

Exercise and fitness: writing a conclusion

By the end of the lesson I will be able to:

- write a structured conclusion.
- express cause and effect.
- understand the Lexical Resource assessment criteria.



INTRODUCTION

1. Do you think these statements are true (T) or false (F)?

In my country most people ...

- | | |
|---|-----|
| 1. understand the importance of a healthy diet. | T/F |
| 2. eat too much fast food. | T/F |
| 3. enjoy doing sport. | T/F |
| 4. have jobs that help them to stay active. | T/F |
| 5. drive to work rather than walk or cycle. | T/F |

2. Compare your answers from activity 1 with another person. Give reasons for the answers that you gave.

3. What kind of activities do people in your country do to stay fit?



GET TO KNOW IELTS

4. Match the extracts from the Lexical Resource assessment criteria to the IELTS levels below. The first one has been done for you.

- A. uses a limited range of vocabulary, but this is minimally adequate for the task
- B. makes some errors in spelling and/or word formation, but they do not impede communication
- C. uses an adequate range of vocabulary for the task
- D. may make noticeable errors in spelling and/or word formation that may cause some difficulty for the reader

IELTS level 5: A , _____

IELTS level 6: _____, _____

5. Read the extracts from two candidates' responses to an IELTS Task 2 question. Do you think candidates A and B would score 5 or 6 for Lexical Resource?

Candidate A

People do things like lifting weights and going to the gym that are good. But people don't do enough things that are good.

Candidate B

People exercise using a range of equipment and types of activity to keep fit. This helps to keep people healthy, however they must also consider their diet to improve their well-being.

Candidate A IELTS level: _____

Candidate B IELTS level: _____

6. Read this extract from a candidate's response to an IELTS task. Increase the range of vocabulary by replacing the words in bold with words from the box.

lifestyles	vital	develop	provide	healthy	pitches	enjoy
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Young people will do more exercise if we **1. make** _____ places where they can **2. do** _____ sport, like football **3. areas** _____. We should do this for young children too so they **4. have** _____ good habits when they are young. This is **5. important** _____ because if we do this they may have **6. good** _____ **7. lives** _____ in the future.



TASK FOCUS

7. Look at the IELTS task and answer the questions on the next page.

You should spend about 40 minutes on this task.

Write about the following topic:

Although nowadays many people have access to sports facilities, modern lifestyles are becoming less and less active.

What problems are associated with this?

How can people be persuaded to have a more active lifestyle?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

1. How many questions must you answer?
2. Which of these plans do you think would be better for organising a response to this task?

Plan 1	
Paragraph 1:	Introduction
Paragraph 2:	Problem 1 Solution 1
Paragraph 3:	Problem 2 Solution 2
Paragraph 4:	Conclusion

Plan 2	
Paragraph 1:	Introduction
Paragraph 2:	Problems
Paragraph 3:	Solutions
Paragraph 4:	Conclusion

8. Which of the plans was used to organise this response to the task in activity 7?

Thanks to rising levels of wealth, we now have access to a wider range of facilities than ever before. But despite the greater availability of gyms, sports fields and so on, many people are not as active as they once were. This has led to several health problems that are shortening lives. To deal with this issue, governments need to take action.

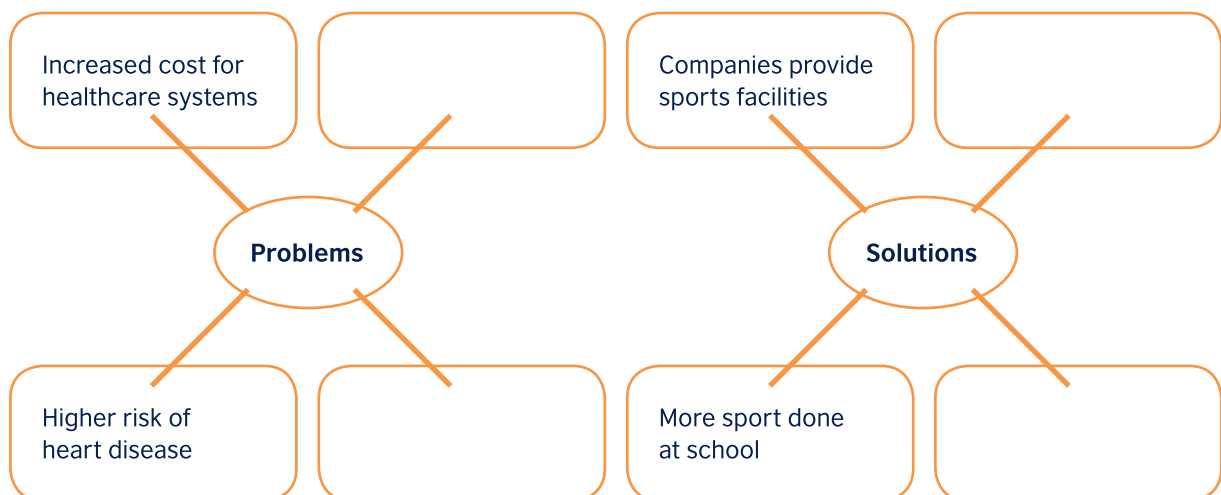
There are a number of problems related to inactive lifestyles. Firstly, this can cause an increase in illnesses such as diabetes, heart disease and cancer. Secondly, it results in higher healthcare costs as more people need expensive treatments in order to stay alive. Lastly, inactive lifestyles can even contribute to wider environmental problems, as people become ever more reliant on their cars when they travel.

