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**Level 5** – 11th April, 2019

## Paris bans daytime exercise

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2004/200411-daytime-exercise-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-5.html>

Authorities in Paris are taking extra measures to contain the surge in COVID-19 infections. Parisians can no longer exercise outdoors during the day. There is a ban on exercising outside between the hours of 10am and 7pm. This is in reaction to more people taking to the streets in recent good weather and flouting lockdown rules. There have been over 10,000 deaths in France. It is fourth place on the fatalities list behind Italy, Spain and the USA. The mayor of Paris said the new rule would help stop the virus from spreading, and lead to a flattening of the curve.

Scientists explained that there is a greater viral load in the air when people exercise. When a cyclist or jogger sneezes, coughs or even exhales, micro-particles stay longer in the air and spread farther than when someone is walking. This is a danger to people behind them who have to walk through a cloud of droplets. The scientists said people should avoid those who exercise. Walkers should get four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to elsewhere in the world - 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-5.html>

## PARAGRAPH ONE:

- |                                         |                   |
|-----------------------------------------|-------------------|
| 1. taking extra measures to contain     | a. lockdown rules |
| 2. There is a ban                       | b. from spreading |
| 3. in recent good                       | c. list           |
| 4. flouting                             | d. of the curve   |
| 5. fourth place on the fatalities       | e. the surge      |
| 6. The mayor of Paris said the new rule | f. weather        |
| 7. help stop the virus                  | g. would help     |
| 8. lead to a flattening                 | h. on exercising  |

## PARAGRAPH TWO:

- |                             |                            |
|-----------------------------|----------------------------|
| 1. there is a greater viral | a. of droplets             |
| 2. When a cyclist           | b. in the world            |
| 3. coughs or even           | c. longer in the air       |
| 4. micro-particles stay     | d. social distancing rules |
| 5. walk through a cloud     | e. exercise                |
| 6. avoid those who          | f. or jogger sneezes       |
| 7. similar to elsewhere     | g. load                    |
| 8. follow                   | h. exhales                 |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2004/200411-daytime-exercise-5.html>

Authorities in Paris are (1) \_\_\_\_\_ to contain the surge in COVID-19 infections. Parisians can no (2) \_\_\_\_\_ during the day. There is a ban on exercising outside between the hours of 10am and 7pm. This is (3) \_\_\_\_\_ more people taking to the streets in recent good weather and (4) \_\_\_\_\_. There have been over 10,000 deaths in France. It is fourth place on (5) \_\_\_\_\_ behind Italy, Spain and the USA. The mayor of Paris said the new rule would help stop the virus from spreading, and lead to (6) \_\_\_\_\_ the curve.

Scientists explained that there is a (7) \_\_\_\_\_ in the air when people exercise. When a cyclist or jogger sneezes, (8) \_\_\_\_\_ exhales, micro-particles stay longer in the (9) \_\_\_\_\_ farther than when someone is walking. This is a danger to people behind them who have to walk through a (10) \_\_\_\_\_. The scientists said people should avoid those who exercise. Walkers should get four metres, runners 10 metres and (11) \_\_\_\_\_ 20 metres. The message in France is similar to elsewhere in the world - stay at home and follow social distancing (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2020/20200411-daytime-exercise-5.html>

Authorities in Paris are taking extreme measures to contain the surge in COVID-19 infections. Parisians can no longer exercise outdoors during the day. There is a ban on exercising outside between the hours of 10am and 7pm. This is in reaction to more people taking to the streets in recent weeks after flouting lockdown rules. There have been over 10,000 deaths in France. It is fourth place on the fatalities list behind Italy, Spain and the USA. The mayor of Paris said the new rule would help stop the virus from spreading, and lead to a flattening of the curve. Scientists explained that there is a greater viral load in the air when people exercise. When a cyclist or jogger sneezes, coughs or even exhales, micro-particles stay longer in the air and spread farther than when someone is walking. This is a danger to people behind them who have to walk through a cloud of droplets. The scientists said people should avoid those who exercise. Walkers should get four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to elsewhere in the world - 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) \_\_\_\_\_

