

INTRO

INSIDE WRITING

The Academic Word List in Context



Walton Burns

SERIES DIRECTOR:

Cheryl Boyd Zimmerman



OXFORD

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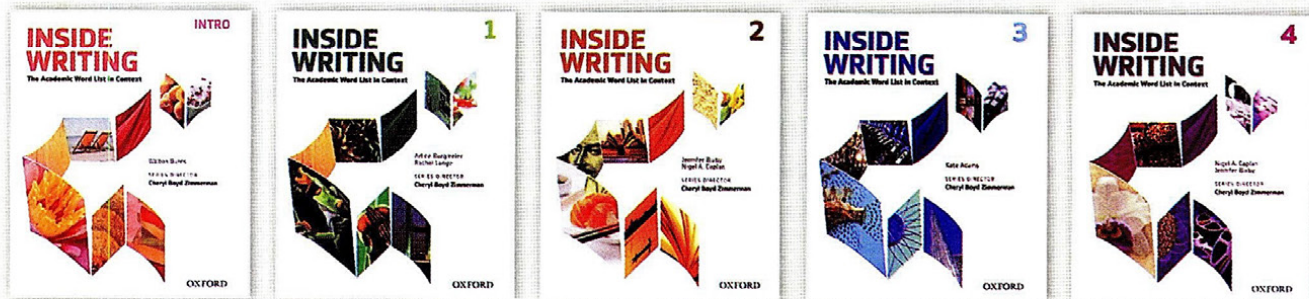
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The Inside Track to Academic Success

Student Books



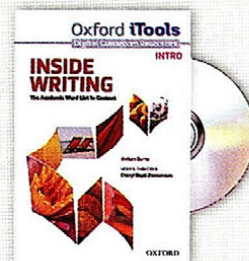
For additional student resources visit: www.oup.com/elt/insidewriting

iTools for all levels

The *Inside Writing* iTools is for use with an LCD projector or interactive whiteboard.

Resources for whole-class presentation

- > **Book-on-screen** focuses class on teaching points and facilitates classroom management.
- > **Writing worksheets** provide additional practice with the genre and Writing Models.



Resources for assessment and preparation

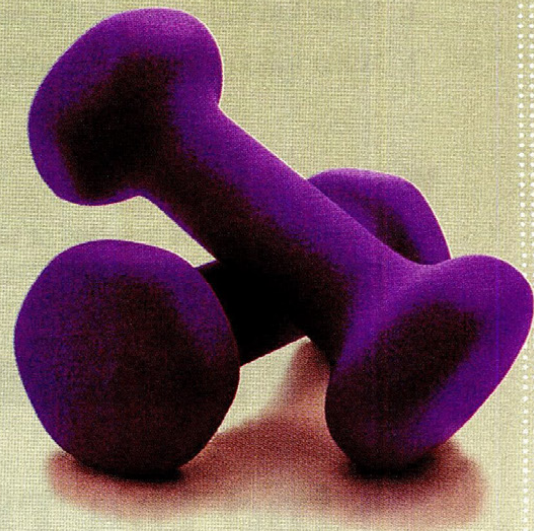
- > Customizable Unit, Mid-term, and Final Tests evaluate student progress.
- > Answer Keys

Additional instructor resources at: www.oup.com/elt/teacher/insidewriting

UNIT

1

Staying Healthy



In this unit, you will

- > analyze exercise routines and how they are used on health and fitness websites.
- > use explanatory writing.
- > increase your understanding of the target academic words for this unit.

WRITING SKILLS

- > Audience and Purpose
- > Signal Words to Show Order
- > **GRAMMAR** Simple Present Tense

Self-Assessment

Think about how well you know each target word, and check (✓) the appropriate column. I have...

TARGET WORDS	never seen the word before.	heard or seen the word but am not sure what it means.	heard or seen the word and understand what it means.	used the word confidently in <i>either</i> speaking or writing.
AWL				
🔑 achieve				
🔑 energy				
🔑 focus				
🔑 goal				
🔑 physical				
🔑 positive				
🔑 stress				
🔑 team				

🔑 Oxford 3000™ keywords

Building Knowledge

Read these questions. Discuss your answers in a small group.

1. Why do people exercise?
2. What kind of exercise do you do? Why?
3. What kind of exercise would you like to learn more about?

Writing Models

An exercise routine is a series of physical movements that people do to get fit or stay healthy. Read about three exercise routines posted on fitness websites.

Find the Time to Get Fit

Is it hard to find time to go to the gym or join a sports **team**? This exercise routine may be for you.

The **goal** of this routine is to help you exercise during your busy day. This routine **focuses** on making your arms and legs stronger. It is also good for your heart. You do not need special equipment—only water bottles and stairs!

