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The 4 page 60 minute ESL British English lesson – 30/09/13

## CrossFit - The new fitness sport

Today, let's talk about CrossFit. This is a structured, sport-specific programme that includes; running, biking, swimming, and rowing. It can also include Olympic lifts, powerlifting, gymnastic movements, as well as other activities.

CrossFit allows one to forge a broad, general and inclusive fitness. It is defined as that which optimises fitness. It is also an effective way to get fit. Anyone can do it but you need to be sports oriented! Like with most sports, progression is the step to going forward. Most Crossfitters have a program to follow and a trainer to assist them.

Crossfitters might say CrossFit is a lifestyle in which you are prioritizing your health. Certainly it is the ability to do many different things associated with sport at a high level of intensity.

CrossFit is actually a fitness program developed by Greg Glassman over several decades. He defined fitness in a meaningful and measurable way. Today there is a large community of Crossfitters who like to do these workouts together. A communal aspect thus forms, which is why it is so popular around the globe today.

There are single sport days i.e. on a Tuesday, Thursday and a Sunday. Multi-sport days are programmed for endurance on specific days of the week to balance the volume and ensure a proper recovery. A typical program might be; Monday – swimming; Tuesday – running; Wednesday - biking. Thursday – day off to recover; Friday, Saturday and Sunday will see your sport varied.

Naturally there is the odd competition or two to take part in. When you are good you can take part in the CrossFit Games that test who is the fittest on Earth.... I can tell you it is not me!

### SPEAKING

Think of three sports associated with fitness. Go round the room swapping details with others.

### LISTENING – WRITING - DICTATION

The teacher will read some lines of the article slowly to the class.

### READING

Students should now read the article aloud, swapping readers every paragraph.

### SPEAKING - UNDERSTANDING

**1) The article** – Students check any unknown vocabulary or phrases with the teacher.

**2) The article** - Students should look through the article with the teacher.

- 1) What is the article about?
- 2) What do you think about the article?
- 3) Was this an easy or difficult article to understand?
- 4) Was this a boring or interesting article?
- 5) Discuss the article.

**3) Article quiz** - Students quiz each other in pairs. Score a point for each correct answer. Score half a point each time you have to look at the article for help. See who can get the highest score!

### Student A questions

- 1) Sum up what is CrossFit?
- 2) What are the CrossFit Games?
- 3) Name the founder.
- 4) Name three programmes you might do in CrossFit.
- 5) What might you do on a Monday?

### Student B questions

- 1) Who is not the fittest on earth?
- 2) What sport do you do on a Wednesday?
- 3) Do Crossfitters do the sport on their own?
- 4) Can you take part in competitions?
- 5) Where is CrossFit popular?

**Category: Sport / Fitness / CrossFit**  
**Level: Intermediate / Upper Intermediate**

## CrossFit – The new fitness sport – 30<sup>th</sup> September 2013

### WRITING / SPEAKING

*In pairs.* On the board write as many words as you can to do with '**CrossFit**'. *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

### WRITING / SPEAKING

*In pairs* – think of three sports you do and three you might like to take up. Write them below.

- 1) \_\_\_\_\_ (1) \_\_\_\_\_
- 2) \_\_\_\_\_ (2) \_\_\_\_\_
- 3) \_\_\_\_\_ (3) \_\_\_\_\_

**Add** three reasons to do sport. Add three negative reasons. Discuss together.

- 1) \_\_\_\_\_ (1)
- 2) \_\_\_\_\_ (2)
- 3) \_\_\_\_\_ (3)

**The teacher** will choose some pairs to discuss their findings in front of the class.

### WRITING / SPEAKING

*In pairs* – Talk about what other aspects of CrossFit you know about. *Use the internet to help you!* 5 mins.

**The teacher** will choose some students to hear their discussions.

### DISCUSSION

#### Student A questions

- 1) Did the headline make you want to read the article?
- 2) Had you heard of CrossFit before today's lesson?
- 3) Will you be taking up CrossFit?
- 4) Why is CrossFit popular?
- 5) Is CrossFit a sport? Explain.
- 6) Why do some people say CrossFit isn't a sport?
- 7) Is CrossFit not just a money-making franchise?
- 8) Why is CrossFit good for you?
- 9) Give two good reasons for joining a CrossFit program.
- 10) Have you learnt anything in today's lesson?

