

I don't exercise enough!

1 Warm Up: Work with a partner.

Do you go out often – or do you prefer to spend your evenings at home? Ask your partner!



2 Vocabulary Practice

Word / Expression

watch
go
meet
join
sing

Meaning

in the shower
lots of people
TV
a choir
out



3 Conversation: Work with a partner.

Scene: Kate and Harry are co-workers. They are on a lunch break.

Kate: So Harry, I think I need a new hobby!

Harry: A new hobby? Why's that?

Kate: Well, I watch TV too much - and I don't go out enough. I'm always at home!

Harry: Why don't you join the gym? I go twice a week. You'll meet lots of people at the gym.

Kate: That's a good idea. I don't exercise enough. But...um....

Harry: But what?

Kate: Well, I don't like gyms. Membership is expensive!

Harry: Well, let's see. How about joining a choir? My brother is a tenor in his local choir. He loves it!

Kate: A choir? Hmm. I like singing in the shower. I might try that!

4 Comprehension: Write answers to the questions.

1. Why does Kate need a new hobby?

.....

2. How often does Harry go to the gym?

.....

3. Why doesn't Kate like going to the gym?

.....

4. Why does Kate think singing in a choir is a good idea?

.....

5 Language Note: too much & not enough

Verb + too much	Adam drinks too much. Susan talks too much!
Not + verb + enough	Claire doesn't exercise enough. Tim doesn't study enough.

1. John is very stressed. I think he / work [**too much**]

.....

2. Mandy / read [**not enough**]

.....

3. Last night, Andrew / eat [**too much**]

.....

4. Billy didn't pass his piano exam. He / practice [**not enough**]

.....

7 Discussion: Work with a partner or in small groups.



- Make true sentences using : I..... too much or I don't enough.
- Your partner / group will ask follow-up questions.

I don't exercise enough! Teaching Notes

Target Structures: Verb + too much / not enough

Vocabulary: General

Level: Upper Elementary

Time: 45 minutes

Preparation: None

Suggested Teaching Method:

This worksheet helps students with two sentence patterns: *I xxx too much* and *I don't xxx enough*.

- ① Direct students to the warm-up. Students should work in pairs. Don't spend too long here. In the discussion stage of the lesson, students will have the opportunity to talk about things they do too much (or not enough).
- ② Students can work in pairs, matching the two halves of the expressions. Instead of going through the answers, you could have them check after practicing the conversation in exercise three.
- ③ Set the scene of the conversation. Students should practice the conversation aloud once, and then change roles. Answer any vocabulary questions the students have.
- ④ Students can work with a new partner asking and answering the questions. Have students read through the questions first. Go through the answers with the group.
- ⑤ Go through the language note with the class. You may need to clarify that the two sentence patterns are for bad things. Students can work in pairs, discussing their answers before writing. Go through the answers with the group.
- ⑥ Assign new pairs. Give students preparation time.
You could write some discussion ideas on the board:
eat / drink / smoke / take exercise / read / visit family members / sleep / study / go out / see friends
- ⑦ Leave plenty of time for class discussion. To maximize student talking time, it's best to put students in pairs, or small groups. Students should read all the questions first, before beginning the discussion.
While the students are speaking, monitor the conversations, but try not to interrupt. Encourage follow-up questions. When the discussion comes to a close, ask a few of the questions yourself, and go through any points of English you made a note of while monitoring.

Answer Key (Other answers may be possible)

- ② watch TV
go out
meet lots of people
join a choir
sing in the shower
- ③
 1. She watches too much TV and she doesn't go out enough.
 2. He goes twice a week.
 3. It's expensive.
 4. Because she likes singing in the shower.
- ④
 1. I think John works too much.
 2. Mandy doesn't read enough.
 3. Last night, Andrew ate too much.
 4. Billy doesn't practice enough.