

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง Time to Exercise 1

ครูผู้สอน ครูศุภณัฐ รักพงษ์



Time to Exercise 1



Objectives

1. Be able to pronounce the vocabulary in the reading passage.

2. Be able to identify the main idea and supporting details from the passage.



Body Warmup



stress



movement



squat



A man with a beard and dark hair is performing a push-up on a paved surface in a park. He is wearing a dark grey hoodie, black leggings, and white sneakers. He has a smartphone in a black armband on his right arm and white earbuds in his ears. A black water bottle is on the ground to his right. The background shows a park with metal exercise equipment and modern apartment buildings under a bright, hazy sky. The entire image is framed by a white border with rounded corners, set against a light blue background with a faint brick pattern.

push-up

A photograph of three people performing a plank exercise in a gym. In the foreground, a Black man in a red long-sleeved shirt and black shorts is in a forearm plank position, looking towards the camera. Behind him, a white man in a grey t-shirt and a woman with blonde hair in a white tank top are also in plank positions. They are on a dark gym floor with wooden planks. In the background, there are gym racks with yellow and blue weights. The word "plank" is written in a bold, black, sans-serif font with a white outline, set against a yellow rounded rectangular background in the bottom left corner.

plank



lunge

Reading Strategy

Getting the Idea Quickly

Skimming



Scanning



Skimming



**Reading to get
the general idea
of meaning**

Eating a healthy diet is important for keeping your body strong and feeling good. It means eating a mix of different foods like fruits, vegetables, whole grains, lean meats, fish, eggs, and healthy fats like nuts or olive oil. These foods give your body the vitamins and energy it needs to grow, move, and stay healthy. Not eating too many sugary snacks or salty junk food also helps your body stay in good shape.

A healthy diet is not just good for your body—it helps your mind too. Some healthy foods can make you feel happier and help you focus better at school. When you eat healthy, you feel better, think more clearly, and have more energy to enjoy your day.

What is the main idea of the passage?

Benefits/ Good points of exercise

Walking is super easy and you can
and take a walk around your neighborhood
day and try to walk a little faster each time. Walking helps your heart, makes you feel happier,
and reduces stress.

Squats are like sitting down and standing up, but they're great for making your legs
stronger. Stand with your feet shoulder-width apart, then squat down like you're sitting in a chair,
and stand back up. Try to do 2-3 sets of 10-15 squats. You can do squats in your room, no special
equipment needed!

So, there you have it, some easy exercises to get you moving and feeling great!
Remember to start slowly, take breaks when you need them, and have fun while you exercise.
You'll be surprised at how awesome you'll feel after just a little bit of movement every day!

Eating a healthy diet is important for keeping your body strong and feeling good. It means eating a mix of different foods like fruits, vegetables, whole grains, lean meats, fish, eggs, and healthy fats like nuts or olive oil. These foods give your body the vitamins and energy it needs to grow, move, and stay healthy. Not eating too many sugary snacks or salty junk food also helps your body stay in good shape.

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Scanning



**Reading to find specific
information such as
numbers, names, years,
and figures.**

How long should you hold a plank?

Push-ups are awesome for making your arms and chest stronger. Start by lying on your tummy, put your hands flat on the floor under your shoulders, and push yourself up until your arms are straight. Then lower yourself back down. If regular push-ups are too hard, you can try them on your knees. Aim for 2-3 sets of 8-12 push-ups.

Planks are a cool way to make your tummy muscles stronger. Get into a push-up position but rest on your elbows and toes instead of your hands. Keep your body in a straight line like a plank of wood. Try to hold this position for 20-30 seconds. It's tough, but you can do it!

Lunges are like taking a big step forward and then coming back. They help make your legs and bum stronger. Step forward with one foot, bend both knees until they make a 90-degree angle, then come back up. Repeat on the other side. Try to do 2-3 sets of 10-12 lunges on each leg.

What exercise help your legs and bum stronger?

Push-ups are awesome for making your arms and chest stronger. Start by lying on your tummy, put your hands flat on the floor under your shoulders, and push yourself up until your arms are straight. Then lower yourself back down. If regular push-ups are too hard, you can try them on your knees. Aim for 2-3 sets of 8-12 push-ups.