### SPEAKING – ROLEPLAY 1

*In groups.* One of you is the interviewer. The others are one of the following people. You are in the Fitness FM radio studio. Today's interview is: 'CrossFit – Is it a sport? What sort of sport?'

- 1) Someone who does CrossFit.
- 2) A sports journalist.
- 3) You.
- 4) A non-sports person.

**The teacher** will choose some groups to roleplay their interview in front of the class.

### SPEAKING - ROLEPLAY 2

*In pairs.* You are in a gym in your town/city. Start a conversation about: 'CrossFit. 5 mins.

### SPEAKING - SPORT

*Groups* – 20 things about sport. 5 mins.

**The teacher** will choose some groups to hear their findings in front of the class.

### SPEAKING - DISCUSSION

Allow 10 minutes – As a class.

Discuss the following...

Keeping fit today

or

CrossFit – Is it a sport or not?

**The teacher** can moderate the session.

### DISCUSSION

#### Student B questions

- 1) What do you think about what you've read?
- 2) Do you know anyone who does CrossFit?
- 3) Do you have a CrossFit group of people in your town/city?
- 4) What sports have you done this week?
- 5) Are you a seasonal sports person?
- 6) What sport do you like to do at the weekend?
- 7) When did you last go swimming or cycling?
- 8) When did you last do some gymnastics?
- 9) Has this been a difficult lesson for you to understand?
- 10) Did you like this discussion?

## GAP FILL: READING

### CrossFit - The new fitness sport

Today, let's talk about CrossFit. This is a structured, sport-specific programme that includes; running, biking, swimming, and rowing. It can also include Olympic lifts, (1)\_\_, gymnastic movements, as well as other activities.

CrossFit allows one to forge a (2)\_\_, general and inclusive (3)\_\_. It is defined as that which optimises fitness. It is also an (4)\_\_ way to get fit. Anyone can do it but you need to be sports oriented! Like with most sports, (5)\_\_ is the step to going forward. Most Crossfitters have a program to follow and a (6)\_\_ to assist them.

Crossfitters might say CrossFit is a lifestyle in which you are prioritizing your health. (7)\_\_ it is the ability to do many different things associated with sport at a high level of (8)\_\_.

**effective / fitness / intensity / progression / powerlifting / certainly / broad / trainer**

CrossFit is actually a fitness program developed by Greg Glassman over several decades. He defined fitness in a (1)\_\_ and (2)\_\_ way. Today there is a large community of Crossfitters who like to do these workouts together. A (3)\_\_ aspect thus forms, which is why it is so popular around the globe today.

There are single sport days i.e. on a Tuesday, Thursday and a Sunday. Multi-sport days are programmed for (4)\_\_ on specific days of the week to balance the volume and ensure a (5)\_\_ recovery. A typical program might be; Monday – swimming; Tuesday – running; Wednesday - biking. Thursday – day off to recover; Friday, Saturday and Sunday will see your sport varied.

(6)\_\_ there is the (7)\_\_ (8)\_\_ or two to take part in. When you are good you can take part in the CrossFit Games that test who is the fittest on Earth.... I can tell you it is not me!

**naturally / endurance / communal / odd proper / measurable / competition / meaningful /**

## GAP FILL: GRAMMAR

### CrossFit - The new fitness sport

Today, let's talk about CrossFit. This is a structured, sport-specific programme that includes; running, biking, swimming, and rowing. It can also include Olympic lifts, powerlifting, gymnastic movements, (1)\_\_ well as other activities.

CrossFit allows one to forge a broad, general and inclusive fitness. (2)\_\_ is defined as that which optimises fitness. It is also (3)\_\_ effective way to get fit. Anyone can do it (4)\_\_ you need to be sports oriented! Like with most sports, progression is the step to going forward. Most Crossfitters have a program to follow and a trainer to assist them.

Crossfitters might say CrossFit is a lifestyle (5)\_\_ which (6)\_\_ are prioritizing your health. Certainly it is the ability to do many different things associated with sport (7)\_\_ a high level (8)\_\_ intensity.

