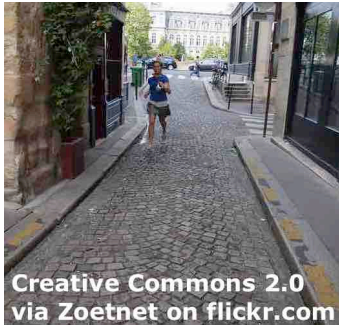


Paris bans daytime exercise

11th April, 2020



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Authorities in Paris have taken extra measures in an attempt to contain the COVID-19 pandemic. They have banned people exercising outdoors during the day to try and stem the surge in the number of infections and deaths. No one will be allowed to exercise

outside of their home between the hours of 10am and 7pm. The move is in reaction to greater numbers of people taking to the streets in recent good weather and flouting lockdown rules. There have been over 10,000 deaths in France, putting it in fourth place on the fatalities list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further transmission of the virus and lead to a flattening of the curve.

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread of viral load in the air. They said that when a cyclist or jogger sneezes, coughs or even just exhales, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This poses a danger to the person coming behind them who has to pass through a cloud of droplets. The scientists advised that people who exercise should be given a wider berth. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to that throughout the world - stay at home and follow social distancing rules when outside.

Sources: [cosmopolitan.com](https://www.cosmopolitan.com) / [france24.com](https://www.france24.com) / [dailymail.com](https://www.dailymail.com)

Writing

All exercise should be done at home during the coronavirus pandemic. Discuss.

Chat

Talk about these words from the article.

authorities / measures / pandemic / exercising / outdoors / infections / weather / virus / exercise / cyclist / walking / cloud / message / staying at home / social distancing

True / False

- a) The article said Paris authorities have taken extra COVID-19 measures. T / F
- b) The authorities are desperately trying to surge the stem in infections. T / F
- c) People in Paris cannot exercise for nine daytime hours. T / F
- d) The mayor of Paris says she wants to flatten the curve. T / F
- e) People who exercise put more of the virus in the air. T / F
- f) A jogger who is breathing puts more of the virus in the air. T / F
- g) A scientist said people should stay 20 metres away from cyclists. T / F
- h) The message in France is different to that in other countries. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|-----------------|
| 1. authorities | a. response |
| 2. banned | b. regulations |
| 3. reaction | c. spread |
| 4. fatalities | d. amount |
| 5. transmission | e. prohibited |
| 6. load | f. breathes out |
| 7. exhales | g. observe |
| 8. poses | h. officials |
| 9. follow | i. presents |
| 10. rules | j. deaths |

Discussion – Student A

- a) What is your country doing to keep people safe?
- b) How safe do you feel?
- c) Are you getting enough exercise?
- d) How do you feel when you exercise outside?
- e) How much do you worry about other people who are outside?
- f) What do you think of people who flout the lockdown rules?
- g) How difficult is it to live in times of lockdown?
- h) What does it mean to flatten the curve?

Phrase Match

- | | |
|---------------------------------------|---------------------------|
| 1. Authorities in Paris have taken | a. exhales |
| 2. an attempt to contain | b. number of infections |
| 3. stem the surge in the | c. berth |
| 4. people taking to the streets | d. of the curve |
| 5. lead to a flattening | e. danger to the person |
| 6. there is a greater spread of viral | f. the COVID-19 pandemic |
| 7. sneezes, coughs or even just | g. rules |
| 8. This poses a | h. load in the air |
| 9. be given a wider | i. extra measures |
| 10. follow social distancing | j. in recent good weather |

Discussion – Student B

- What do you think about what you read?
- What do you think of the daytime exercise ban in Paris?
- What advice do you have for people in lockdown?
- How much do you worry when someone coughs or sneezes?
- Should joggers and cyclists keep a bigger distance?
- What do you think of the 20 metres distance for cyclists?
- What do you think of staying at home?
- What questions would you like to ask the leader of Paris?

Spelling

- Authorities in Paris have taken extra ssaeumr
- stem the regus in the number
- uofglntj lockdown rules
- fourth place on the eisttiaalf
- further arinostnmis of the virus
- lead to a lfitgeantn of the curve
- coughs or even just ehlxesa
- the micro-artlcpeis linger longer
- This eopss a danger
- be given a wider trebh
- runners 10 metres and iltscycs at least 20
- follow social nsadincitg rules

Answers – Synonym Match

1. h	2. e	3. a	4. j	5. c
6. d	7. f	8. i	9. g	10. b

Role Play

Role A – Jogging

You think jogging is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): shopping, housework or gardening.

Role B – Shopping

You think shopping is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): jogging, housework or gardening.

Role C – Housework

You think housework is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): shopping, jogging or gardening.

Role D – Gardening

You think gardening is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their exercise. Also, tell the others which is the least effective of these (and why): shopping, housework or jogging.

Speaking – Exercise

Rank these with your partner. Put the best forms of exercise at the top. Change partners often and share your rankings.

- | | |
|----------------|-------------|
| • walking | • running |
| • cycling | • shopping |
| • gym workouts | • gardening |
| • housework | • swimming |

Answers – True False

a	T	b	F	c	T	d	T	e	T	f	T	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.