

Objective: To practice the sounds /p/ and /b/ while practicing requesting help at the fitness centre.

Level: high intermediate

Time: 50 minutes

Material: Bingo sheets, word list, paper, pen/pencil

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**Introduction: 15 min**

Welcome Ss to class and ask them if they have ever used the campus fitness centre. Ask the Ss if they have ever asked the staff at the fitness centre for help working a piece of equipment or learning an exercise. Tell Ss that today we will be working on the pronunciation of “p” and “b” sounds while practicing requesting help at the fitness centre. Tell the Ss that to warm-up we will be playing “p” and “b” bingo. Hand-out the bingo sheet and tell Ss that the goal is fill in as many of the boxes as possible by asking classmates the questions. If the classmate answers yes to the question in the box, they can write their name in it and that box is complete. Give Ss 10 minutes to do the bingo activity. After the Ss are done see who filled in the most boxes.

**Main Activity: 25 min**

In pairs Ss will write dialogues where they write a conversation between two people at the fitness centre. In the conversation one person must request help. Ss must include 8 words from the word list that have “p” and “b” sounds. Make sure that each student writes out the conversation on their own piece of paper. Give Ss 10 minutes to write the dialogues. After the pairs write the dialogues have them switch partners and read both Ss dialogues out loud twice (Each Ss takes a turn being person A and person B in each dialogue). Ss switch partners two more times.

**Closing: 5 min**

For the last five minutes of class go over a few of the words Ss struggled to pronounce correctly in the main activity. Summarize what was learnt in class for the day and let Ss go for the day.

## Bingo

Do you have good balance?  Name:	Do you swim in the pool?  Name:	Do you drink protein shakes?  Name:	Have you been to a spin class?  Name:	Can you do 5 pull-ups?  Name:
Have you ever done bicep curls?  Name:	Have you ever been to the gym?  Name:	Do you like Pilates?  Name:	Do you like boxing?  Name:	Do you use barbells at the gym?  Name:
Have you ever broken a bone?  Name:	Have you ever worked with a personal trainer?  Name:	Free	Do you follow an exercise program?  Name:	Do you go to the pool more than once a week?  Name:
Have you ever used a band in a workout?  Name:	Do you like to listen to pop music at the gym?  Name:	Do you know how to use a medicine ball?  Name:	Do you play any ball sports?  Name:	Do you play on a sports team?  Name:
Do you focus on breathing when working out?  Name:	Do you know where the boys changeroom is at the pool?  Name:	Does your body get sore after working out?  Name	Do you practice breaststroke at the pool?  Name:	Do you go to spin classes more than three times a week?  Name:

### **Word List**

- Push-ups
- Pull-ups
- Barbells
- Band
- Bicep Curl
- Pool
- Protein
- Balance
- Body
- Bones
- Boxing
- Breath
- Breathe
- Pilates
- Practice
- Program
- Spin class
- Personal trainer