LIFTING WATER BOTTLES

Fill two small bottles with water. First, stand holding the bottles at your sides. Then raise your left knee and right arm out in front of you. Hold your left arm out to the side. Next, lower your arms and leg. Finally, repeat, but this time raise your right knee and left arm in front of you. Hold your right arm out to the side. Repeat ten times, changing sides each time.

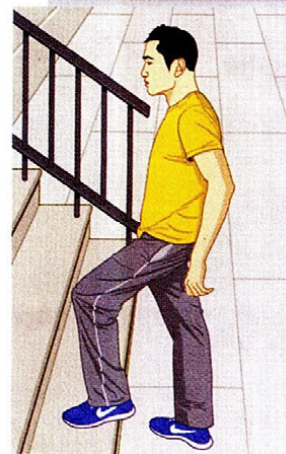
STEP-UPS

Stand facing a step. Place your left foot on the step and lift yourself up. Then stand on the step with both feet. Next, step back down to the ground with your left foot, and then with your right foot. Stand on the ground with both feet. Repeat. This time, start with your right foot on the step. Repeat 20 times, changing sides each time.

For the best results, do this routine three or four times a week.



Lifting water bottles



Step-ups

Easy Walking

Most people quit exercise routines because they try to **achieve** too much at once. It is better to start slowly. Walking is a great way to begin to exercise.

5 The **goal** of this routine is to get you off the couch and moving. Walking gets you **physically** fit, and it can also reduce **stress**. All you need is a pair of running shoes and comfortable¹ clothes.

10 • First, walk at a comfortable pace² for five minutes. You should be able to talk easily.

- Second, walk at a fast pace for two minutes. Talking should be difficult.
- Third, slow down and walk at a comfortable pace for four minutes. **Focus** on breathing slowly.
- Fourth, walk fast for two minutes.
- Finally, slow down and walk at an easy pace.

15 Try to walk four times a week. I am **positive** you will be ready for more **physical** activity after
20 three months.

¹ *comfortable*: relaxed; without pain

² *pace*: the speed that someone walks, runs, or moves

Get Marathon Ready

Are you already in good **physical** condition? Interval training can improve your **energy** and speed. Why not train for a marathon? Just add a watch to your running routine.

5 Running an “interval” means running at a faster pace. You are running comfortably if you can speak sentences. At your interval speed, it is difficult to talk. A “recovery interval” is slower than your comfortable speed.

First, warm up for ten minutes at an easy pace.

10 Second, begin your interval training:

- Run at interval speed for one minute.
- Run a two-minute recovery interval.
- Run at a comfortable pace for five minutes.

Repeat four times.

15 Finally, walk at a comfortable pace for five minutes.



LEARN

When you write about an exercise routine, think about your audience. Who will want to read about the routine? Also think about your purpose. Why are you writing about the routine?

Include these details in your writing:

1. The goal(s) of the exercise routine
2. A description of who the routine is for (target audience)
3. The equipment needed to do the routine
4. The health benefit(s) of doing the routine

APPLY

A. Read the exercise routines on pages 2–3 again. Answer the following questions about each routine with a partner.

1. What is the goal of each exercise routine?

Find the Time to Get Fit: exercising on a busy day

Easy Walking: beginning to exercise safely and slowly

Get Marathon Ready: increase energy, train for marathon

2. Who is the routine for?
3. What equipment is needed to do each routine?
4. What are the health benefits of each routine?

B. Read about people who want a new exercise routine. Write the letter of the exercise routine that is best for each person.

a. *Find the Time to Get Fit*

b. *Easy Walking*

c. *Get Marathon Ready*

- a 1. Jon is very busy at work. He only has 20 minutes of free time at lunch.
- 2. Tomoko has run several 10K races. Now she wants to do a longer race.
- 3. Maryann has tried running, but she feels sick when she runs too fast.
- 4. Jorge does not have a lot of free time. He needs exercises that he can do quickly.

Analyze

A. Read *Easy Walking* again. Some details tell about the audience. Other details tell about the routine. Check (✓) the details that tell you about the audience.

- ✓ 1. Most people quit exercise routines because they try to achieve too much at once.
- ___ 2. All you need is a pair of running shoes and comfortable clothes.
- ___ 3. Second, walk at a fast pace for two minutes.
- ___ 4. The goal of this routine is to get you off the couch and moving.
- ___ 5. Try to walk four times a week.
- ___ 6. I am positive you will be ready for more physical activity after three months.