In order to convince people to become more active governments need to introduce a number of initiatives to make exercise more convenient. Firstly, they can construct more free sports facilities in each town. This will mean that people will have more opportunities to exercise cheaply. Secondly, they can provide free bikes for people to use when travelling to and from work. Lastly, governments can make companies provide sports facilities at work and give workers the time they need to use them. As a consequence of these changes, a larger number of people would be able to exercise more often.

In conclusion, there are many health-related problems connected with inactivity that can damage people's lives. It is therefore essential that governments provide more facilities to help people fit exercise into their daily life. In my opinion, governments should take steps to address this problem as a matter of urgency.

9. Writing down ideas in the form of a diagram can be a useful way of organising information and planning a response. Add four more ideas to the diagrams below.

People becoming less active



10. Use the diagrams to plan a response to the IELTS task. Follow one of the plans from activity 7.



USEFUL LANGUAGE FOR IELTS

11. Read the sample answer in activity 8 again. What is the purpose of the underlined words?

12. Complete the sentences with words from the box (more than one answer is sometimes possible).

means	lead to	as a consequence of	contribute to	therefore
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1. People are doing less exercise _____ increased work pressure.
2. A lack of exercise _____ that people have an increased risk of heart problems.
3. Poor diet as well as no exercise can _____ a number of health problems.
4. Gym membership is often very expensive. _____, governments need to provide free equipment.
5. A lack of exercise can _____ increased weight gain.



IELTS SKILLS

13. Look at the conclusion from the response in activity 8. Then answer the questions below.

1. Which sentence relates to the first question in the IELTS task from activity 7?
2. Which sentence relates to the second question in the IELTS task from activity 7?
3. Which sentence paraphrases the thesis statement in the introduction?

14. Paraphrase these thesis statements from different essay introductions to produce sentences that can be used in conclusions. The first one has been done for you.

1. This essay will argue that diet has a more significant impact on health than exercise.

This essay has argued that the food we eat has a greater effect on our well-being than being physically active.

2. This essay will argue that modern lifestyles can have a negative effect on people's health.

This essay has argued _____

3. This essay will argue that schools should teach children about healthy lifestyles.

This essay has argued _____



IELTS PRACTICE

15. Look at the IELTS task below. Then write your conclusion to the essay. Include the following.

1. Sentences that refer to both questions in the essay title.
2. A sentence that summarises the main point of the essay (this would usually paraphrase the thesis statement from the introduction to your essay).

You should spend about 40 minutes on this task.

Write about the following topic:

Due to the availability of fast food nowadays, many people have low-quality diets.

What problems can this cause?

What can governments do to resolve these problems?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

16. Exchange your conclusion with a partner and complete the following tasks.

1. Write down two sentences that you think will make good topic sentences for your partner's essay (a topic sentence summarises the main idea of a paragraph).
2. Write down a sentence that you think will make a good thesis statement.



SELF-STUDY

Finish writing your response to the task in activity 15. Make sure that you do the following things.

1. Answer both of the questions in the task.
2. Use language that shows cause and effect.
3. Check your work and correct errors in spelling and word formation.
4. Write at least 250 words.

The environment: checking your work

By the end of the lesson I will be able to:

- understand the Grammatical Range and Accuracy assessment criteria.
- answer a two-part essay question.
- correct my own work.



INTRODUCTION

1. Look at these environmental problems. Work with a partner and rank them from most to least serious (1–7).

- | | |
|---------------------------------|-------|
| A. Air pollution | _____ |
| B. Climate change | _____ |
| C. Deforestation | _____ |
| D. Intensive farming | _____ |
| E. Overpopulation | _____ |
| F. Rubbish dumped in the ground | _____ |
| G. Water pollution | _____ |

2. Compare your answer from activity 1 with another pair. Give reasons for the order that you chose.
3. Work in groups and think of an effect caused by each of the environmental problems from activity 1.
- Example: *Overpopulation – increased use of the earth's resources*



GET TO KNOW IELTS

4. Read the extracts from the Grammatical Range and Accuracy assessment criteria for IELTS level 5 and 6. Then read the extracts from two candidates' responses to an IELTS Task 2 question. Do you think candidates A and B would score 5 or 6 for Grammatical Range and Accuracy?

