

Slower dance music only for South Korea gyms

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Gyms and fitness clubs in and around South Korea's capital Seoul now have a limit on what kind of music they can play. The government has set a maximum speed on the tunes allowed. This is to limit the spread of Covid-19. There are the beginnings of a new coronavirus wave in South Korea. The new measures are to stop people breathing too quickly or splashing sweat on each other. Health officials have told gyms not to play music with a tempo higher than 120 beats per minute (bpm). The songs Bad Romance by Lady Gaga and Le Freak by the group Chic fall just under the limit at 119 bpm. K-pop fans will be relieved to know they can work out to BTS. The BTS hit Dynamite is around 115 bpm.

South Korea's Prime Minister Kim Boo-kyum warned the nation that the country had reached "maximum crisis level". President Moon Jae-in said he felt sorry for business owners affected by the rules. He said: "I can't help but feel very sorry to once again ask the citizens for a little more patience." Many gym owners are unhappy with the new rules. One said: "My biggest question is whether playing classical music or songs by BTS has been proved to have any impact on spreading the virus." He asked: "Many people use their own earphones...these days, so how do you control their playlists?" Another new rule is that treadmills will be limited to a maximum speed of 6kph.

Sources: bbc.com / theguardian.com / koreaherald.com

Writing

All exercise should be outside until the pandemic is over. Discuss.

Chat

Talk about these words from the article.

gym / fitness / capital / limit / maximum speed / breathing / tempo / work out / crisis / feel sorry for / business owners / citizens / patience / songs / earphones

True / False

- 1) Gyms have a music speed limit in Seoul, but fitness clubs do not. T / F
- 2) Music companies set the limit of the speed of songs allowed in gyms. T / F
- 3) The limit on music speed is to stop people splashing sweat on others. T / F
- 4) All BTS songs are now too fast to be played in gyms in Seoul. T / F
- 5) S. Korea's prime minister said his country was a maximum crisis level. T / F
- 6) S. Korea's president said he felt sorry for users of gyms. T / F
- 7) A gym owner questioned whether fast music caused Covid-19 to spread. T / F
- 8) There is also a 6kph limit on the speed of treadmills in gyms. T / F

Synonym Match

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

- | | |
|----------------------|-----------------|
| 1. limit | a. actions |
| 2. maximum | b. chart-topper |
| 3. beginnings | c. restricted |
| 4. measures | d. start |
| 5. hit | e. tolerance |
| 6. nation | f. ceiling |
| 7. crisis | g. impacted |
| 8. affected | h. emergency |
| 9. patience | i. top |
| 10. limited | j. country |

Discussion – Student A

- a) How much do you like dancing?
- b) What do you think of gyms and fitness clubs?
- c) What music do you like to dance to?
- d) What do you think of the new rules in the gyms?
- e) How is the coronavirus situation in your country?
- f) Do you like uptempo or slow tempo songs?
- g) What do you know about K-pop?
- h) What is your favourite kind of music?

Phrase Match

- | | |
|---|-------------------------|
| 1. The government has set a maximum | a. level |
| 2. stop people breathing too | b. these days |
| 3. a tempo higher than | c. around 115 bpm |
| 4. K-pop fans will | d. speed |
| 5. The BTS hit Dynamite is | e. patience |
| 6. the country had reached maximum crisis | f. 120 beats per minute |
| 7. he felt sorry | g. the virus |
| 8. ask the citizens for a little more | h. be relieved |
| 9. have any impact on spreading | i. for business owners |
| 10. people use their own earphones | j. quickly |

Discussion – Student B

- What do you think about what you read?
- How sorry do you feel for business owners?
- How much patience do you have?
- Do you think slower songs will slow the spread of Covid-19?
- What kinds of earphones do you like?
- What do you like to do in a gym?
- What can you do to limit the spread of coronavirus?
- What questions would you like to ask a coronavirus expert?

Spelling

- eintfss clubs
- set a iammuxm speed
- the tunes dlaoewl
- The new rasseemu
- Health flifcaiso
- K-pop fans will be leieedrv
- sscrij level
- a little more tineaecp
- acisallcs music
- any tpicma on spreading the virus
- people use their own aoprheens
- treadmills will be lmiiied

Answers – Synonym Match

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

Role Play

Role A – Techno

You think techno is the best music. Tell the others three reasons why. Tell them what is wrong with their genres of music. Also, tell the others which is the worst of these (and why): hip-hop, reggae or opera.

Role B – Hip-hop

You think hip-hop is the best music. Tell the others three reasons why. Tell them what is wrong with their genres of music. Also, tell the others which is the worst of these (and why): techno, reggae or opera.

Role C – Reggae

You think reggae is the best music. Tell the others three reasons why. Tell them what is wrong with their genres of music. Also, tell the others which is the worst of these (and why): hip-hop, techno or opera.

Role D – Opera

You think opera is the best music. Tell the others three reasons why. Tell them what is wrong with their genres of music. Also, tell the others which is the worst of these (and why): hip-hop, reggae or techno.

Speaking – Music

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

- | | |
|-----------|----------|
| • Techno | • Rock |
| • Opera | • Jazz |
| • Hip-hop | • Blues |
| • Folk | • Reggae |

Answers – True False

1 F	2 F	3 T	4 F	5 T	6 F	7 T	8 T
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Answers to Phrase Match and Spelling are in the text.