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Level 6

Students do not shower after sports class

18th January, 2015

<http://www.breakingnewsenglish.com/1501/150118-showering.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

A report has found that more than half of high school boys and two-thirds of girls never shower after a physical education class. Researchers suggest that students don't want to sweat and take a shower, so they are less active in sports classes. The researchers questioned almost 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised at how rarely students showered. He said: "We know that children aren't getting enough physical activity because we have seen their fitness declining; if the unwillingness to shower is a barrier to working up a sweat or playing sport, it's something we need to tackle to promote activity at schools."

The BBC says the study did not look at the exact reasons why the students did not shower after PE. There are other studies that point out the fear of bullying and humiliation may be behind the reluctance of some students to shower. Undressing in front of peers may be too much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many children had concerns about their body image and that schools needed to address this. She said: "Schools, workplaces and local authorities all have a role to play in shifting attitudes so that physical activity, and what comes with it, like sweating and the need for showering, is encouraged and accommodated."

Sources: <http://www.bbc.com/news/health-30796304>

<http://www.mirror.co.uk/news/uk-news/half-secondary-school-boys-two-thirds-4993811>

WARM-UPS

1. SHOWERING: Students walk around the class and talk to other students about showering. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

report / two-thirds / sweat / sports classes / surprised / physical activity / fitness / exact reasons / bullying / humiliation / reluctance / health organization / encouraged

Have a chat about the topics you liked. Change topics and partners frequently.

3. RELUCTANCE: How can schools make students less reluctant to shower after doing sport at school? Complete this table with your partner(s). Change partners often and share what you wrote.

	Pros	Cons
Separate shower cubicles		
More time to shower		
Cleaner changing rooms		
Punishment for not showering		
Education		
Provide towels and toiletries		

4. P.E. CLASSES: Students A **strongly** believe PE classes should be doubled; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

5. P.E.: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- 100 metres
- soccer
- gymnastics
- long-distance running
- swimming
- skiing
- basketball
- long jump

6. SHOWER: Spend one minute writing down all of the different words you associate with the word "shower". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. More girls than boys do not shower after physical education classes. | T / F |
| b. Kids do not want to shower so they don't try hard in sports. | T / F |
| c. Researchers asked questions to 40,000 kids in England. | T / F |
| d. A researcher said kids get more than enough exercise. | T / F |
| e. The BBC suggested we needed to know more about this research. | T / F |
| f. A woman said children don't mind undressing in front of classmates. | T / F |
| g. The woman said most kids have no problem with their body image. | T / F |
| h. The woman said only schools should encourage physical activity. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|------------------|
| 1. suggest | a. obstacle |
| 2. rarely | b. changing |
| 3. barrier | c. unwillingness |
| 4. tackle | d. indicate |
| 5. promote | e. encourage |
| 6. exact | f. worries |
| 7. reluctance | g. seldom |
| 8. concerns | h. necessity |
| 9. shifting | i. address |
| 10. need | j. precise |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|------------------------------|-----------------------------|
| 1. two- | a. image |
| 2. researchers questioned | b. to tackle |
| 3. the unwillingness | c. reasons |
| 4. it's something we need | d. thirds of girls |
| 5. promote | e. of some students |
| 6. look at the exact | f. almost 4,000 children |
| 7. studies that point | g. to play |
| 8. behind the reluctance | h. activity at schools |
| 9. concerns about their body | i. out the fear of bullying |
| 10. a role | j. to shower |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

A report has found that more than (1) _____ of high school boys and two-thirds of girls never shower after a physical education class. Researchers suggest that students don't want to (2) _____ and take a shower, so they are less (3) _____ in sports classes. The researchers (4) _____ almost 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised at how (5) _____ students showered. He said: "We know that children aren't getting enough physical activity because we have seen their fitness (6) _____; if the unwillingness to shower is a (7) _____ to working up a sweat or playing sport, it's something we need to tackle to (8) _____ activity at schools."

rarely
active
barrier
half
promote
sweat
declining
questioned

The BBC says the study did not look at the (9) _____ reasons why the students did not shower after PE. There are other studies that point out the fear of bullying and (10) _____ may be behind the reluctance of some students to shower. Undressing in front of (11) _____ may be too much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many children had (12) _____ about their body image and that schools needed to (13) _____ this. She said: "Schools, workplaces and local authorities all have a (14) _____ to play in shifting attitudes so that (15) _____ activity, and what comes with it, like sweating and the need for showering, is (16) _____ and accommodated."

