

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 2

#10 Welcome to Hong Kong, where prisoners get more exercise time than students do

Skills/ Objectives: Reading and Writing

PART 1: Before you read...

Preparatory questions

1. Do you exercise? How often? What kinds of exercise do you do?
2. Do you enjoy exercising? Why or why not?

Vocabulary

1. Inmate (noun): a person who is kept in a prison or a hospital for mentally ill patients
2. Wellness (noun): the state or condition of being healthy
3. Vigorous (adjective): strong, energetic
4. Boost (verb): to improve
5. Prolong (verb): to make something last longer, continue

PART 2: Article

This article reports on a research study of exercise habits of primary and secondary students in Hong Kong. It discusses the benefits of exercising on a regular basis.

Welcome to Hong Kong, where prisoners get more exercise time than students do (*click the link to read the article*)

<https://yp.scmp.com/news/hong-kong/article/103026/welcome-hong-kong-where-prisoners-get-more-exercise-time-students-do>

(Source: Young Post)

PART 3: Let's discuss!

1. Why do most people in Hong Kong lack exercise?
2. Do you exercise regularly? What motivates you to exercise? What kinds of exercise do you want to try?
3. What are the benefits of doing exercise?
4. Should sport lessons be mandatory at tertiary institutions? Why? Why not?

PART 4: Writing practice

You want to encourage your friends to exercise. Choose a kind of exercise (e.g., yoga, running, dancing) and explain how they may enjoy and benefit from doing it. (80 – 100 words)

PART 5: Learn further

1. How stretching everyday can benefit your physical and mental health, and improve your problem solving skills

This article introduces different types of stretching and explains the benefits of stretching.

<https://yp.scmp.com/go-to-gurus/advice/article/109748/how-stretching-everyday-can-benefit-your-physical-and-mental>

2. Face Off: should sport lessons be compulsory?

In this article, two students, Pearl Chia and Joyee Au Yeung, discuss whether sport lessons should be compulsory at schools. Read the article and pay attention to the reasons given by the students. Which student do you agree with? Why? You can comment on Moodle too!

<https://yp.scmp.com/over-to-you/columns/article/107209/face-should-sport-lessons-be-compulsory>

Chat online!

[Moodle Chat Room](#)

19 September 2018 (Wednesday) 5:30 – 6:30 pm

Prepared by Dr. Cherry Chan