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Level 4 – 11th April, 2020

Paris bans daytime exercise

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<https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

Paris is taking extra action to stop the rise in COVID-19 infections. Parisians can no longer exercise outdoors between the hours of 10am and 7pm. This is because people went into the streets in recent good weather. They broke lockdown rules. There have been over 10,000 deaths in France. It is in fourth place on the world fatalities list. The mayor of Paris said the new rule would help stop the virus from spreading. It could also help to flatten the curve.

Scientists said there is more of the virus in the air when people exercise. When cyclists or joggers sneeze, cough or exhale, micro-particles stay longer in the air and spread farther. People behind them have to walk through a cloud of droplets. People should avoid those who exercise. They should give walkers four metres, runners 10 metres and cyclists at least 20 metres. The message is simple - stay at home and follow social distancing rules when outside.

Sources: <https://www.cosmopolitan.com/uk/reports/a32071543/paris-ban-outdoor-exercise-daytime/>
<https://www.france24.com/en/20200407-paris-bans-daytime-jogging-as-virus-deaths-hit-new-high>
<https://www.dailymail.co.uk/news/article-8196759/Paris-bans-outdoor-exercise-threatens-hit-joggers-120-fines-amid-coronavirus-lockdown.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------|
| 1. Paris is taking extra action | a. deaths in France |
| 2. recent | b. of Paris |
| 3. They broke lockdown | c. flatten the curve |
| 4. There have been over 10,000 | d. good weather |
| 5. fourth place on the world | e. rules |
| 6. The mayor | f. spreading |
| 7. help stop the virus from | g. fatalities list |
| 8. It could also help to | h. to stop the rise |

PARAGRAPH TWO:

- | | |
|---------------------------------|-------------------|
| 1. Scientists said there is | a. joggers sneeze |
| 2. virus in the air when people | b. in the air |
| 3. When cyclists or | c. rules |
| 4. cough or | d. more |
| 5. micro-particles stay longer | e. of droplets |
| 6. walk through a cloud | f. simple |
| 7. The message is | g. exhale |
| 8. follow social distancing | h. exercise |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

Paris is (1) _____ to stop the rise in COVID-19 infections.

Parisians can (2) _____ outdoors between the hours of

10am and 7pm. This is because people went into the

(3) _____ good weather. They (4) _____.

There have been over 10,000 deaths in France. It is in fourth place on the

(5) _____. The mayor of Paris said the new rule would help

stop the virus from spreading. It could also help to

(6) _____.

Scientists said there is more of the (7) _____ air when

people exercise. When cyclists or joggers sneeze,

(8) _____, micro-particles (9) _____ the

air and spread farther. People behind them have to walk through a

(10) _____. People should avoid those who exercise. They

should give walkers four metres, runners 10 metres and

(11) _____ 20 metres. The message is simple - stay at

home and follow social distancing (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

Paris is taking extra action to stop the rise in COVID-19 infections. Parisians can no longer exercise outdoors between the hours of 10am and 7pm. This is because people went into the streets in recent good weather. They broke lockdown rules. There have been over 10,000 deaths in France. It is now fourth place on the world fatalities list. The mayor of Paris said the new rule would help stop the virus from spreading. It could also help to flatten the curve. Scientists said there is more of the virus in the air when people exercise. When cyclists or joggers sneeze, cough or exhale, micro-particles stay longer in the air and spread farther. People behind them have to walk through a cloud of droplets. People should avoid those who exercise. They should give walkers four metres, runners 10 metres and cyclists at least 20 metres. The message is simple - stay at home and follow social distancing rules when outside.

DAYTIME EXERCISE SURVEY

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

Write five GOOD questions about daytime exercise in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-4.html>

Write about **daytime exercise** for 10 minutes. Read and talk about your partner's paper.