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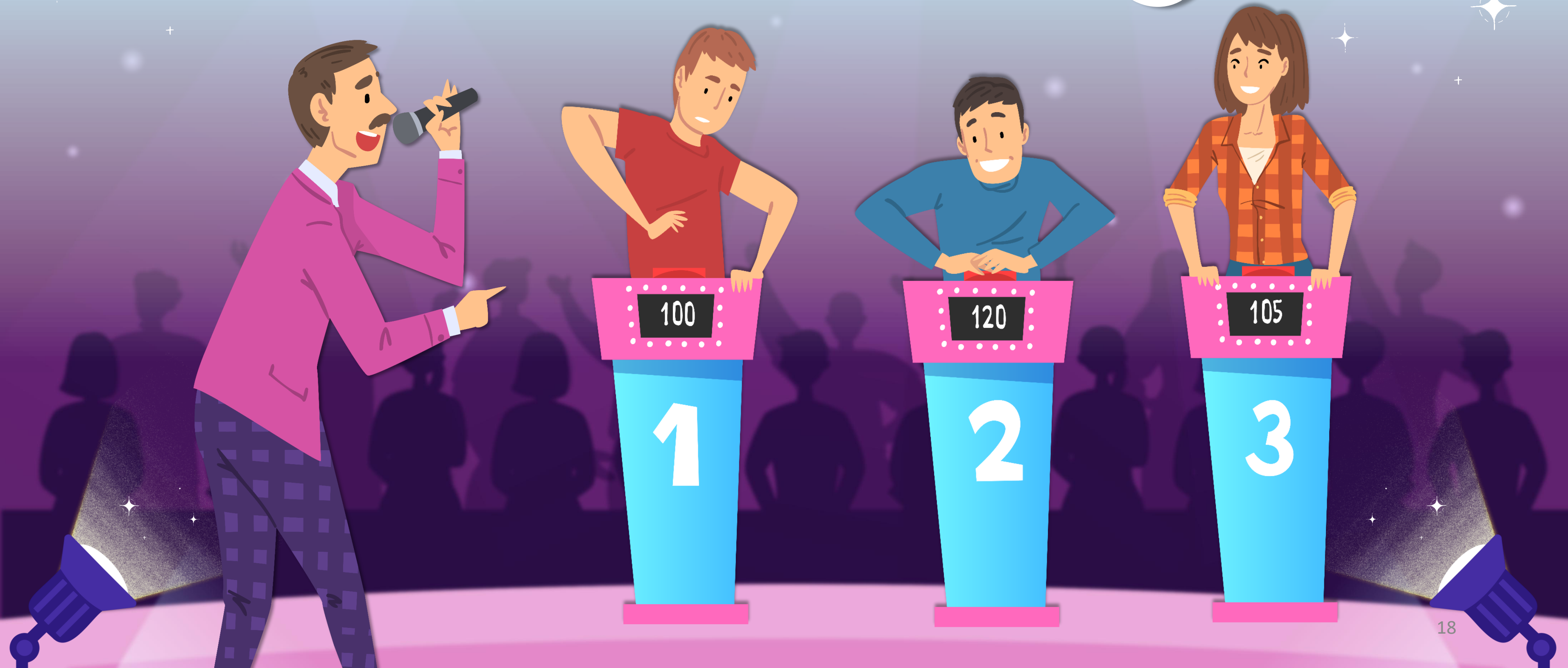
What exercise targets your arms and chest?

Push-ups are awesome for making your arms and chest stronger. Start by lying on your tummy, put your hands flat on the floor under your shoulders, and push yourself up until your arms are straight. Then lower yourself back down. If regular push-ups are too hard, you can try them on your knees. Aim for 2-3 sets of 8-12 push-ups.

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Quiz Challenge





Quiz Challenge



Easy

Normal

Hard

Legendary

1

50

100

150

200

2

50

100

150

200

3

50

100

150

200



What is a simple exercise that you can **do almost anywhere?**

1. Walking

2. Lunges

Walking

Walking is super easy and you can do it almost anywhere. Just put on some comfy shoes and take a walk around your neighborhood or a nearby park. Start with a 20-30 minute walk every day and try to walk a little faster each time. Walking helps your heart, makes you feel happier, and reduces stress.





How long should you **start with
for a daily **walk**?**

1. 10-15 minute

2. 20-30 minutes

Walking

Walking is super easy and you can do it almost anywhere. Just put on some comfy shoes and take a walk around your neighborhood or a nearby park. Start with a 20-30 minute walk every day and try to walk a little faster each time. Walking helps your heart, makes you feel happier, and reduces stress.





What should you **wear** when going for a **walk**?

Walking

Walking is super easy and you can do it almost anywhere. Just put on some comfy shoes and take a walk around your neighborhood or a nearby park. Start with a 20-30 minute walk every day and try to walk a little faster each time. Walking helps your heart, makes you feel happier, and reduces stress.

3. Shoes

4. Boots





Which exercise helps make your **arms and chest** stronger?

Push-Ups

Push-ups are awesome for making your arms and chest stronger. Start by lying on your tummy, put your hands flat on the floor under your shoulders, and push yourself up until your arms are straight. Then lower yourself back down. If regular push-ups are too hard, you can try them on your knees. Aim for 2-3 sets of 8-12 push-ups.

3. Lunges

4. Push-ups





**Which exercise targets
your tummy muscles?**

1. Squats

2. Planks

Planks

Planks are a cool way to make your tummy muscles stronger. Get into a push-up position but rest on your elbows and toes instead of your hands. Keep your body in a straight line like a plank of wood. Try to hold this position for 20-30 seconds. It's tough, but you can do it!





