

LISTEN A MINUTE.com

Walking

<http://www.listenAminute.com/w/walking.html>



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

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THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/w/walking.html>

Walking is one of the best forms of exercise you can do. People don't think it is exercise, but it is. If you increase the amount you walk every day, you will be healthier. In fact, it is possible to lose weight through walking, but you have to walk a lot. The best thing to do is think how you can walk instead of driving or taking the escalator. I find I walk a lot in my job. I'm sure walking up and down the corridors a hundred times a day helps me stay healthy. You should try to go for a long walk every day. You'll find new areas of your neighbourhood and feel great when you come back. And what about a walking holiday? Instead of sitting on the beach, get up into the mountains and walk all day.



LISTENING GAP FILL

From: <http://www.listenAminute.com/w/walking.html>

Walking is one of the _____ exercise you can do. People don't think it is exercise, but it is. If you increase _____ walk every day, you will be healthier. In fact, it is possible _____ through walking, but you have to walk a lot. The best thing to do is think how you can walk _____ or taking the escalator. I find I walk a lot in my job. I'm _____ and down the corridors a hundred times a _____ healthy. You should try to go for a long walk every day. You'll find _____ your neighbourhood and feel great when you come back. And what about a walking holiday? Instead of sitting on the beach, get up into the mountains _____.



CORRECT THE SPELLING

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Walking is one of the best rfoms of exercise you can do. People don't think it is exercise, but it is. If you iencreas the amount you walk every day, you will be healthier. In fact, it is possible to lose weigtgh through walking, but you have to walk a lot. The best thing to do is think how you can walk eaidstn of driving or taking the aatosrecl. I find I walk a lot in my job. I'm sure walking up and down the rsioorrcd a dehnudr times a day helps me stay athhely. You should try to go for a long walk every day. You'll find new areas of your neighbourhood and feel great when you come back. And what about a walking yoaildh? Instead of stitnig on the beach, get up into the mountains and walk all day.



UNJUMBLE THE WORDS

From: <http://www.listenAminute.com/w/walking.html>

Walking forms one of of exercise the you best is can do.

People don't think it is exercise, but it is. If you increase you amount the day every walk, you will be healthier. In fact, through weight lose to possible is it walking, but you have to walk a lot. is to best you think do thing The how can walk the instead driving taking escalator of or. I find I walk a lot in my job. I'm sure walking up and down the times stay a corridors day a helps hundred me healthy. You for walk should go long day to a every try. You'll find new areas of your neighbourhood and feel great when you come back. And what about a walking holiday? sitting of Instead the on beach, up get the into mountains and walk all day.

 **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. _____

STUDENT WALKING SURVEY

From: <http://www.listenAminute.com/w/walking.html>

Write five GOOD questions about walking 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.

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 INFO: Search the Internet and find more information about walking. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about walking. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. WALKING POSTER Make a poster about walking. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY WALKING LESSON: Make your own English lesson on walking. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, StumbleUpon account, or any other social media tool to get opinions on walking. Share your findings with the class.

