

Asking for and Giving Advice about Exercise

Pre-Intermediate (A2-B1)



WARM UP

Part 1. Discuss the following questions.

1. How often do you exercise each week?
2. What types of exercise do you enjoy? Why?
3. Have you ever hurt yourself while exercising? What happened?
4. Who do you usually ask for advice about exercise?



DEFINITION MATCHING

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

Warm-up

Stretch

Injury

Rest day

Cool down

Yoga

1. _____ to extend or lengthen a muscle or body part gently, usually before or after exercise, to improve flexibility and help prevent injury.
2. _____ to move slowly before exercise to prepare muscles
3. _____ a period of gradually more gentle exercise that is done after energetic exercise, to help your body recover
4. _____ a set of physical and mental exercises intended to give control over the body and mind
5. _____ pain or damage to body tissue
6. _____ a day without exercise for recovery

DIALOGUE ACTIVITY

Part 1. Read the short dialogue. Underline all the phrases used to ask for or give advice.

A: Hi Sara, I want to start running but my knees sometimes hurt. Can you give me some advice?

B: Oh no! You should warm up before you run. How about 5 minutes of walking?

A: That sounds good. What else can I do?

B: You could try cooling down and stretching your leg muscles after each run. It helps avoid injury.

A: Thanks! Should I run every day?

B: I wouldn't run every day. You ought to rest at least one day between runs.



GAP-FILL

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

Should/shouldn't

Could try

How about...?

Ought to

Would/wouldn't

A: My back still hurts after yoga.

B: You _____ lie on a mat and do gentle stretches first.

A: Would practising every day help me recover faster?

B: I _____ practise every day at first – two or three times a week is enough.

A: _____ doing a five-minute warm-up before I start?

B: That is a great idea. You _____ some online tutorial videos for beginners.

B: Also, you _____ rest at least one full day before you train again.

PRONUNCIATION

Part 1. Listen to your teacher. Notice how their voice rises on the question and falls on the advice.

- "How about a quick walk?" ↗
- "You should stretch first." ↘

Practice: Take turns saying:

- "How about _____?"
- "You should _____."



SPEAKING PRACTICE: ROLE PLAY

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

Asking for advice

Can you...?

Should I...?

What else can I do?

Giving advice

Should/shouldn't

Could try

How about...?

Ought to

Would/wouldn't

Role-Card A: You want to start a new exercise but have concerns (e.g. time, equipment, injury). Ask for advice.

Role-Card B: You're an exercise buddy. Give friendly advice using the key phrases.

After each role-play:

Swap roles and try a new scenario (e.g. learning to swim, lifting weights).

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

PERSONAL REFLECTION

Part 1. Write/say 3–5 sentences about exercise advice you would give to a friend who is just starting. Use at least three different advice phrases.

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



Teacher's guide

Asking for and Giving Advice about Exercise – Pre-Intermediate (A2-B1)

Canva Presentation Link: [🌐 Asking for and Giving Advice about Exercise](#)

Warm-up

Part 1. Students discuss the questions.

Definition matching

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

Answer key:

1. Stretch
2. Warm-up
3. Cool down
4. Yoga
5. Injury
6. Rest day

Dialogue activity

Part 1. Students read the short dialogue and underline all the phrases used to ask for or give advice.

Ask for advice: Can you...? / What else can I do? / Should I...?

Give advice: You should... / How about...? / You could try... / I wouldn't... / You ought to...

Gap-fill

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

Suggested answer key:

1. Should
2. Would
3. Wouldn't
4. How about
5. Could try
6. Ought to

Pronunciation

Part 1. Model the intonation for questions vs. advice statements; students practise in pairs. Emphasise rising tone for "How about...?", falling tone for "You should...." Provide feedback on natural stress.

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. learning to swim, lifting weights). Encourage use of at least three different advice structures.

Personal Reflection

Part 1. Students write/say 3–5 sentences about exercise advice they would give to a friend who is just starting. Encourage students to use at least three different advice phrases.