

D O N ' T B E A G A R Y

<http://fr.youtube.com/watch?v=l9wF5LunEmo>



a bandeau

a sweatband



a treadmill

a tracksuit

TOOLBOX

verbs: *warm up(sport) ≠ cool down *get worked up =get upset=get angry=se mettre en colère
 *pat/tap=hit lightly *glance at= give a quick look *splash water *scream=shout=yell *sweat
 =transpirer

adjectives: *determined=resolute = eager to V≠ unsure =; *cross=angry≠ relaxed ,happy; *at-ease≠
 ill-at-ease..... *breathless=out of breath= éssoufflé .

1. **Concentrate on what you see.**

a. **Present the document making full sentences from your notes:**

Where:

When:

Who:

What:

b. **Concentrate on the main character, describe the various stages (étapes) he goes through, his acts, feelings and moods. Match elements from the three columns to write a summary .**

XXXXXXXXXXXX	he is splashing water over his face	feels eager and exited to start.he feels invincible.
unfortunately	he collapses he is walking on his treadmill steadily	he looks determined and resolute.
	he is warming up	he feels ill-at-ease
after that	he loses his temper and shouts	he seems very upset,
At the beginning	his coach is glancing at him but he continues his speech	XXXXXXXXXXXXXXXXXXXXXXXXXXXX
and yet,	and he seems to be losing his determination and self-control	
Then after a while	Gary is about to give up and lose his motivation	he looks as if he can't stand it anymore
for a short moment	he becomes confident again	he is hot ,sweating and out of breath.
afterwards		he is defeated

2. **Circle the words you hear:**

tons /dawns /downs /

getting out /giving up

lasts/ lists /lest/

reset/ research

heading on / hanging on

popular/formula

brick/break

wonderful/one of them

millions/billions

debt / due

a chief /achieve /anchovy

person/percent

habits/rabbits

third/herd

market/make it

kicking /gigging

lifting weight/losing weight

gods/goals

given up/ taken up

keep/creep

think/thinned

successful/success

Tick the right numbers

10

20

30

40

50

60

70

3. Then complete the following script:

..... year as the New Year,

[.....]

of people like Gary here make or more

resolutions include smoking orof, but resolutions

[.....]

about and top most How many

actually their

..... has shown that after 2 weekshave already

.....; and after the first two weeks- for still- old

..... begin to back in. At one month thehas been

..... topercent. And yet, still percent is a

..... number. But after weeks –six long weeks- six of the

....., absolutely weeks...

‘.....! JUST ME A!’

...percent of them try to past six weeks. And amazingly after

that 20 percent are continuously at and their

..... Unfortunately,is NOT one of

4. WORDS

Match the words from the text with their equivalents:

- | | | | |
|------------------|---|---|-------------------------|
| dawn l1 (v) | • | • | realize, accomplish (v) |
| kick l3 (v) | • | • | a group of people (n) |
| achieve l5(v) | • | • | objective (n) |
| goal L5 (n) | • | • | arrive at (v) |
| maintain l14 (v) | • | • | start (v) |
| give up l7 (v) | • | • | stop (v) |
| hang on L7 (v) | • | • | stop (v) |
| herd l 8 (n) | • | • | keep up (v) |
| make it l13 (v) | • | • | #stop |

5. Explain in your own words what ‘being a Gary’ means
6. Did you enjoy the document? Say why/why not.
7. ***What makes it difficult for people to keep*** (carry on with =persevere with) ***their resolutions/ What make it difficult for people to reach and maintain their resolutions?***
 - a. Before answering make a list of some possible obstacles.
 - b. Then report using the new structures.

FOLLOW UP WORK.ESSAY WRITING: Are you a Gary? (200 words)