



Source: creative commons

Do you use fitness tracker? Why? Why not?

Do you count your steps?

Do you agree with the following statements?

Fitness trackers

advantages	disadvantages
<ul style="list-style-type: none"> - help you to keep fit - you walk more - healthy lifestyle - body awareness 	<ul style="list-style-type: none"> - wrong body awareness - abnormal ambition - unhealthy? - danger of anorexia

→ Fitness trackers are a good thing and can be very useful, but it is important to keep a good balance.

We have already talked a lot about fitness trackers. Let's read more about them now. Open your books on page 71!

page 71 | exercise 1

1 Fitness trackers – an advert

Fitness trackers – great for healthy living!

You'll find fitness trackers or smart watches ... (1 real) useful when you go running or do a fitness workout. Fitness trackers allow you to read your blood pressure very ... (2 easy), and they tell you if your heart is **beating** too ... (3 fast). If you wear it at night, it can show you how ... (4 good) you have slept. But remember to put it on ... (5 regular). A fitness tracker is ... (6 complete) useless if you buy one and then leave it in a **drawer**!

Language file 19 → p.150 More practice 6 → p.95



1 **really**

2 **easily**

3 **fast**

4 **well**

5 **regularly**

6 **completely**

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2 Fitness trackers – a review

a

Kabir, who lives in Delhi, India, bought a fitness tracker a few weeks ago. Read the product review that Kabir has written for it.

How has his life changed?

Is there anything that he doesn't like about his fitness tracker?

How his life has changed:

- ***He goes jogging more regularly than before.***
- ***He runs faster than he did before – he now runs the fastest he has ever run.***
- ***He pushes himself the hardest when he uses his tracker.***

What he doesn't like about his fitness tracker:

- ***The battery runs down more quickly than Kabir would like.***

b

Copy seven examples of adverbs in the comparative or superlative form in **2a**

more regularly | more often | faster | the fastest | the hardest | more healthily | better | more quickly

C

Now read the Focus-box. Now write the „Eintrag5“ into your grammar-book.

adverbs

Du kannst Adverbien auf die gleiche Weise wie Adjektive steigern.

Steigerung mit **-er/-est** oder **more/most**

*Sorry, I couldn't come **earlier**.*

*Where in the world does it rain **(the) most often**?*

Einsilbige Adverbien steigert du mit **-er/-est**.

*fast -> **faster** -> **fastest***

*hard -> **harder** -> **hardest***

*earlier -> **earlier** -> **earliest***

Adverbien mit der Endung **-ly** und andere zweisilbige Adverbien steigert du mit **more/most**.

*cheaply -> **more cheaply** -> **most cheaply***

*often -> **more often** -> **most often***

Die Adverbien **well, badly, far, much**, (a) little haben unregelmäßige Steigerungsformen

*well -> **better** -> **the best***

*badly -> **worse** -> **worst***

*much -> **more** -> **most***

*a little -> **less** -> **least***

Wie bei Adjektiven gibt es auch bei Adverbien verschiedene Möglichkeiten Personen, Sachen, Tiere und Vorgänge zu **vergleichen**.

I think Tina runs **as quickly as** Li.

The race went well, much **better than** Tina had expected.

Everybody sang well, but Bella sang **(the) best**.

3 AI (artificial intelligence) in India

Read the text and choose the right form of the adverbs.

the most successfully

more quickly

faster

more accurately

better

more reliably

very badly

more safely

fastest

most accurate

more confidently

4 Giving a presentation

a Read the information in the Focus-box.

b Write sentences with the adverbs in the right position.

- 1 *I prepared my presentation very carefully.*
- 2 *But I began my presentation quite nervously.*
- 3 *I spoke too quickly and too quietly.*
- 4 *But then I began to speak more confidently.*
- 5 *At the end the class clapped their hands loudly.*
- 6 *The teacher was happy and said that I had worked very well.*

5 Social media

a Read the text and answer the questions.

- 1 *too many guests*
- 2 *on social media*
- 3 *he left the house; he didn't take his phone*
- 4 *the neighbours*

b

Amaira made several mistakes. What would/wouldn't you have done? I would / wouldn't have ...

- 1 *I wouldn't have messaged my friends.*
- 2 *I would have invited my friends when I saw them.*
- 3 *I would have asked my dad to take his phone.*
- 4 *I wouldn't have let my dad leave the house.*
- 5 ...

c

If you had been Amaira's dad, what would you have done? I would / wouldn't have ...

- 1 *I would have helped Amaira organize the party.*
- 2 *I wouldn't have left the house.*
- 3 *I would have checked that I had my phone.*
- 4 *I would have phoned the police earlier.*
- 5 ...

d Now read the Focus-box. Now write the „Eintrag6“ into your grammar-book.

Bedingungssätze (conditionals)

Conditional I – wahrscheinliche Bedingung
(d.h. die Bedingung wird wahrscheinlich erfüllt werden)

if-clause (Bedingung)	main clause (Folge)
simple present	will, can, must, should + Infinitiv

If it rains tomorrow, I will take my car instead of my bike.

If I don't tell them, we'll have to meet secretly.

You must talk with them, even if they argue with you.

Conditional II – unwahrscheinliche Bedingung

(d.h. es ist unwahrscheinlich, dass die Bedingung erfüllt wird, dennoch liegt es im Bereich des Möglichen.)

if-clause (Bedingung)	main clause (Folge)
simple past	would, could, might + Infinitiv

If tomorrow was a nice warm day, you would wear t-shirts.

If you worked hard, you would get your B level.

If Diane knew Ann's number she could ring her.

Conditional III – unmögliche Bedingung
(bezieht sich auf die Vergangenheit, kann deshalb nicht mehr eintreten)

if-clause (Bedingung)	main clause (Folge)
past perfect	would, could, might + have + past participle

If you had learned for the class test, your grade would have been better.

If you had worked hard, you would have got your B level.

If the weather had been better, we would have gone to Brighton.

6 Bad situations

Copy and complete the right form of the verbs for conditional type 3.

- 1 had got up
- 2 had worked
- 3 had not chatted
- 4 would have phoned
- 5 would have earned
- 6 could have done

7 Poor me!

What is this person thinking? Write sentences with the conditional type 3.

- 1 *have missed*
- 2 *have cycled*
- 3 *have fallen*
- 4 *had – have broken*
- 5 *hurt – have gone*

8 I didn't go away in the holidays – I stayed at home!

Copy and complete the sentences with the correct form of the verbs.

- 1 *If I had travelled to London, I would have visited Buckingham Palace.*
- 2 *I would have seen the Red Fort if I had stayed in Delhi.*
- 3 *If I had spent a few days in Paris, I would have climbed the Eiffel Tower.*
- 4 *I would have taken photos of the Blue Mosque if I had visited Istanbul.*
- 5 *If I had travelled to Venice, I would have walked over the Rialto Bridge.*

HOMEWORK:
vocabulary (Skills Training)
weight – to contrast