role
encouraged
humiliation
concerns
exact
physical
peers
address

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

- 1) more than half of high school boys and two-_____
a. third of girls
b. thirdly of girls
c. thirds of girls
d. threads of girls
- 2) students don't want to sweat and take a shower, so they are less active _____.
a. on sports classes
b. in sports classes
c. an sports classes
d. in-sports classes
- 3) Sandercock said he was surprised at how _____.
a. rarity students showered
b. barely students showered
c. rare students showered
d. rarely students showered
- 4) children aren't getting enough physical activity because we have seen _____.
a. there fitness declining
b. their fitness reclining
c. there fitness reclining
d. their fitness declining
- 5) it's something we need to tackle to promote _____.
a. actively at schools
b. active tea at schools
c. activity at schools
d. activities at schools
- 6) The BBC says the study did not look _____.
a. that the exact reasons
b. at the exactly reasons
c. at the exacted reasons
d. at the exact reasons
- 7) There are other studies that point out _____.
a. the fear of bullying
b. the fears of bullying
c. the afraid of bullying
d. the feared of bullying
- 8) Undressing in front of peers may be too much _____.
a. for same children
b. for some children
c. for foursome children
d. for some children
- 9) children had concerns about their body image and that schools needed _____.
a. to redress this
b. to address this
c. to a dress this
d. to add rest this
- 10) sweating and the need for showering is encouraged _____.
a. and accommodate
b. and accommodate it
c. and accommodated
d. and accommodated it

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

A report has found that (1) _____ high school boys and two-thirds of girls (2) _____ a physical education class. Researchers suggest that students don't (3) _____ take a shower, so they are less active in sports classes. The researchers questioned almost 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was (4) _____ rarely students showered. He said: "We know that children (5) _____ physical activity because we have seen their fitness declining; if the unwillingness to shower is a barrier to working up a sweat or playing sport, it's something we (6) _____ promote activity at schools."

The BBC says the study (7) _____ the exact reasons why the students did not shower after PE. There are other studies that point out (8) _____ and humiliation may be behind the reluctance of some students to shower. Undressing (9) _____ may be too much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many children (10) _____ their body image and that schools needed to address this. She said: "Schools, workplaces and local authorities (11) _____ to play in shifting attitudes so that physical activity, and what comes with it, like sweating and (12) _____, is encouraged and accommodated."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

1. What fraction of girls did the report say did not shower after sports?

2. How many children did the researchers ask?

3. What was the lead researcher's feelings about the study?

4. What did the researcher say was declining in children?

5. What did the researcher say was a barrier to working up a sweat?

6. What did the BBC say the study did not look at?

7. What else besides bullying might be behind the reluctance to shower?

8. Who is Pamela Naylor?

9. What did Pamela Naylor say children had concerns about?

10. What else besides schools and workplaces have a role to play?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

1. What fraction of girls did the report say did not shower after sports?
 - a) half
 - b) three-quarters
 - c) two-thirds
 - d) four-fifths
2. How many children did the researchers ask?
 - a) almost 4,000
 - b) exactly 4,000
 - c) just over 4,000
 - d) around 4,000
3. What was the lead researcher's feelings about the study?
 - a) surprise
 - b) shock
 - c) apathy
 - d) sadness
4. What did the researcher say was declining in children?
 - a) anger
 - b) fitness
 - c) running speed
 - d) health
5. What did the researcher say was a barrier to working up a sweat?
 - a) dirty showers
 - b) obstacles
 - c) eating too much
 - d) an unwillingness to shower
6. What did the BBC say the study did not look at?
 - a) shower cleanliness
 - b) the exact reasons students did not shower
 - c) how many children did not like sport
 - d) children's health
7. What else besides humiliation might be behind the reluctance to shower?
 - a) bullying
 - b) the smell of soap
 - c) dirty showers
 - d) children shower at home
8. Who is Pamela Naylor?
 - a) a mother
 - b) a physical education teacher
 - c) a shower designer
 - d) spokeswoman for a health organisation
9. What did Pamela Naylor say children had concerns about?
 - a) cleanliness
 - b) soap
 - c) winning at sport
 - d) body image
10. What else besides schools and workplaces have a role to play?
 - a) local authorities
 - b) health agencies
 - c) TV
 - d) the Internet

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

Role A – Separate shower cubicles

You think separate shower cubicles is the best way to get kids to shower after sports. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): having more time to shower, less energetic sports or punishment for not showering.

Role B – More time to shower

You think having more time to shower is the best way to get kids to shower after sports. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): separate shower cubicles, less energetic sports or punishment for not showering.

