



Teacher's guide

Talking About Progress & Goals – Pre-Intermediate (A2-B1)

Canva Presentation Link: [Talking About Progress & Goals](#)

Editable Presentation Link: [Talking About Progress & Goals](#)

Editable Worksheet Link: [Student Worksheet: Talking About Progress & Goals](#)

Warm-up

Part 1. Students discuss the questions.

Definition matching

Part 1. Students match each word to its correct definition.

Answer key:

1. Goal
2. Endurance
3. Routine
4. Gym
5. Push-ups
6. Strength

Dialogue activity

Part 1. Students read the dialogue and underline all the phrases used to describe goals, routines, and progress.

Describing goals: I'm working towards... / My goal is to...

Routines: What's your routine now? / I (go to the gym three times a week) and (run two times a week) / I've started...

Progress: I've already increased... / I feel...

Gap-fill

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

Suggested answer key:

1. I'm working towards...
2. I've already increased...
3. What's your routine now?
4. I...and...
5. My goal is to...
6. I've started...
7. I feel...

Speaking Practice: Role Play

Part 1. In pairs, students use the Role-Card below and the language from Steps 2–5. Then, students swap roles and try a new scenario (e.g. running, strength training, achieving a daily step target). Encourage use of

at least three different structures from this lesson.

Personal Reflection

Part 1. Students write/say 3–5 sentences about their own fitness progress and goals. Encourage students to use at least three different phrases from today's lesson.