



IGCSE Speaking IELTS Prep Course

Aligned to Cambridge IGCSE ESL (0510 / 0511) exam standards

WEEK 35: HEALTHY LIFESTYLES

IELTS Band 5 - 6



Learning Objectives

WALT (We Are Learning To) **Discuss healthy lifestyles**, explain **habits, stress**, and **balanced routines** in speaking.



Success Criteria

WILF (What I'm Looking For) **Explain causes, give solutions, compare lifestyle choices**, and **use simple advice**.



Support (Band 5.0 Target)

Use the frame: **A healthy routine helps me because** _____. Add **one habit** and **one result**.



Stretch (Band 6.0+ Target)

Explain how **study pressure, sleep**, and **exercise** affect **wellbeing**.

PLAN A

Classroom Only

80 MIN

Default plan. Sections 11 & 12 are completed at home as unsupervised homework.

TIME	TEACHER	STUDENTS
SEC 1 0–5 min WARM-UP	<ul style="list-style-type: none"> • Open with WALT / WILF. • Send students to Section 1 and circulate. 	<ul style="list-style-type: none"> • Discuss the warm-up questions in pairs, in English.
SEC 2 • 3 • 4 5–15 min INPUT	<ul style="list-style-type: none"> • Teach Sec 2 grammar, Sec 3 pronunciation, Sec 4 vocabulary. • Give an example sentence for each item. 	<ul style="list-style-type: none"> • Listen and take notes on the handout. • Offer your own example sentences.
SEC 5 • 6 • 7 • 8 15–35 min SHADOW READ	<ul style="list-style-type: none"> • Play TTS for Sec 5, 6, 9 text & model answers. • Students Listen → Repeat until pronunciation is clean. 	<ul style="list-style-type: none"> • Stand. Write own notes on whiteboards for Sec 6 & 9. Memorize answers.
SEC 7 35–55 min SPEAKING • 4-3-2	<ul style="list-style-type: none"> • 2-min spot speaking tests. Correct mistakes. Note errors. 	<ul style="list-style-type: none"> • Repeat your answer 3x — faster each round. • Listener checks target items & pushes speed.
SEC 9 55–75 min PART 3 DISCUSSION	<ul style="list-style-type: none"> • Explain OPINION → REASON → EXAMPLE structure. • Push "why?" & "can you give an example?" for short answers. 	<ul style="list-style-type: none"> • Write Sec 9 notes in the lined space. • Repeat your Part 3 answers 3x in pairs — faster each round.
SEC 10 75–80 min WRAP-UP	<ul style="list-style-type: none"> • Put top errors on the board. • Supervise Sec 10 exit ticket. 	<ul style="list-style-type: none"> • Correct your errors. • Log this week's homework (Sec 11 & 12).

HOMEWORK Sec 11 & Sec 12 (required, ~40 min).

PLAN B

Computer Lab + Classroom

40 + 40 MIN

Use when homework must be supervised. Sec 11 & 12 done in the lab; classroom shrinks to 40 min. Cut sections shown below.

COMPUTER LAB · 40 MIN · SUPERVISED

TIME	TEACHER	STUDENTS
SEC 11 0–20 min AFTER LAST LESSON	<ul style="list-style-type: none"> • Circulate the lab and check recording quality across Part 1, 2 & 3. • Push AI written feedback on each student's Sec 6 answer. 	<ul style="list-style-type: none"> • Record LAST week's Sec 1, Sec 6 & Sec 9 answers (Part 1, Part 2, Part 3). • Run AI correction on the Sec 6 written answer.
SEC 12 20–40 min BEFORE NEXT LESSON	<ul style="list-style-type: none"> • Confirm each student reviews NEXT period's vocab and grammar. • Check students shadow Transcoded Text and Model Answers. 	<ul style="list-style-type: none"> • Preview NEXT period's vocab and grammar. • Shadow all Transcoded Text and Model Answers for pronunciation practice.