Role C – Less energetic sports

You think less energetic sports is the best way to get kids to shower after sports. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): having more time to shower, separate shower cubicles or punishment for not showering.

Role D – Punishment for not showering

You think punishment for not showering is the best way to get kids to shower after sports. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): having more time to shower, less energetic sports or separate shower cubicles.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sport' and 'class'.

sport	class

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• half• less• 4,000• rarely• barrier• promote	<ul style="list-style-type: none">• reasons• point• behind• image• local• need
--	---

SHOWERING SURVEY

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

Write five GOOD questions about showering 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.

SHOWERING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'shower'?
- 3) What do you think of showering?
- 4) What do you think about the children not showering?
- 5) Which is better, a shower or a bath?
- 6) What did you think of PE at school?
- 7) How can teachers get students to be active and shower?
- 8) What do you think of working up a sweat?
- 9) How much do you like taking a shower?
- 10) How often should we shower?

School students do not shower after sports class – 18th January, 2015
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SHOWERING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) What other reasons are there for the children not showering?
- 13) Should school showers have individual cubicles?
- 14) Should schools be more understanding of body image?
- 15) Is it OK to ask students to shower with other students?
- 16) How can schools address the problem of body image?
- 17) Should schools be stricter and tell students to sweat?
- 18) Do you like sweating?
- 19) What kind of showers do you like?
- 20) What questions would you like to ask the researchers?

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. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

A report has found that more than (1) ____ of high school boys and two-thirds of girls never shower after a physical education class. Researchers suggest that students don't want to sweat and take a shower, so they are (2) ____ active in sports classes. The researchers questioned almost 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised (3) ____ how rarely students showered. He said: "We know that children aren't getting enough physical activity because we have seen their fitness (4) ____; if the unwillingness to shower is a (5) ____ to working up a sweat or playing sport, it's something we need to tackle to promote (6) ____ at schools."

The BBC says the study did not look at the (7) ____ reasons why the students did not shower after PE. There are other studies that point out the fear of bullying and humiliation may be (8) ____ the reluctance of some students to shower. Undressing in front of (9) ____ may be too much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many children had concerns about their body (10) ____ and that schools needed to address this. She said: "Schools, workplaces and local authorities all have a role to (11) ____ in shifting attitudes so that physical activity, and what comes with it, like sweating and the need for showering, is encouraged and (12) ____."

Put the correct words from the table below in the above article.

- | | | | |
|-------------------|---------------|----------------|------------------|
| 1. (a) halving | (b) halved | (c) halves | (d) half |
| 2. (a) fewer | (b) reduced | (c) smaller | (d) less |
| 3. (a) to | (b) at | (c) on | (d) for |
| 4. (a) cutting | (b) mirroring | (c) declining | (d) subtracting |
| 5. (a) obstacle | (b) fence | (c) barrier | (d) gate |
| 6. (a) activity | (b) actively | (c) articulate | (d) actions |
| 7. (a) except | (b) exact | (c) expect | (d) extant |
| 8. (a) behind | (b) rear | (c) back | (d) end |
| 9. (a) seers | (b) peers | (c) veers | (d) beers |
| 10. (a) visage | (b) view | (c) image | (d) picture |
| 11. (a) game | (b) enjoy | (c) play | (d) participate |
| 12. (a) sheltered | (b) resided | (c) housed | (d) accommodated |

SPELLING

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

Paragraph 1

1. shrrareesce questioned almost 4,000 children
2. we have seen their fitness dgecnlii
3. the nglisiuwnlnes to shower
4. a irberra to working up a sweat
5. it's something we need to laekct
6. oterpmo activity at schools

Paragraph 2

7. look at the xteca reasons why
8. the fear of bullying and mhnuloiati
9. the etreclaunc of some students to shower
10. a health rsnoaotangii (UK) / ntnoaigzaroi (USA)
11. local riahitsoteu
12. rogenucaed and accommodated

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

Number these lines in the correct order.

