

## Oxford Heroes 2

### Topic: Health and Fitness

#### *Writing a Narrative*

1. **T.:** Look at the text and underline sentences with *firstly, secondly and thirdly*.

#### Competition Entry.

I think health and fitness at school is really important. I've got a lot of ideas for our school.

Firstly, we need more sports and exercise clubs. Some students don't like team sports like football. If we had more aerobics and judo classes, more students would do sports. And perhaps we could have a cheap school ticket for the swimming pool in town? If it wasn't so expensive, I'd go swimming every week.

Secondly, we should change the food in the school canteen. The only healthy food there is fruit, and that's really boring every day. If the canteen had more exciting healthy snacks, students wouldn't eat crisps every day. I think the canteen should sell healthy sandwiches and salads instead of pizza and muesli bars and nuts instead of chocolate.

Thirdly, we need more water fountains at school. It's very important to drink a lot of water because it stops you getting tired. If we had water fountains in the corridors and outside in the playground, students would drink more water. They would also drink fewer soft drinks.

I hope you like my ideas.

2. a). **T.:** Look through the Writing Reference:

We use *firstly, secondly, thirdly* to organize points in a piece of writing.

*Firstly, we should do more sports classes.*

*Secondly, we need better sports equipment.*

*Thirdly, we should have more competitions.*

b). Look at the ideas for a healthy family. Choose three ideas. Write three sentences using *firstly*, *secondly*, *thirdly*.


*Firstly, families should eat healthy meals and no junk food.*

- healthy meals – no junk food, plenty of vegetables
- fewer and healthier snacks – fruit and carrots for snacks during the day
- games or reading instead of TV – sleep better
- lots of exercise – family walks, swimming trips
- use the car less – cycle or walk

2. T.: Read the poster. Write an entry for the competition. Use the text above, your ideas and the writing guide below to help you.

**Healthy family COMPETITION**

The school is writing a brochure with tips on health and fitness for students at home and their families. Can you help? We have a great T-shirt for the student with the best ideas. Write your entry today!



I think ...  
I've got a lot of ideas ...  
Firstly, families need ...  
And perhaps ...?  
Secondly, families should ...  
If ...  
Thirdly, ...  
It's very important to ...  
I hope you like my ideas.