

How Active Are You?

Pre-intermediate (A2-B1)



Part 1. Choose one option in each pair. Give a reason or example.

Go outside and get some fresh air

or

stay inside and chill on the sofa?

Take the stairs and get moving

or

take the lift and save your energy?

Do a short workout

or

watch one more episode of a series?

Play a sport with friends

or

meet friends for food or coffee?



Part 2. Look at the activities. Decide how active they are.

| | | | |
|-----------------|--------------------|-------------------------|-------------------------------|
| Running | Cleaning the house | Walking the dog | Lying on the sofa watching TV |
| Doing housework | Playing a sport | Scrolling on your phone | Stretching |

Put the activities into **three groups**:

- Very active
- A little active
- Not very active

Part 3. Discuss the following questions.

1. Do you think housework counts as exercise?
2. Which of these activities do you do most often?
3. Which activities help people get moving during the day?
4. Do small activities during the day make a difference, or do you need proper exercise?

Part 4. Read the statements. Decide if you agree, disagree, or partly agree. Then explain your answer.

1. Housework is basically exercise.
2. If you walk a lot during the day, you don't really need a workout.
3. It's much easier to stay active when other people join you.
4. Most people sit around too much these days.
5. Doing something active for 10 minutes is better than doing nothing.



Part 5. Read the situations and guess what your partner or teacher usually does. Then ask them if you were right.

After a long day, your partner/teacher probably...

goes straight to the sofa / does something active / has a snack and relaxes first

If your partner/teacher has 30 minutes of free time, they probably...

go out for some fresh air / stay at home and chill / do something useful around the house

When the weather is really nice, your partner/teacher probably...

wants to get outside / stays inside anyway / says "I should go out" but doesn't

If your partner/teacher hasn't moved much all day, they probably...

don't really notice / feel lazy and want to get moving / say they'll do something later

On the weekend, your partner/teacher is more likely to...

sit around and relax / be quite active / do a bit of both

Part 6. Complete the sentences with your own ideas.

1. The easiest way for me to get moving during the day is...
2. When I want to get some fresh air, I usually...
3. On weekends, I sometimes sit around and...
4. I know I should be more active, but sometimes I just...
5. One activity that actually helps me stay active is...



Part 7. Look at the ideas for being more active in daily life. Say which ones you would actually try and which ones you wouldn't. Explain why.

1. Play with something in your hands while you're at your desk (e.g. stress ball, pen, anything)
2. Stand up and move around during phone calls
3. Take the long way instead of the quickest way
4. Do something active while watching TV (stretch, move, light exercise)
5. Get off one stop earlier and walk the rest
6. Set a reminder to get up and move every hour
7. Turn everyday tasks into a "mini workout" (e.g. cleaning faster, carrying things)
8. Go out just to get some fresh air, even for 5–10 minutes

Part 8. Imagine you want to be a little more active next week. Discuss the questions.

1. What small change could you make?
2. What activity feels fun, not like exercise?
3. What helps people stay motivated?

REFLECTION

Complete the sentences with your own ideas.

1. If I'm honest, my activity level is...
2. One small change I could actually stick to is...
3. If I really wanted to be more active, I would need to...