**of / at / it / as / in / you / but / an**

CrossFit is actually a fitness program developed by Greg Glassman (1)\_\_ several decades. He defined fitness in a meaningful and measurable way. Today there is a large community of Crossfitters who like to do these workouts together. A communal aspect (2)\_\_ forms, (3)\_\_ is why it is so popular around the globe today.

(4)\_\_ are single sport days i.e. on a Tuesday, Thursday and a Sunday. Multi-sport days are programmed for endurance on specific days of the week to balance the volume and ensure a proper recovery. A typical program (5)\_\_ be; Monday – swimming; Tuesday – running; Wednesday - biking. Thursday – day off to recover; Friday, Saturday and Sunday will see (6)\_\_ sport varied.

Naturally there is the odd competition or two to take part in. (7)\_\_ you are good you can take part in the CrossFit Games (8)\_\_ test who is the fittest on Earth.... I can tell you it is not me!

**Which / when / thus / there / that / over / might / your /**

## GAP FILL: LISTENING

### CrossFit - The new fitness sport

Today, let's talk about CrossFit. This is a structured, sport-specific programme that includes; running, biking, \_\_\_\_\_. It can also include Olympic lifts, powerlifting, gymnastic movements, as well as other activities. CrossFit allows one to forge a broad, general and inclusive fitness. It is defined as that which \_\_\_\_\_. It is also an effective way to get fit. Anyone can do it but you need to be sports oriented! Like with most sports, progression is the step to going forward. Most Crossfitters have a program to follow and a \_\_\_\_\_. Crossfitters might say CrossFit is a lifestyle in which you are prioritizing your health. Certainly it is the ability to do many different things associated with sport at a \_\_\_\_\_.

CrossFit is actually a fitness program developed by Greg Glassman over several decades. He defined fitness in a meaningful \_\_\_\_\_.

Today there is a \_\_\_\_\_ Crossfitters who like to do these workouts together. A communal aspect thus forms, which is why it is so popular around the globe today.

There are \_\_\_\_\_ i.e. on a Tuesday, Thursday and a Sunday. Multi-sport days are programmed for endurance on specific days of the week to \_\_\_\_\_ and ensure a proper recovery. A typical program might be; Monday – swimming; Tuesday – running; Wednesday - biking. Thursday – day off to recover; Friday, Saturday and Sunday will see your sport varied.

Naturally there is the \_\_\_\_\_ two to take part in. When you are good you can take part in the CrossFit Games that test who is the fittest on Earth.... \_\_\_\_\_ not me!

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## WRITING/SPELLING

### WRITING / SPEAKING

**1) On the board** - *In pairs/small groups* – 20 different sports. Discuss them together. Which do you do? Which do you like? Which do you watch? Etc...5 mins.

*The teacher will choose some groups to hear their findings in front of the class.*

**2) Sentence starters** - Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- 1) Sport \_\_\_\_\_
- 2) I like to \_\_\_\_\_
- 3) CrossFit \_\_\_\_\_

**3) Homework** - Write and send a 200 word email to your teacher about: **CrossFit**. Your email can be read out in class.

### GAP FILL READING

- 1) powerlifting
- 2) broad
- 3) fitness
- 4) effective
- 5) progression
- 6) trainer
- 7) certainly
- 8) intensity

### ANSWERS

- 1) meaningful
- 2) measurable
- 3) communal
- 4) endurance
- 5) proper
- 6) naturally
- 7) odd
- 8) competition

### SPELLING

The teacher will ask the class individually to spell the following words that are in the article. Afterwards check your answers.

- 1) intensity
- 2) meaningful
- 3) measurable
- 4) community
- 5) together
- 6) thus
- 7) endurance
- 8) specific
- 9) volume
- 10) ensure

### SPELLING

Use the following ratings:

**Pass = 12**

**Good = 15**

**Very good = 18**

**Excellent = 20**

- 11) typical
- 12) naturally
- 13) competition
- 14) swimming
- 15) activities
- 16) fitness
- 17) effective
- 18) progression
- 19) lifestyle
- 20) prioritizing

CrossFit – The new fitness sport – *30<sup>th</sup> September 2013*