

- 1. Click printer icon (top right or center bottom).
- 2. Change "destination"/printer to "Save as PDF."
- 3. Click "Save."





JLP13 Health and Fitness (Chapter 13)

STOP: Before you begin this activity, open and follow recording instructions <u>here</u>.

	Pa	ir #	
Partner A:		Partner B:	
Student ID:		Student ID:	
Instructor:		Instructor:	
Level:	Date:	Level:	Date:
	All links in this activity direct to your activity number and click th		

Section 1: Vocabulary Mastery

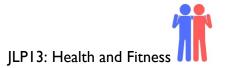
Instructions: Write the translation of the following words and phrases into Japanese. Try to use your book and your partner before using other materials or the internet. In the third column, draw a picture, write a note to yourself or put some kind of pronunciation guide for Japanese. Use the third column to help remember the word in Japanese.

Vocabulary	Translation	Notes/Pictures/Pronunciation Guide (anything to help you)
I. marathon		
2. to run		
3. to jog		
4. aerobics		
5. weight training		
6. yoga		
7. to swim		
8. vegetables		

Revised on 6/10/2021 1







Vocabulary	Translation	Notes/Pictures/Pronunciation Guide (anything to help you)
9. fruit		
I0. water		
II. milk		
I2. tea		
I3. to take a bath		
I4. gym		
I5. stretching exercise		
16times		
I7. A day		
18. A week		
19. One month		
20. One year		

Concept Check: Frequency of Events

Ex. 私は<u>一週間(いっしゅうかん)に三回(さんかい)</u> ジムに行きます。I go to the gym 3 times a week.

Ex. ロバートさんは<u>一年(いちねん)に二回(にかい)</u> マラソンをします。 Robert runs a marathon twice a year.



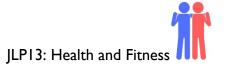


Section 2: Fill in the Blank

Instructions: Take turns with your partner filling in the blanks with how often you do the following activities to stay healthy.

- 1. 私は_____に___やさいをたべます。
- **2.** 私は_____ に___ おちゃをのみます。
- 3. 私は に ストレッチたいそうをします。
- 4. 私は______ に____ およぎます。
- 5. 私は_____に___ウェイトトレーニングをします。
- 6. 私は_____に___おふろにはいります。
- 7. 私は_____に___フルーツをたべます。
- 8. 私は_____に____ヨガをします。
- 9. 私は_____に___みずをのみます。
- 10. 私は______ に____エアロビクスをします。





Section 3: Dialogue Creation

Speaker I is training for a marathon. Speaker 2 should ask them how often they do certain activities to stay fit. *Instructions*: Use the space below to talk about what you do at your job. The conversation should be 1.5-2.5 minutes. You will record this dialogue in the next section. Ask for help if necessary.

Speaker I:

Speaker 2:

Speaker I:

Speaker 2:

Speaker1:

Speaker 2:

Speaker1:

Speaker 2:

Speaker I:

Speaker 2:

Section 4: Record and Save Your Recording

Instructions: Perform the dialogue you created with your partner. Make sure you do not end your Zoom meeting until you have performed your dialogue with your partner.

}9

Revised on 6/10/2021 4