B. Look at the exercise routines on pages 2–3 again. Answer the questions with a partner.

1. How many exercises are there in *Find the Time to Get Fit*?

two exercises: lifting water bottles and step-ups

2. Could you do the exercises in *Find the Time to Get Fit* without the pictures?

3. Why do you think the writer included the pictures in *Find the Time to Get Fit*?

4. How many steps are there in the “lifting water bottles” exercise? _____

5. Compare the *Finding the Time to Get Fit* routine to the *Easy Walking* routine. Which one is easier to understand? Why?

6. Is the picture in the *Get Marathon Ready* routine important? Why, or why not?

7. Of the three routines, which one is best for you? Why?

C. Look at *Get Marathon Ready* again. Discuss these questions in a small group.

- 1. Does the article explain where you can do this routine? Why, or why not?
- 2. Does it explain how often to do the routine?
- 3. Does it explain how many times to do the steps in the routine?
- 4. Do you have enough information to do this routine? Is there any other information that you think would be helpful?

Vocabulary Activities STEP I: Word Level

The noun *stress* is “a feeling of being worried.” *Stress* is usually caused by a specific problem.

Too much homework causes stress because students feel they cannot finish it all.

The soccer team felt a lot of stress before the championship game.

The adjective *stressful* means “causing someone to feel worried.”

It was stressful when we were losing the basketball game.



- A.** Read the paragraph. Complete the sentences with *stress* or *stressful*. Compare your answers with a partner.

Preparing for an important soccer game can be (1) stressful.

First, you may worry that you will lose. This causes (2) _____.

Second, before the game, you have to practice hard. This also makes

you feel (3) _____.

Finally, the end of the game is often (4) _____. Sometimes the score is close, so anyone can win.

The noun *team* is “a group of people who play a sport together.”

Our school has the best soccer team in the city.

The national swim team won a gold medal at the international championship.



- B.** Work with a partner. Use the words below to tell what kind of team each sentence describes. Take turns reading your sentences out loud.

home

national

soccer

school

1. The athletes that play for your school are called the school team.

2. A _____ needs people who can run fast.

3. The team playing in its own city or country is called the _____.

4. In the Olympics, your country is represented by the _____.

Vocabulary Activities **STEP II: Sentence Level**

E. A *goal* is “something that you try to do or get.” Work with a partner. Match the person with his or her goal. Take turns creating sentences.

- | | |
|----------------------------------|--------------------------------|
| — <u>a</u> 1. an English student | a. to learn English well |
| — 2. a singer | b. to win a gold medal |
| — 3. a salesperson | c. to have a song on the radio |
| — 4. an athlete | d. to open a restaurant |
| — 5. a chef | e. to sell a lot of things |

1. *The goal of an English student is to learn English well.*

2. _____
3. _____
4. _____
5. _____

The adjective *positive* can mean “sure that you are correct.”

My doctor is positive this exercise routine will help me get healthy.

The adverb *positively* means “certainly” or “really” or “very.”

He positively loves watching tennis. He gets up at 2 a.m. to watch matches in other countries.

He is a positively incredible athlete. He swam 10 kilometers and then ran a marathon!



F. Rewrite these sentences. Use the form of *positive* in parentheses.

1. I am certain that he will win the race. (positive)
I am positive that he will win the race.

2. The referee really refused to change his mind. (positively)

3. We are sure that everyone can do our walking routine. (positive)

4. This new exercise routine is certainly amazing. (positively)

Grammar Simple Present Tense

Use the simple present tense to write about facts, repeated actions, and feelings or opinions.

Exercise **makes** you healthy.

I **play** soccer every weekend.

She **likes** watching tennis.

Remember to add *-s* or *-es* to the verb after *he*, *she*, or *it*. Add *-s* or *-es* to the verb after any noun or noun phrase that describes one person other than yourself.

Do not add any letters to the verb after *I*, *you*, *we*, or *they*. All plural nouns also take the base form of the verb.

A collective noun, such as *team*, uses one word to describe a group of things. Collective nouns take the same form of the verb as *he*, *she*, or *it*.

I You We They Both teams Her sisters	run	every morning.
He / She / It The team My sister	runs	

The verb *be* has irregular forms in the present simple tense. When the noun in a sentence is yourself, and you use the word *I*, the present simple form of *be* is *am*.

I	am	at the game.
You We They Some students	are	
He / She / It The student	is	

A. Read the sentences. Write the correct form of the verb in parentheses. Use the simple present tense.

- The class (exercise) exercises every day.
- My exercise goal (be) _____ to lose weight.
- My brother sometimes (join) _____ me when I run.
- You (be) _____ a better football player than I (be) _____.
- The teacher's assistant (help) _____ me when I have trouble doing an exercise.