Normal 3

Which exercise helps improve balance?

Lunges

Lunges are like taking a big step forward and then coming back. They help make your legs and bum stronger. Step forward with one foot, bend both knees until they make a 90-degree angle, then come back up. Repeat on the other side. Try to do 2-3 sets of 10-12 lunges on each leg.

3. Lunges

4. Planks





**"Which exercise involves
the least body movement?"**

1. Lunges

2. Planks

Planks

Planks are a cool way to make your tummy muscles stronger. Get into a push-up position but rest on your elbows and toes instead of your hands. Keep your body in a straight line like a plank of wood. Try to hold this position for 20-30 seconds. It's tough, but you can do it!





Which exercise doesn't target the lower body?

1. Push-ups

Push-Ups

Push-ups are awesome for making your arms and chest stronger. Start by lying on your tummy, put your hands flat on the floor under your shoulders, and push yourself up until your arms are straight. Then lower yourself back down. If regular push-ups are too hard, you can try them on your knees. Aim for 2-3 sets of 8-12 push-ups.

1. Lunges





Which exercise targets your **core muscles**?

Planks

Planks are a cool way to make your tummy muscles stronger. Get into a push-up position but rest on your elbows and toes instead of your hands. Keep your body in a straight line like a plank of wood. Try to hold this position for 20-30 seconds. It's tough, but you can do it!

3. Lunges

4. Planks





What are 3 important things to remember when starting to exercise?

So, there you have it, some easy exercises to get you moving and feeling great! Remember to start slowly, take breaks when you need them, and have fun while you exercise. You'll be surprised at how awesome you'll feel after just a little bit of movement every day!

3. Have fun.





What are 3 benefits of walking for your body?

Walking

Walking is super easy and you can do it almost anywhere. Just put on some comfy shoes and take a walk around your neighborhood or a nearby park. Start with a 20-30 minute walk every day and try to walk a little faster each time. Walking helps your heart, makes you feel happier, and reduces stress.

3. Reduces stress.





What's the difference between planks and push-ups?

Planks

Planks are a cool way to make your tummy muscles stronger. Get into a push-up position but rest on your elbows and toes instead of your hands. Keep your body in a straight line like a plank of wood. Try to hold this position for 20-30 seconds. It's tough, but you can do it!





**Let's
Review!**

Reading Strategy

Getting the Idea Quickly

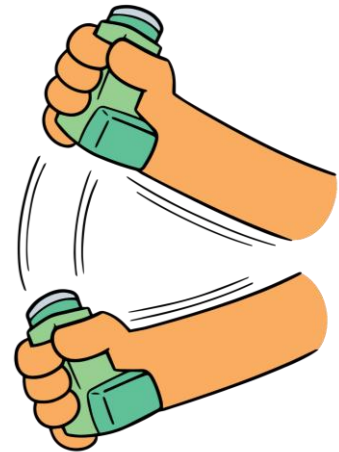
Skimming



Scanning



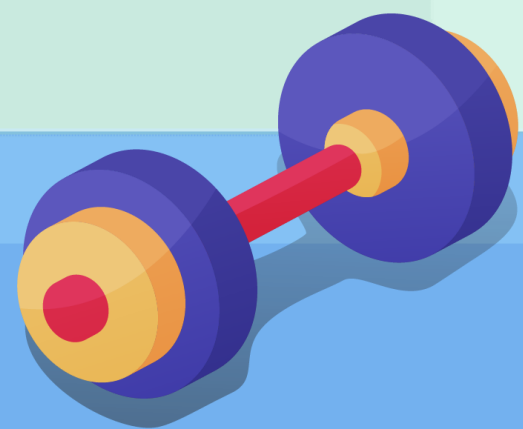
Irregular Verb List



Base Form	Past Simple	Past Participle
take	took	taken
shake	shook	shaken
forsake	forsook	forsaken

บทเรียนครั้งต่อไป

Time to Exercise 2



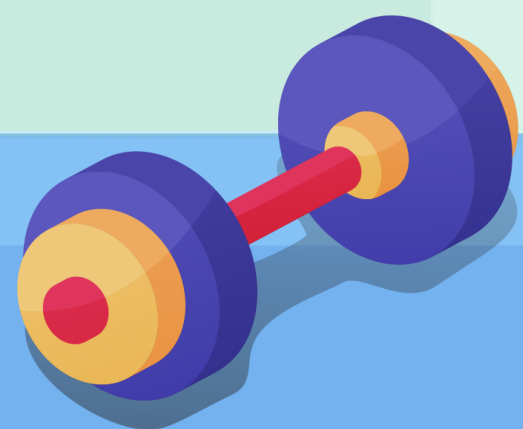
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สิ่งที่ต้องเตรียม

ใบงานที่ 10

เรื่อง กิจกรรม Follow Me!



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รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3



***“Walking is the most ancient exercise
and still the best modern exercise.”***

--- Carrie Latet ---

