

Ready to Run

Publisher Pack



A2 HEALTH

Package Content

-  B1 video on the topic of Health
-  On/Off captions
-  Sample Lesson Plan
-  Video Transcript
-  Student Printout 1

Learning Goals

PRACTICAL ENGLISH

-  **Speaking/Listening**
-  Asking questions and giving advice

CRITICAL THOUGHT

-  Questioning the reliability of scientific experiments

Video Vocabulary

- Health
- Science

Video Grammar

- Direct vs reported questions
- Should/Shouldn't

1 Before watching

In pairs students brainstorm answers to the question: What can we do to stay healthy? Students share answers then vote on which they think are the most important.



Note

Watch out for these terms:
tend to, carry out

2 While watching

- a. Before playing the video, ask the students to vote yes or no to the following question: Can you really catch a cold from being cold? Then, tell students they are going to watch the video and check whether they were right or wrong.
- b. Give students Student Printout 1 and tell them to make notes on Javid and Helen's experiments from what they remember from the video. Students share answers with a partner then watch again and complete the table.

	JAVID	HELEN
Question	<i>Can you really catch a cold from being cold?</i>	<i>How far from a sneeze can you catch a disease?</i>
Experiment	<i>Go to the top of a mountain with 30 people and take coats off for 15 minutes.</i>	<i>Measure Sally's sneeze on a bus.</i>
Results	<i>No: No one caught a cold from being cold.</i>	<i>5.5 metres (5 rows)</i>



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3 After watching

VIDEO FOLLOW-UP

Can you think of any other important ways to stay healthy that are not mentioned in the video?

CRITICAL THOUGHT

Do you trust these experiments? Why/why not?

NATURAL SPEECH

Listening strategies

Play the following sections again without sound and ask student to work in pairs and write what they think is being said.

01:28 - 01:31 "Rob, how cold is it?" "It's about two degrees." "It feels like it."

02:29 - 02:39 "Sally are you ready? OK... and action! So what happens next?"

03:17 - 03:30 "Colds and illnesses spread from your nose and throat when you sneeze and land on other people - so, if you sneeze, always cover your nose and mouth and always remember to wash your hands!"

Play clips with audio and students check their answers. Draw students' attention to the intonation when asking questions and giving advice. E.g. "Wow, this is scary!/I can't do it!"

NATURAL SPEECH

Speaking practice

Students work in pairs and pretend one of them is Javid or Helen giving a public talk. The other student is an interviewer. The interviewer must ask questions while 'Javid' or 'Helen' practise giving advice. Students should speak loudly and clearly, as if they have an audience. Tell students to focus on intonation with the clips from the video in mind. Afterwards, students swap roles.

Project 1 PAIR WORK

Science

Students are going to design an experiment to answer one of the two questions in the video: Can you catch a cold from being cold? or How far from a sneeze can you catch a disease?

Students need to think of an experiment different to the experiments in the video and be prepared to explain why it is reliable and accurate. Students vote on the best experiment and, if possible, carry out the best experiment together as a class.

Project 2 GROUP WORK

Art and Design

Tell students they have been asked to design a poster to display around the school to make people more aware of how to avoid catching a cold. In groups of three students must design a poster to be put up in the school giving advice on how to stay healthy. The poster must give information and be visually pleasing. The completed posters can be displayed in the classroom.



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Try to remember the information about the experiments Javid and Helen do in the video and make notes in the table of what you remember. Watch the video again and try to complete the table.

	JAVID	HELEN
Question		
Experiment		
Results		

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Topic vocabulary (in bold)

HEALTH

illness sneeze look after
catch a cold test results

SCIENCE

fact experiment degrees
professor test have breakfast

NARRATOR The common cold is a very common **illness**, especially in the winter. But is it the cold that causes it?

Meet doctors Javid, Helen, and Phil, who want to know if it's **fact** or fiction: can you really **catch a cold** from being cold?

JAVID I just think that we weren't designed to exist in the cold weather.

PHIL Javid doesn't like being cold.

JAVID I hate it.

PHIL I think we should send Javid out to get really cold.

TITLE *Can I catch it?*

TITLE *Can you **catch a cold** from being cold?*

NARRATOR To find out if being cold can give you a cold, Javid visits the Cairngorm mountains in Scotland.

NARRATOR Javid and 30 others are going to take their coats off for 15 minutes and see if they catch colds.

JAVID How long are the coats coming off for?

ROB 15 minutes, guys.

JAVID Right, so shall we do it?

CROWD Yes!

JAVID After you.

ROB Rob, how cold is it?

JAVID It's about two **degrees**.

JAVID It feels like it.

CROWD Three... Two... One!

JAVID Coats on! Whey!

TITLE Now they have to wait for the results.

TITLE *Can I catch it?*

NARRATOR *How far from a **sneeze** can you catch a disease?*

Helen hates getting ill, and when you **sneeze illnesses** can move from one person to another.

Helen wants to know: how far from a **sneeze** can you catch a disease? To find out, she's doing an **experiment** with the help of **professor** Andrew Eastern.

For which they need a load of these, one of these, and one of these...

HELEN Meet Sneezing Sally. They are going to measure the distance a **sneeze** can travel up a bus.

ANDREW Sally, are you ready? OK... and action! So what happens next?

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Video Transcript

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Topic vocabulary (in bold)

HEALTH

illness

sneeze

take care of

catch a cold

test results

SCIENCE

fact

experiment

degrees

professor

test

have breakfast

NARRATOR So now we just wait.

Andrew and his plates go back to the lab for testing. The results show that the **sneeze** travelled nearly five and a half metres. Helen shouldn't sit too near Sally...

HELEN Keep your **sneeze** in! Don't spread your disease five and a half metres away!

TITLE *Can I catch it?*

TITLE *Can you **catch a cold** from being cold?*

NARRATOR Back with Javid, the **test results** showed that nobody caught a cold, but experts still had some advice on how to stay healthy.

ROB Eat well, that's the key thing. You know – exercise, wash your hands.

NARRATOR Colds and illnesses go from your nose and throat when you **sneeze** and land on other people. So, if you **sneeze**, you should always cover your nose and mouth and always remember to wash your hands!

There you have it, you don't **catch a cold** from being cold, but you should always try to **take care of** yourself.