IELTS level 5 – punctuation may be faulty

IELTS level 6 – makes some errors in punctuation but they rarely reduce communication

Candidate A

one of the reasons for pollution in cities is a poor public transport system, this means that more cars are on the road and this leads to increased air pollution, one effect of this is that, increased air pollution can lead to difficulties in breathing and impact on peoples health.

Candidate B

One reason why some cities are polluted, is as a result of heavy industry. When the businesses in a city are based on manufacturing this can lead to increased air and water pollution. Many industries require water, and as a result they are located along rivers. many companies put waste products, such as chemicals, back into the water.

Candidate A IELTS level: _____

Candidate B IELTS level: _____

5. Work with a partner. Correct the seven punctuation errors in candidate A's answer from activity 4.



TASK FOCUS

6. Look at the IELTS task and answer the questions below.

You should spend about 40 minutes on this task.

Write about the following topic:

In many cities around the world pollution levels have risen in recent years.

Why are some cities becoming more polluted?

What effects does this have?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

1. Do you need to say whether you agree that pollution levels have risen in recent years?
2. How many questions must you answer?

7. Add at least three ideas to each column in the table.

Reasons why cities are becoming more polluted	Effects of increased pollution in cities

8. Work in small groups. Share your ideas from activity 7 and add any ideas that you like to your own table.



IELTS PRACTICE

9. Use your ideas from the table to write a response to the task in activity 6.



IELTS SKILLS

10. Some corrections have been made to this extract from a response to the IELTS task in activity 6. Match the corrections to the types of errors listed below (A–E). The first one has been done for you.

Another reason why some cities are ^{2. producing} ~~polluted~~ ^{1. polluted} is the increased use of packaging in food. ^{3. Food} This leads to each household ~~produce~~ a lot of waste that is often placed into rubbish dumps. ~~The food~~ packaging also results in some ~~idiots~~ ^{4. people} dropping rubbish on the streets, which causes many parks and streets to be filled with litter. ^{5. ,}

- | | |
|-------------------------|---------------|
| A. Spelling | _____ 1 _____ |
| B. Punctuation | _____ |
| C. Grammatical accuracy | _____ |
| D. Coherence | _____ |
| E. Academic style | _____ |

11. Carefully read the response you wrote in activity 9 and make corrections if necessary. Put a tick (✓) in the boxes once you have made the following checks.

- | | |
|--|--------------------------|
| 1. Check your spelling. Look for words your teacher has corrected before and any mistakes you know you often make. | ☐ |
| 2. Check your punctuation. Make sure you have used full stops and commas correctly. | ☐ |
| 3. Check your grammar. Look for any mistakes you know you often make. | ☐ |
| 4. Check the organisation of your work. Make sure you have used linking words to connect ideas and paragraphs to order your ideas logically. | ☐ |
| 5. Check your academic style. Make sure you haven't used any informal words. | ☐ |



SELF-STUDY

Watch this video about how to improve your score in IELTS Writing Task 2. Make notes on the POWER writing plan.
<http://tinyurl.com/lpwcmxv>

Writing practice test

By the end of the lesson I will be able to:

- confidently do a full IELTS Writing practice test.
- plan how to deal with areas of weakness.



IELTS SKILLS

1. Decide whether these statements relate to Task 1 or Task 2 of the IELTS Writing test.

Write 1 or 2 next to each statement.

You should ...

- | | |
|--|--|
| 1. write 250 words. _____ | 6. identify the main changes, trends or stages in the information. _____ |
| 2. write 150 words. _____ | 7. use data when reporting key information. _____ |
| 3. spend 20 minutes completing this task. _____ | 8. organise your answer in paragraphs. _____ |
| 4. spend 40 minutes completing this task. _____ | |
| 5. use examples from your knowledge or experience to support your ideas. _____ | |

2. Put a tick (✓) in the boxes next to the strategies that will help you do the tasks.

1. Which three of these strategies will help you complete Task 1?

- | | | | |
|--|--------------------------|---|--------------------------|
| A. Spend two minutes studying the information. | ☐ | D. Present an overview of the information. | ☐ |
| B. Select a few key ideas. | ☐ | E. Report all the information that you see. | ☐ |
| C. Report information in the order that it is presented. | ☐ | | |

2. Which three of these strategies will help you complete Task 2?

- | | | | |
|---|--------------------------|---|--------------------------|
| A. Spend five minutes studying the question and planning your response. | ☐ | D. Write as much as you can. | ☐ |
| B. Write about your own experiences. | ☐ | E. Spend two minutes at the end checking your work. | ☐ |
| C. Invent statistics that support your argument. | ☐ | | |

