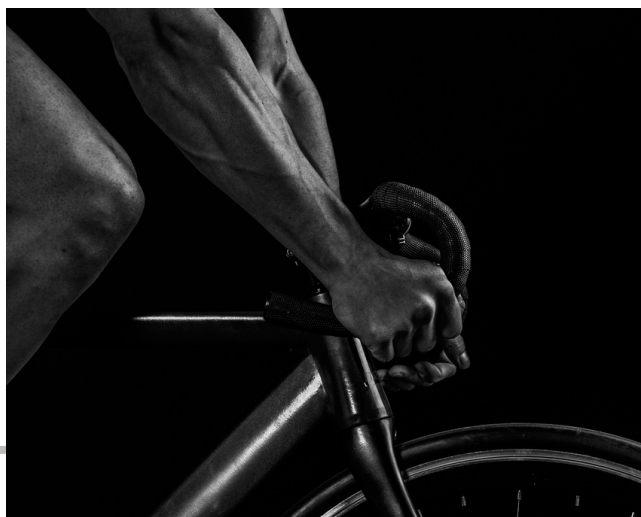


Talking about Preferences

Pre-Intermediate (A2-B1)



WARM UP

Part 1. Discuss the following questions.

1. Do you prefer exercising indoors or outdoors? Why?
2. Would you rather do yoga or lift weights? Why?
3. What type of workout do you enjoy more: running or cycling?



DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Spin class	Yoga	Run
Prefer	Gym	Weights

1. _____ a place with exercise machines and free weights
2. _____ a practice of stretching and breathing for body and mind
3. _____ heavy bars or dumbbells used for strength training
4. _____ a group indoor cycling workout
5. _____ to move quickly on foot
6. _____ to like one thing more than another

DIALOGUE ACTIVITY

Part 1. Read the dialogue. Underline all the phrases used to express preferences, ask about preferences, or soften opinions.

A: Do you prefer going to the gym or working out at home?

B: To be honest, I'm not really into gyms. I enjoy doing yoga more than lifting weights.

A: That's interesting. Would you rather take a spin class or go for a run?

B: I'd rather run; it's better for me.

A: Why?

B: I prefer running to spinning.



GAP-FILL

Part 1. Complete the dialogue with the correct forms of the phrases in the box.

I'd rather...	I enjoy...more than...	Do you prefer...or...?
To be honest, I'm not really into...	Would you rather...or...?	I prefer...to...

A: _____ going to the gym _____ (1) working out at home?

B: _____ (2) gyms. _____ doing yoga _____ (3) lifting weights.

A: That's interesting. _____ take a spin class _____ (4) go for a run?

B: _____ (5) run; it's better for me.

A: Why?

B: _____ running _____ (6) spinning.

PRONUNCIATION

Part 1. Listen to your teacher. Notice how:

For statements of preferences the pitch starts slightly higher on the first content word and then falls steadily.

- "I ENjoy doing YOga more than LIFting WEIGHTS."
- "I preFER RUNning to SPINning."

For choice questions the pitch rises on the first option and then falls on the second.

- "Do you prefer GOing to the GYM or WORKing out at HOME?"
- "Would you rather TAKE a spin CLASS or GO for a RUN?"

Practice: Take turns saying the above statements and questions



SPEAKING PRACTICE: ROLE PLAY

Part 1. In pairs, use the Role-Card below and the language from Steps 2–5. Then swap roles.

I'd rather...	I enjoy...more than...	Do you prefer...or...?
To be honest, I'm not really into...	Would you rather...or...?	I prefer...to...

Role-Card A: You're choosing a new workout plan. Ask your partner about their fitness preferences (indoors vs outdoors, yoga vs weights, etc.).

Role-Card B: Respond using at least three different preference phrases from this lesson.

After each role-play:

Swap roles and try a new scenario (e.g. exercising alone vs. with a partner, lifting weights vs. using resistance bands etc.).

Give feedback: Was the preference clear? Did your partner use correct intonation?

PERSONAL REFLECTION

Part 1. Write/say 3–5 sentences about your own fitness preferences. Use at least three different phrases from this lesson.

- 1.
- 2.
- 3.
- 4.
- 5.