

# Ready to Run

Publisher Pack



Sample Lesson Plan

A2 HEALTH

## Package Content

 B1 video on the topic of Health

 On/Off captions


 Sample Lesson Plan

 Video Transcript


 Student Printout 1

## Learning Goals

### PRACTICAL ENGLISH

 **Speaking/Listening**  
Asking questions and giving advice

### CRITICAL THOUGHT

 Questioning the reliability of scientific experiments

## Video Vocabulary

- ☐ Health
- ☐ Science

## Video Grammar

- ☐ Direct vs reported questions
- ☐ Should/Shouldn't

## 1 Before watching

In pairs students brainstorm answers to the question: What can we do to stay healthy? Students share answers then vote on which they think are the most important.



### Note

Watch out for these terms:  
tend to, carry out

## 2 While watching

a. Before playing the video, ask the students to vote yes or no to the following question: Can you really catch a cold from being cold? Then, tell students they are going to watch the video and check whether they were right or wrong.

b. Give students Student Printout 1 and tell them to make notes on Javid and Helen's experiments from what they remember from the video. Students share answers with a partner then watch again and complete the table.

	JAVID	HELEN
Question	<i>Can you really catch a cold from being cold?</i>	<i>How far from a sneeze can you catch a disease?</i>
Experiment	<i>Go to the top of a mountain with 30 people and take coats off for 15 minutes.</i>	<i>Measure Sally's sneeze on a bus.</i>
Results	<i>No; No one caught a cold from being cold.</i>	<i>5.5 metres (5 rows)</i>



## 3 After watching



### VIDEO FOLLOW-UP

Can you think of any other important ways to stay healthy that are not mentioned in the video?



### CRITICAL THOUGHT



Do you trust these experiments? Why/why not?



### NATURAL SPEECH

#### Listening strategies

Play the following sections again without sound and ask student to work in pairs and write what they think is being said.

**01:28 - 01:31** "Rob, how cold is it?" "It's about two degrees." "It feels like it."

**02:29 - 02:39** "Sally are you ready? OK... and action! So what happens next?"

**03:17 - 03:30** "Colds and illnesses spread from your nose and throat when you sneeze and land on other people - so, if you sneeze, always cover your nose and mouth and always remember to wash your hands!"

Play clips with audio and students check their answers. Draw students' attention to the intonation when asking questions and giving advice. E.g. "Wow, this is scary!/I can't do it!"



### NATURAL SPEECH

#### Speaking practice

Students work in pairs and pretend one of them is Javid or Helen giving a public talk. The other student is an interviewer. The interviewer must ask questions while 'Javid' or 'Helen' practise giving advice. Students should speak loudly and clearly, as if they have an audience. Tell students to focus on intonation with the clips from the video in mind. Afterwards, students swap roles.

## Project 1 PAIR WORK

Science

Students are going to design an experiment to answer one of the two questions in the video: Can you catch a cold from being cold? or How far from a sneeze can you catch a disease?

Students need to think of an experiment different to the experiments in the video and be prepared to explain why it is reliable and accurate. Students vote on the best experiment and, if possible, carry out the best experiment together as a class.

## Project 2 GROUP WORK

Art and Design

Tell students they have been asked to design a poster to display around the school to make people more aware of how to avoid catching a cold. In groups of three students must design a poster to be put up in the school giving advice on how to stay healthy. The poster must give information and be visually pleasing. The completed posters can be displayed in the classroom.



A2

HEALTH

Try to remember the information about the experiments Javid and Helen do in the video and make notes in the table of what you remember. Watch the video again and try to complete the table.

JAVID

HELEN

Question

Experiment

Results

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Video Transcript

A2 HEALTH



## Topic vocabulary (in bold)

### HEALTH

illness

sneeze

look after

catch a cold

test results

### SCIENCE

fact

experiment

degrees

professor

test

have breakfast

**NARRATOR** The common cold is a very common **illness**, especially in the winter. But is it the cold that causes it?

Meet doctors Javid, Helen, and Phil, who want to know if it's **fact** or fiction: can you really **catch a cold** from being cold?

**JAVID** I just think that we weren't designed to exist in the cold weather.

**PHIL** Javid doesn't like being cold.

**JAVID** I hate it.

**PHIL** I think we should send Javid out to get really cold.

**TITLE** *Can I catch it?*

**TITLE** *Can you **catch a cold** from being cold?*

**NARRATOR** To find out if being cold can give you a cold, Javid visits the Cairngorm mountains in Scotland.

**NARRATOR** Javid and 30 others are going to take their coats off for 15 minutes and see if they catch colds.

**JAVID** How long are the coats coming off for?

**ROB** 15 minutes, guys.

**JAVID** Right, so shall we do it?

**CROWD** Yes!

**JAVID** After you.

**ROB** Rob, how cold is it?

**JAVID** It's about two **degrees**.

**JAVID** It feels like it.

**CROWD** Three... Two... One!

**JAVID** Coats on! Whey!

**TITLE** Now they have to wait for the results.

**TITLE** *Can I catch it?*

**NARRATOR** *How far from a **sneeze** can you catch a disease?*

Helen hates getting ill, and when you **sneeze illnesses** can move from one person to another.

Helen wants to know: how far from a **sneeze** can you catch a disease? To find out, she's doing an **experiment** with the help of **professor** Andrew Eastern.

For which they need a load of these, one of these, and one of these...

**HELEN** Meet Sneezing Sally. They are going to measure the distance a **sneeze** can travel up a bus.

**ANDREW** Sally, are you ready? OK... and action! So what happens next?



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A2 HEALTH

## Topic vocabulary (in bold)

### HEALTH

illness

sneeze

take care of

catch a cold

test results

### SCIENCE

fact

experiment

degrees

professor

test

have breakfast

**NARRATOR** So now we just wait.

Andrew and his plates go back to the lab for testing. The results show that the **sneeze** travelled nearly five and a half meters. Helen shouldn't sit too near Sally...

**HELEN** Keep your **sneeze** in! Don't spread your disease five and a half metres away!

**TITLE** *Can I catch it?*

**TITLE** *Can you **catch a cold** from being cold?*

**NARRATOR** Back with Javid, the **test results** showed that nobody caught a cold, but experts still had some advice on how to stay healthy.

**ROB** Eat well, that's the key thing. You know – exercise, wash your hands.

**NARRATOR** Colds and illnesses go from your nose and throat when you **sneeze** and land on other people. So, if you **sneeze**, you should always cover your nose and mouth and always remember to wash your hands!

There you have it, you don't **catch a cold** from being cold, but you should always try to **take care of** yourself.

