



### Target Language

▼ In this lesson, we will learn:

**Grammar Focus** 

Gerund as a subject

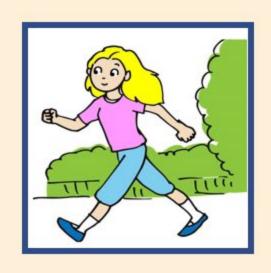
**Daily Expression** 

Swimming is good exercise. Dancing is good exercise.

## Picture Description

▼ Please describe each picture.









A B C

# Pronunciation and Matching

- 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

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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**

#### Gerund as a subject

Swimming -

Dancing

Walking

Jogging

is good exercise.

## **Grammar Check**

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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. 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.

<ol> <li>Walking is a good exercise.</li> <li>He is walking in the park.</li> </ol>	Gerund
<ul><li>3. They are <u>baking</u> in the kitchen.</li><li>4. <u>Baking</u> makes a great business.</li></ul>	
<ul><li>5. <u>Singing</u> relieves stress.</li><li>6. Flora was <u>singing</u> yesterday.</li></ul>	

#### Daily Scene

# Offer some advice to the following people.

Hi, Adrian.

Walking is a simple exercise.

Keep it up!

Hi, Brandi.

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You should do it.

-Adrian

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

Brandi

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

Maurice

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

Camille

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

Hi, Maurice.

is a good business.

Go for it!

Hi, Camille.

You'll do well!