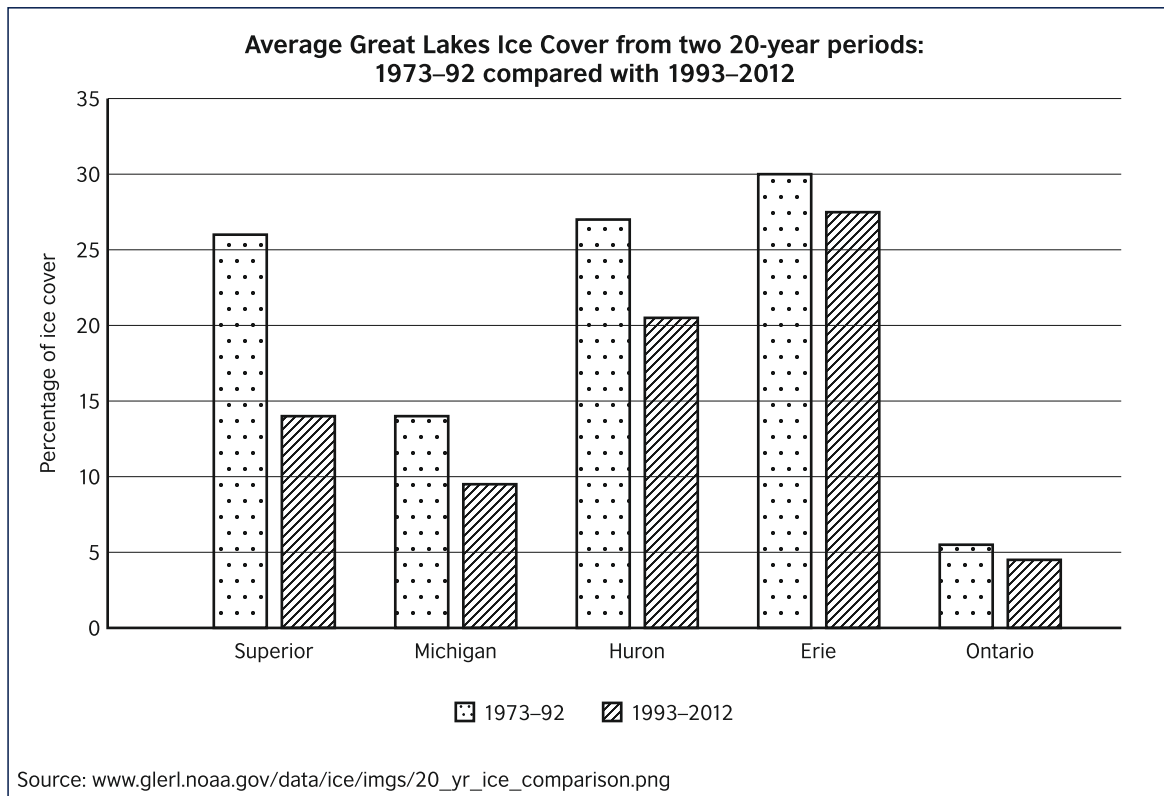
WRITING TASK 1

You should spend about 20 minutes on this task.

The chart below shows the percentage of five North American lakes covered in ice during two 20-year periods.

Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.



You should spend about 40 minutes on this task.

Write about the following topic:

In many families nowadays, both parents work and pay people to look after their children. Some people believe this is not good for families.

To what extent do you agree or disagree?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.



3. Complete the practice IELTS Writing test.
4. Read your responses to Task 1 and 2 carefully. Put a tick (✓) in the boxes if you have done the following things. Then give feedback to each other in pairs. What do you need to improve to do better in the Writing test?

Task 1

I have ...

- | | |
|---|--------------------------|
| 1. written an overview sentence. | ☐ |
| 2. focused on the most important data. | ☐ |
| 3. summarised the data. | ☐ |
| 4. made relevant comparisons. | ☐ |
| 5. connected sentences logically. | ☐ |
| 6. used appropriate grammatical structures. | ☐ |
| 7. written at least 150 words. | ☐ |

Task 2

I have ...

- | | |
|---|--------------------------|
| 1. rephrased the question in the first paragraph. | ☐ |
| 2. used paragraphing effectively. | ☐ |
| 3. included examples to support the main ideas. | ☐ |
| 4. connected ideas using appropriate linking words and referencing. | ☐ |
| 5. presented a clear opinion throughout the response. | ☐ |
| 6. used a range of vocabulary and grammar. | ☐ |
| 7. written at least 250 words. | ☐ |