CLASSROOM · 40 MIN

TIME	TEACHER	STUDENTS
SEC 1 0–5 min WARM-UP	<ul style="list-style-type: none"> • Open with WALT / WILF. • Send students to Section 1 and circulate. 	<ul style="list-style-type: none"> • Discuss the warm-up questions in pairs, in English.
SEC 6 5–20 min PRACTICE	<ul style="list-style-type: none"> • Observe students' Sec 6 answer prep on boards. • Correct errors before speaking. 	<ul style="list-style-type: none"> • Stand up at a whiteboard / window / large screen. • Write your own answer to Sec 6.
SEC 7 20–35 min SPEAKING · 4-3-2	<ul style="list-style-type: none"> • Briefly intro Sec 7 and run the 4-3-2 circuit (pairs, standing). • Strict time — fastest repetitions must be min 2 mins. 	<ul style="list-style-type: none"> • Repeat your answer 2× alone — faster each round. • Round 3 with a partner to push you to speak fast. • Last round must be fast and min 2 mins.
SEC 10 35–40 min WRAP-UP	<ul style="list-style-type: none"> • Put top errors on the board. • Supervise Sec 10 exit ticket. 	<ul style="list-style-type: none"> • Correct your errors. • Log this week's homework (Sec 6 written answer).

CUT IN LAB MODE

Sec 2 · 3 · 4 · 5 · 8 — Input, Pronunciation, Shadowing and Writing dropped from classroom (handled with AI feedback in the lab / at home).

HOMEWORK Write Section 6 Answer, use AI correction, then write the corrected answer by hand into the student textbook.

Topic: **healthy lifestyles**

1 Can you tell me something about how you stay healthy during school weeks?

Yes, I try to walk after dinner and sleep before midnight. **Usually**, homework makes this difficult, but I still plan short breaks. **For example**, I stretch for five minutes between study tasks.

2 Can you tell me about a time when you changed a health habit, and what it was like?

Last month, I stopped using my phone right before sleep. **At first**, it felt boring because I wanted to check messages. **After a week**, I slept faster and felt better in morning class.

3 Do you think schools should teach students how to live healthily? Why?

Yes, I think, schools should teach healthy living. **This is because**, many teenagers study for long hours and forget rest. **For example**, a short lesson about sleep can help students make better choices.

Cause, Effect and Solution Sentences


GRAMMAR


Cause explains why a problem happens, effect explains the result, and solution gives a way to improve it. These three parts make health advice clear.

EXAMPLE

Too much sugar causes tiredness, so choose fruit instead.

Gentle Advice Intonation

 **Listen:** Use a calm falling voice for advice, so it sounds helpful, not bossy.

 **Practise:** **Practise softly,** You should rest earlier. You could walk after dinner.

Wellness

健康状态 / 身心健康

Noun adj. well adv. well

Routine 日常安排 / 惯例

Noun adj. routine

Self-discipline 自律

Noun adj. self-disciplined

Stress 压力

Noun adj. stressful adv. stressfully
v. stress · stressed

Sleep-deprived 睡眠不足的

Adjective

Preventive 预防性的

Adjective n. prevention
adv. preventively v. prevent · prevented

Prevention 预防 RECYCLED

Noun adj. preventive adv. preventively
v. prevent · prevented

Professional 专业的

RECYCLED

Adjective n. profession
adv. professionally
v. professionalise · professionalised

Idiom 1: Take care of yourself — 照顾好自己

Explanation Look after your body and mind.

Example Before exams, my mother always tells me to take care of myself.

Idiom 2: Burn out — 身心俱疲

Explanation Become very tired because of too much work or stress.

Example Students may burn out if they study late every night.

Adapted from the Cambridge IGCSE ESL Coursebook

For many teenagers, a healthy lifestyle starts with small choices. For example, a simple routine (日常安排 / 惯例) can include breakfast, walking, homework breaks, and sleep. However, school stress (压力) can make students feel too busy to rest. When exams are near, some learners forget to take care of yourself (照顾好自己) properly. In my view, real wellness (健康状态 / 身心健康) means looking after both body and mind. Also, self-discipline (自律) helps students stop scrolling and go to bed earlier. If students build calm habits, they can study with more energy. Overall, health is not one big change; it is many small actions.

