

# Listening

## Proverb

A healthy mind in  
a healthy body

# Discussion

What's the best way to stay healthy?

How do you get a 'healthy mind'?

Do many people nowadays fail to exercise their bodies/minds/both?

# Reading -ex 3 p 10-11

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1 D

2 F

3 A

4 B

5 G

6 E

# Expressions

Hit the wall - доходить до предела  
своих возможностей

Cramp - сводить судорогой

# Expressions - ex 4 p11

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- **sickly**: suffering from ill health
- **heart defect**: problem with the heart
- **were involved**: took part
- **ultimate**: greatest
- **challenge**: difficult task
- **mentally**: of the mind
- **dropped out**: quit
- **hit the wall**: reach one's limit of endurance, run out of
- **strength**
- **ran out of**: had none left
- **cramp**: tighten, spasm and cause pain



# Expressions - ex 4 p11

- **lungs:** the two organs that allow us to breathe
- **obtain:** get
- **line up:** stand in a row and wait
- **handle:** deal with
- **build:** increase
- **progressed:** got better, advanced
- **thrilled:** excited
- **enter:** join in
- **set out:** arrange
- **entire:** whole
- **essential:** necessary
- **consumed:** used
- **barely:** hardly
- **volunteer:** offer to do sth for free

# Pair work - ex 4 p 11

- SA: How old was Michael when the London Marathon was first organised?
- SB: Michael was 14 when the first marathon was organised. How many people, on average, complete the marathon each year?
- SA: On average, 33,000 people complete the marathon. What distance must the competitors run to complete the marathon?
- SB: Competitors must run 42.2 kms to complete a marathon. What age was Michael when he ran the marathon?
- SA: Michael was 19 when he ran the marathon. Is Michael still involved with the marathon? How?
- SB: Yes, he volunteers each year to assist the athletes. etc

# Ex 5 p 11

- A: I think that Michael is an incredibly determined
- person because he didn't let his illness stop him
- doing what he wanted to do.
- B: That's very true. He is also passionate as he cared
- so much about the marathon.
- A: Yes, and you'd have to say that anyone who could
- complete a 42.2 km race is persistent!
- B: For sure. He is also very courageous because when
- you think about it he was putting his life in danger
- to a certain degree.

# Ex 6 p 11

- If I was Michael, I don't think I would have been brave
- enough to do what he did. Instead, I think I would have
- volunteered to help out at the marathon.