()	The BBC says the study did not look at the exact reasons why the students did not shower
()	up a sweat or playing sport, it's something we need to tackle to promote activity at schools."
()	at how rarely students showered. He said: "We know that children aren't getting enough physical activity because
()	children had concerns about their body image and that schools needed to address
()	behind the reluctance of some students to shower. Undressing in front of peers may be too
()	in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised
()	after PE. There are other studies that point out the fear of bullying and humiliation may be
()	this. She said: "Schools, workplaces and local authorities all have a role to play in shifting attitudes so
(1)	A report has found that more than half of high school boys and two-thirds of girls never shower after a physical
()	much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many
()	we have seen their fitness declining; if the unwillingness to shower is a barrier to working
()	they are less active in sports classes. The researchers questioned almost 4,000 children
()	that physical activity, and what comes with it, like sweating and the need for showering, is encouraged and accommodated."
()	education class. Researchers suggest that students don't want to sweat and take a shower, so

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

1. after Two a - P.E. thirds of girls never class shower.

2. a Students to take want and shower don't sweat.

3. Researchers children almost 4,000 schools questioned in.

4. aren't We getting know physical that activity children.

5. playing sport A barrier to working up a sweat or.

6. study did not look at the exact reasons why The.

7. other are There bullying of fear the out point that studies.

8. of be front may much in peers too Undressing.

9. all role Workplaces authorities a play local have to and.

10. is The encouraged need and for accommodated showering.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

A report has found that more than *halved* / *half* of high school boys and two-thirds of girls never shower after a *physical* / *physically* education class. Researchers suggest that students don't want to *sweet* / *sweat* and take a shower, so they are less active *in* / *on* sports classes. The researchers questioned *most* / *almost* 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised *that* / *at* how rarely students showered. He said: "We know that children aren't getting *enough* / *plenty* physical activity because we have seen their *fitness* / *fitting* declining; if the unwillingness to shower is a *barrier* / *obstacle* to working up a sweat or playing sport, it's something we need to *tackle* / *rankle* to promote activity at schools."

The BBC says the study did not look at the *exact* / *exactly* reasons why the students did not shower after PE. There are other studies that point *out* / *in* the fear of bullying and humiliation may be behind the *reluctant* / *reluctance* of some students to shower. Undressing in *front* / *behind* of peers may be too much for some children. Pamela Naylor, spokeswoman for a *healthy* / *health* organisation in England, said many children had *concerns* / *concerned* about their body *image* / *imagine* and that schools needed to address this. She said: "Schools, workplaces and *locally* / *local* authorities all have a role to play in shifting attitudes so that *physically* / *physical* activity, and what comes with it, like sweating and the need for showering, is encouraged and *accommodated* / *housed*."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

_ r _ p _ rt h _ s f _ _ nd th _ t m _ r _ th _ n h _ lf _ f h _ gh sch _ _ l
b _ ys _ nd tw _ -th _ rds _ f g _ rls n _ v _ r sh _ w _ r _ ft _ r _
phys _ c _ l _ d _ c _ t _ _ n cl _ ss. R _ s _ _rch _ rs s _ gg _ st th _ t
st _ d _ nts d _ n't w _ nt t _ sw _ _ t _ nd t _ k _ _ sh _ w _ r, s _
th _ y _ r _ l _ ss _ ct _ v _ _ n sp _ rts cl _ ss _ s. Th _ r _ s _ _rch _ rs
q _ _ st _ _ n _ d _ lm _ st 4,000 ch _ ldr _ n _ n sch _ _ ls _ n _ ss _ x,
_ ngl _ nd. L _ _ d r _ s _ _rch _ r Dr G _ v _ n S _ nd _ rc _ ck s _ _ d h _
w _ s s _ rpr _ s _ d _ t h _ w _ r _ r _ ly st _ d _ nts sh _ w _ r _ d. H _
s _ _ d: "W _ kn _ w th _ t ch _ ldr _ n _ r _ n't g _ tt _ ng _ n _ gh
phys _ c _ l _ ct _ v _ ty b _ c _ _ s _ w _ h _ v _ s _ _ n th _ _ r f _ tn _ ss
d _ cl _ n _ ng; _ f th _ _ nw _ ll _ ngn _ ss t _ sh _ w _ r _ s _
b _ rr _ _ r t _ w _ rk _ ng _ p _ sw _ _ t _ r pl _ y _ ng sp _ rt, _ t's
s _ m _ th _ ng w _ n _ _ d t _ t _ ckl _ t _ pr _ m _ t _ _ ct _ v _ ty _ t
sch _ _ ls."

