

The Learn Hot English *Proficiency Pack*

Ready-to-go lessons for proficiency-level students!

Level: Proficiency, C2. September to December 2019



Introduction

The aim of these lessons is to get your proficiency-level students speaking and writing after reading or listening to authentic, native-level materials.

The practical lessons will allow your students to use lots of useful language and apply all the essential skills: speaking, listening, reading and writing. The follow-up activities will help reinforce learning and give students opportunities to put any newly-acquired language into practice. This will ensure dynamic classes and rapid learning.

The video files consist of mostly English-speakers speaking naturally (they aren't scripted texts). The reading texts are from online native-level sources. Some of these activities come with video or listening files.

You can download the compressed file from www.learnhotenglish.com/teachers onto your smartphone, tablet computer, laptop, etc.

For students with a high listening level, you might just let them watch the videos once to challenge them a bit more. In most cases, this will mean skipping the "first viewing" activity and going straight to the "second viewing" task.

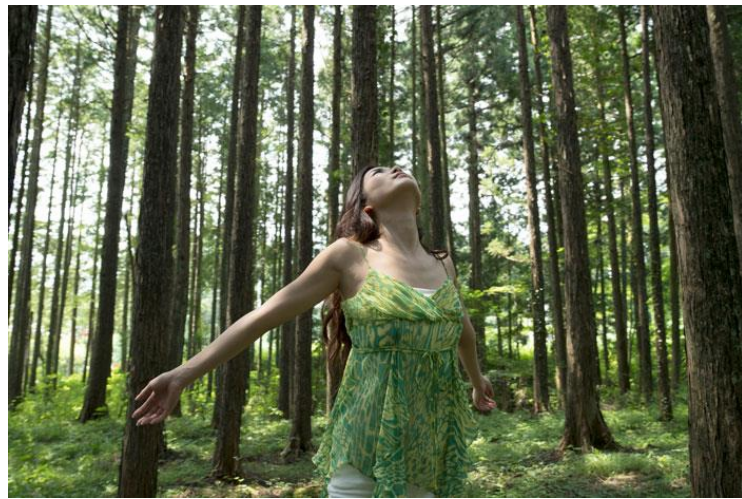
You could also use this authentic material with Advanced (C1) or even Upper-Intermediate (B2) level students. For example, if there are 4 points in the article, give them the first 2 or 3 to read over.

Please e-mail us with any other ideas you may have, or any comments in general:

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Good luck!





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Afraid of the gym? Here are 3 socially-distanced outdoor alternatives!

www.euronews.com

Even if your local gym has re-opened its doors, you may not be all that keen to return just yet – and you aren't alone in feeling that way. A survey in the US shows that only 5% of people are happy to return to fitness facilities. Medical professionals support this wariness too. Dr James Voos, chairman of orthopaedic surgery at University Hospitals Cleveland Medical Center authored a study which considered just how contagious spaces like gyms are. “When you have a relatively high density of people exercising and sweating in a contained space, you have conditions where communicable diseases can spread easily,” explains Dr Voos. So, what are the best outdoor alternatives? Here are three suggestions for you.

Paddle-boarding

Paddle-boarding isn't the most conventional form of exercise, but if you want to social distance and enjoy nature, there's nothing like paddle-boarding. It's a great full body exercise, really putting your core to the test, without being a high impact workout like running or a fitness class. Sure, it's not the most accessible sport, but more and more beach areas rent out paddle-boards, and most basic boards are pretty stable and easy to get to grips with.



Cycling

Cycling is another low-impact sport, so it's somewhat easier on your joints, while still ensuring you get a proper workout. There are far fewer cars on the road right now, which makes riding safer and easier than usual. Plus, if you get into cycling now, you've developed a great new commuting method for the future. Though cycling is obviously a great way to experience nature and see the area around you, if the weather isn't great, or you aren't confident on the roads, consider setting yourself up with Zwift – a virtual training for running and cycling program that enables users to interact, train and compete online. So, you can spend your mornings cycling around Paris or New York's Central Park, without ever leaving your home.



Plogging

Plogging is effectively running or jogging while litter-picking at the same time. It's a Swedish craze, and a portmanteau of 'jogging' and the Swedish word for 'pluck' – where runners collect rubbish as they run. Simply put on a pair of gloves and pick up a bin bag and you're ready to go. It's a great way of keeping parks and beaches clean and getting some exercise at the same time. There are several plogging communities around the world, particularly on social media, so if you fancy making some new friends, this is the sport for you.



So, which one do you want to try?

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Check out our **blog** for more material: www.learnhotenglish.com/blog

Warmer

What forms of exercise do you enjoy doing? (jogging, going to the gym, doing exercise at home, cycling...)

What forms of outdoor exercise do you like? Why?

What are your top tips for staying motivated to do exercise on a long-term basis?

Video

Watch this video on plogging and answer these questions:

<https://www.youtube.com/watch?v=v0c8xMAd3eA>

- How does the reporter describe plogging?
- Why does Michelle (the leader of a group in LA) say it's popular?
- Why does Arwin (the woman on the beach) like plogging?
- Where does the term "plogging" come from?



Article build

Complete this extract from the article with the missing words.

Paddle-boarding isn't the most conventional form of _____, but if you want to social distance and enjoy _____, there's nothing like paddle-boarding. It's a great full body exercise, really putting your core to the _____, without being a high impact workout like running or a _____ class. Sure, it's not the most accessible _____, but more and more beach areas rent out paddle-boards, and most basic boards are pretty stable and easy to get to _____ with. Cycling is another low-impact sport, so it's somewhat easier on your _____, while still ensuring you get a proper _____. There are far fewer cars on the road right now, which makes riding _____ and easier than usual. Plus, if you get into cycling now, you've developed a great new commuting _____ for the future. Though cycling is obviously a great way to experience _____ and see the area around you, if the _____ isn't great, or you aren't confident on the roads, consider setting yourself up with Zwift – a virtual training for running and cycling program that enables users to interact, train and _____ online. So, you can spend your mornings cycling around Paris or New York's Central Park, without ever leaving your _____.