

DAILY ENGLISH

C04

Swimming is good exercise.

A man with a beard, wearing a green t-shirt and black shorts, is running on a treadmill in a gym. The gym has large windows in the background, and several other treadmills are visible. The man is running on a treadmill that has 'ASSAULT FITNESS' and 'AIRRUNNER' written on it. A semi-transparent white box with a blue border is overlaid on the image, containing the text 'Lead-in' and two questions.

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.

Picture Description

▼ Tell what you see in the pictures below.



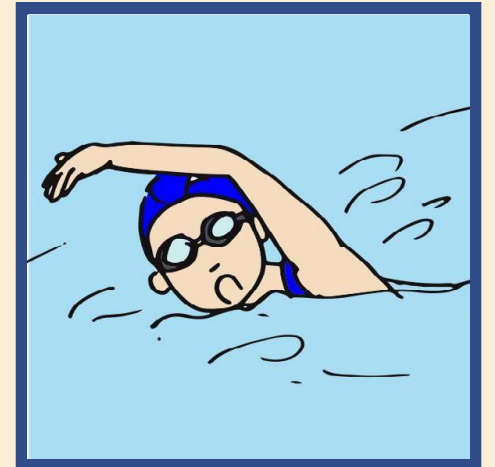
A



B



C



D

Pronunciation and Matching

▼ Read the example sentences.

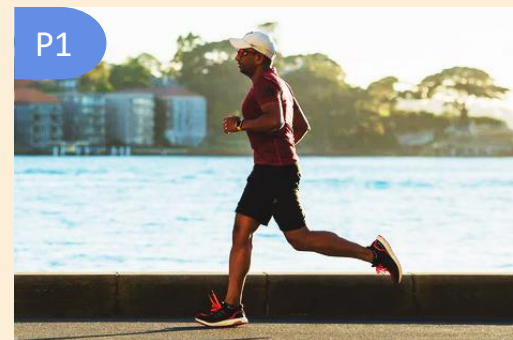
1. Swimming is good exercise.

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 Kanta.

Kanta: Thanks, Serena. I love to exercise.

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

Kanta: I go swimming on weekends.

Swimming is good exercise.

Serena: Where do you go swimming?

Kanta: I go to Metro Sports Center. Do you
want to come with me this weekend?

Serena: Sure.

Questions:

- Why is Kanta 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 gerund form of the words in the box.

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 _____ makes you feel better.

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

- 1 Walking is good exercise. gerund
- 2 He is walking in the park. _____
- 3 They are baking in the kitchen. _____
- 4 Baking makes a great business. _____
- 5 Singing lowers stress. _____
- 6 Flora was singing yesterday. _____

Daily Scene

Offer advice to the following people:

I want to do a
simple activity.



Adrian

Hi, Adrian.
Walking is a simple activity.
You should try it!

I want to learn
a **fun sport**.



Camille

Hi, Camille.
_____ is a fun sport.
Give it a try!

I want to have a
good business.



Kent

Hi, Kent.
_____ is a good business.
Go for it!