SITUATION Your year group is choosing one activity to help students build a healthier lifestyle. You are considering the following options:

OPTION A

a morning exercise challenge

OPTION B

a sleep and study planning workshop

Talk about the advantages and disadvantages of each option. Say which option you would prefer, and why.

MODEL ANSWER

SITUATION Well, I will compare two ways to support healthier student habits.

OPTION A On one hand, a morning exercise challenge can help sleep-deprived (睡眠不足的) students feel more awake. However, some students may arrive late or feel too tired. Although exercise is healthy, it may not solve the main sleep problem.

OPTION B On the other hand, a planning workshop teaches preventive (预防性的) habits before students become exhausted. Also, it connects sleep, homework, and prevention (预防) in a clear way. If students plan earlier, they may need less professional (专业的) health advice later.

PREFERENCE I would choose, the planning workshop. **REASON** The main reason is, it can help students avoid burn out (身心俱疲) during exam months.

Tick each item you hear in your partner's Part 2 answer.

 6+ blue starters 1 yellow complex sentence 5 bold vocab items 4 sub-blocks: SIT OPT A OPT B PREF

Stand up and write your answer on the board or classroom windows. The teacher will correct it as you write. Copy the corrected answer below.

Answer the Part 3 discussion questions below. Use the Model Answer for guidance, then write your own response in the lined space.

1 How important is sleep for teenagers who study for long hours?

MODEL ANSWER

OPINION In my opinion, sleep is extremely important for busy teenagers. **REASON** This is because, when students become sleep-deprived (睡眠不足的), their memory and mood can suffer.

EXAMPLE / EXTENSION For example, a student who sleeps late may forget easy words in class.

2 Some people say self-discipline is the key to a healthy lifestyle. What do you think?

MODEL ANSWER

OPINION I partly agree, self-discipline helps a healthy lifestyle. **REASON** The reason is, if students have self-discipline (自律), they can stop phone use earlier. **EXAMPLE / EXTENSION** For instance, they may finish homework, pack their bag, and sleep before midnight.

 **Fix the Error:** Choose the best cause, effect, or solution phrase for each health sentence.

1. _____ students sleep late, they feel tired. (When / But)
2. _____ they may find homework harder. (As a result / Although)
3. _____ this, they should plan rest earlier. (To solve / However)

Errors we fixed on the board:


New language that stood out:

a  **10 MIN** APP Recording:


Mock Test: **Record** all answers to questions in Part 1, 2 and 3 and **SEND for scoring**.

MUST USE: 1 complex sentence + this week's grammar (*Cause, Effect and Solution Sentences*).


作业APP录音：模拟考试：录制Part 1、2和3全部问题的回答并发送评分。要求：必须使用1个复合句和本周语法点。

b  **10 MIN** Type and AI correct your Part 2 answer. Handwrite your corrected answer into your coursebook.

键入Part 2答案并使用AI批改。将批改后的答案手写到你的课本中。

a  **10 MIN** 'Speaking Practice > Fluency'. Listen to **next week's** Section 1, 5, 6 & 9. **Shadow** their pronunciation — copy American or British intonation exactly — until you are comfortable with the pronunciation.

"口语练习 > 流利度"。听下周的第1、5、6和9部分。跟读模仿美式或英式的语调和发音，直到你对发音感到自如为止。

b  **10 MIN** **Record Sections 5 & 6: Memorise** useful phrases and use bullet-point notes to help you **repeat** the paragraphs in your own words 3 times, out loud. **Record** your 3rd attempt.

录音第5和第6部分：记忆有用的短语，并使用要点笔记帮助你用自己的话重复段落3遍，大声朗读。录下你的第3次尝试。