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## JLPI3 Health and Fitness (Chapter 13)

**STOP:** Before you begin this activity, open and follow recording instructions [here](#).

Pair # \_\_\_\_\_

Partner A: \_\_\_\_\_

Partner B: \_\_\_\_\_

Student ID: \_\_\_\_\_

Student ID: \_\_\_\_\_

Instructor: \_\_\_\_\_

Instructor: \_\_\_\_\_

Level: \_\_\_\_\_ Date: \_\_\_\_\_

Level: \_\_\_\_\_ Date: \_\_\_\_\_

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*All links in this activity direct to the [JLP Activities page on the LLC website](#). Find your activity number and click the drop down to find links to videos, audio, and/or websites used in this activity.*

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### 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)
1. marathon		
2. to run		
3. to jog		
4. aerobics		
5. weight training		
6. yoga		
7. to swim		
8. vegetables		





Vocabulary	Translation	Notes/Pictures/Pronunciation Guide (anything to help you)
9. fruit		
10. water		
11. milk		
12. tea		
13. to take a bath		
14. gym		
15. stretching exercise		
16. ...times		
17. A day		
18. A week		
19. One month		
20. One year		

### Concept Check: Frequency of Events

When you want to discuss how often an event occurs in Japanese, you can use the sentence pattern: (Period of time) に (frequency of the verb).

Ex. 私は一週間(いっしゅうかん)に三回(さんかい) ジムに行きます。 I go to the gym 3 times a week.

Ex. ロバートさんは一年(いちねん)に二回(にかい) 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\_\_\_\_\_やさいを食べます。
2. 私は\_\_\_\_\_に\_\_\_\_\_おちやをのみます。
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\_\_\_\_\_フルーツを食べます。
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 1 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 1:

*Speaker 2:*

Speaker 1:

*Speaker 2:*

Speaker 1:

*Speaker 2:*

Speaker 1:

*Speaker 2:*

Speaker 1:

*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.

