

# DAILY ENGLISH

Book 3

C4 - Swimming is good exercise.



## *Lead-in*

1. What activities do you do to keep your body healthy?
2. How often do you do it?

# Target Language

▼ *In this lesson, we will learn:*

## Grammar Focus

Gerund as a subject

## Daily Expression

Swimming is good exercise.  
Dancing is good exercise.

# Picture Description

▼ Please describe each picture.



A



B



C



D

# Pronunciation and Matching

▼ Read the example sentences.

1. Swimming is good exercise.
2. Dancing is good exercise.
3. Walking is good exercise.
4. Jogging is good exercise.

▼ Match the sentences with the corresponding pictures.



## Conversation

▼ Listen to the conversation.

Serena: You are so physically fit Kannta.

Kannta: Thanks, Serena. I love to exercise.

Serena: Wow! What do you do to keep fit?

Kannta: I go swimming on weekends.

**Swimming is good exercise.**

Serena: Where?

Kannta: I go to Metro Sports Center. It has a huge swimming pool.

Do you want to come with me this weekend?

Serena: Sure.

### Questions:

- Why is Kannta so physically fit?
- What does he do to keep fit?
- What will Serena do this weekend?

## Grammar Focus

▼ Read the grammar structure.

### Gerund as a subject

Swimming

Dancing

Walking

Jogging

is good exercise.

# Grammar Check

▼ Complete the sentences using the verbs in the box in their gerund form.

Ski      Laugh      Smoke      Cook      Do

1. Cooking is my hobby.
2. \_\_\_\_\_ homework is boring.
3. \_\_\_\_\_ is bad for your health.
4. \_\_\_\_\_ can be dangerous.
5. \_\_\_\_\_ is a great stress reliever.

▼ Identify if the underlined word is a gerund or a verb.

1. Walking is a good exercise.
2. He is walking in the park.

Gerund

3. They are baking in the kitchen.
4. Baking makes a great business.

5. Singing relieves stress.
6. Flora was singing yesterday.



## Daily Scene

Offer some advice to the following people.

Hi, Adrian.

**Walking** is a simple exercise.  
*Keep it up!*

**Adrian**

I want to do a simple exercise, but I don't have a lot of free time because I walk to work everyday.

**Maurice**

I want to have a good business, but I am not good at anything but baking.

Hi, Maurice.

\_\_\_\_\_ is a good business.  
*Go for it!*

Hi, Brandi.

\_\_\_\_\_  
*You should do it.*

**Brandi**

I want to start a relaxing hobby. I am not interested in music and sports but I find gardening interesting.

**Camille**

I want to develop an amazing talent. However, I can't sing and dance, but I can paint very well.

Hi, Camille.

\_\_\_\_\_  
*You'll do well!*