed
- three hours before going to bed
- four hours before going to bed

5. Do you have some contraindications for physical activities?

- yes (what kind of?)

- no
 - no, but I just do not like to (run, dance, row or etc)
6. What are in your opinion your body's problem zones?

- upper body (hands, back, abs)
- lower body (buttocks, legs)
- I like my body but I'd like to have more strength and endurance

After answering questions students should tell what physical exercises are suitable for them and why do they think so. The teacher describes each question and the main idea of the test. This will help to understand if students grasped the information and can use it in their everyday life.

So, here we have a full descriptions of each question from the test.

- Why do you need to do physical exercises? You need to know that, because for losing weight the best exercises are aerobic. Flexible exercises helps your body to gain endurance and strength and anaerobic exercises works good for muscles. So, if you start to do anaerobic wishing to lose weight you will fail, because you will have more muscles but weight will stay the same (or maybe you will gain even more).
- At what time is it easier for you to do exercises? It is important to know, due to the fact that if you like to do morning exercises they can't be really intensive, because it has lots of influence on heart. In the morning the best exercises are flexible, they will give you energy for the whole day, they are also very useful at lunch after the first part of your working day. Anaerobic exercises are good for afternoon and evening time. You will have more effect on muscles and no harm to your heart because your body is fully active this

time. Aerobic exercises are good for all time except morning, it is really good to walk or run in fresh air before going to bed.

- Do you use some special kind of diet right now? It is important to know because you should have enough vitamins and energy to do intensive physical exercises. So if you try to eat not more than 1500 calories per day and want to go to the gym and do functional training it will be a good punch for your health. If you use some special diet, first give your body strength and then start to do more intense trainings.

- What is the latest time of your meals? If you eat just before going to bed (even if it is just a snack) than before you should do aerobic or flexible training, but the best way is to eat a good protein meal 3-4 hours before going to bed. After meal go for a walk or run and then go to bed with the lungs full of oxygen and pleasant tiredness in legs.

- Do you have some contradictions for physical activities? This one is easy, due to that information you will understand, what kind of exercises you want to do. Plus, important to understand, that you should choose exercises you like, it is well-known that if you do not like your training you will see the result not really, but when you enjoy time is running faster and you see result in several trainings.

- What are in your opinion your body's problem zones? Another easy question. Work out the zones you want to look better. This question will help you choose specific exercises, such as: crunches, squats, push ups etc.

Closure.

The teacher asks the class to make a quick resume of the lesson. What they have known, what things they remember vividly. Maybe the lesson made

them want to go into some sports or just start to do exercises every morning.

One interesting fact for them to know is that physical exercises help to learn languages. At home they should find detailed information about that, to begin they will receive a short text to read and translate at home (follow the link below).

Physical exercise helps learning English faster<http://www.inlinguavancouver.com/blog/blog/2013/06/10/physical-exercise-helps-learning-english-faster/>