Th _ BBC s _ ys th _ st _ dy d _ d n _ t l _ _ k _ t th _ _ x _ ct
r _ _ s _ ns why th _ st _ d _ nts d _ d n _ t sh _ w _ r _ ft _ r P _ .
Th _ r _ _ r _ th _ r st _ d _ _ s th _ t p _ _ nt _ _ t th _ f _ _ r _ f
b _ lly _ ng _ nd h _ m _ l _ _ t _ _ n m _ y b _ b _ h _ nd th _
r _ l _ ct _ nc _ _ f s _ m _ st _ d _ nts t _ sh _ w _ r. _ ndr _ ss _ ng _ n
fr _ nt _ f p _ _ rs m _ y b _ t _ _ m _ ch _ f _ r s _ m _ ch _ ldr _ n.
P _ m _ l _ _ N _ yl _ r, sp _ k _ sw _ m _ n _ f _ r _ _ h _ _ lth
_ rg _ n _ s _ t _ _ n _ n _ ngl _ nd, s _ _ d m _ ny ch _ ldr _ n h _ d
c _ nc _ rns _ b _ _ t th _ _ r b _ dy _ m _ g _ _ nd th _ t sch _ _ ls
n _ _ d _ d _ t _ _ d _ dr _ ss th _ s. Sh _ s _ _ d: "Sch _ _ ls,
w _ rkpl _ c _ s _ nd l _ c _ l _ _ th _ r _ t _ _ s _ ll h _ v _ _ r _ l _ t _
pl _ y _ n sh _ ft _ ng _ tt _ t _ d _ s s _ th _ t phys _ c _ l _ ct _ v _ ty,
_ nd wh _ t c _ m _ s w _ th _ t, l _ k _ sw _ _ t _ ng _ nd th _ n _ _ d
f _ r sh _ w _ r _ ng, _ s _ nc _ _ r _ g _ d _ nd _ cc _ mm _ d _ t _ d."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

a report has found that more than half of high school boys and two-thirds of girls never shower after a physical education class researchers suggest that students don't want to sweat and take a shower so they are less active in sports classes the researchers questioned almost 4000 children in schools in essex england lead researcher dr gavin sandercock said he was surprised at how rarely students showered he said "we know that children aren't getting enough physical activity because we have seen their fitness declining if the unwillingness to shower is a barrier to working up a sweat or playing sport it's something we need to tackle to promote activity at schools"

the bbc says the study did not look at the exact reasons why the students did not shower after pe there are other studies that point out the fear of bullying and humiliation may be behind the reluctance of some students to shower undressing in front of peers may be too much for some children pamela naylor spokeswoman for a health organisation in england said many children had concerns about their body image and that schools needed to address this she said "schools workplaces and local authorities all have a role to play in shifting attitudes so that physical activity and what comes with it like sweating and the need for showering is encouraged and accommodated"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

A report has found that more than half of high school boys and two-thirds of girls never shower after a physical education class. Researchers suggest that students don't want to sweat and take a shower, so they are less active in sports classes. The researchers questioned almost 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised at how rarely students showered. He said: "We know that children aren't getting enough physical activity because we have seen their fitness declining; if the unwillingness to shower is a barrier to working up a sweat or playing sport, it's something we need to tackle to promote activity at schools." The BBC says the study did not look at the exact reasons why the students did not shower after PE. There are other studies that point out the fear of bullying and humiliation may be behind the reluctance of some students to shower. Undressing in front of peers may be too much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many children had concerns about their body image and that schools needed to address this. She said: "Schools, workplaces and local authorities all have a role to play in shifting attitudes so that physical activity, and what comes with it, like sweating and the need for showering, is encouraged and accommodated."

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

Write about **showering** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1501/150118-showering.html>

The hours of physical education in school should double. Discuss.

[illegible]

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: Search the Internet and find out more about showering. Share what you discover with your partner(s) in the next lesson.

3. SHOWERING: Make a poster about showering. Show your work to your classmates in the next lesson. Did you all have similar things?

4. PHYSICAL EDUCATION: Write a magazine article about there being more physical education in schools. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a physical education expert. Ask him/her three questions about PE. Give him/her three of your ideas on how to get kids to be more physical. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b T c F d F e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|---------------|------------------|
| 1. suggest | a. indicate |
| 2. rarely | b. seldom |
| 3. barrier | c. obstacle |
| 4. tackle | d. address |
| 5. promote | e. encourage |
| 6. exact | f. precise |
| 7. reluctance | g. unwillingness |
| 8. concerns | h. worries |
| 9. shifting | i. changing |
| 10. need | j. necessity |

COMPREHENSION QUESTIONS (p.8)

1. Two-thirds
2. Almost 4,000
3. He was surprised
4. Their fitness
5. The unwillingness to shower
6. The exact reasons students did not shower
7. Bullying
8. Spokeswoman for a health organisation in England
9. Body image
10. Local authorities

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)