

Activity Type

Matching and speaking activity, group work

Language Focus

Health and fitness collocations

Aim

To make health and fitness collocations and use the collocations in sentences.

Preparation

Make one copy of the dominoes for each group of three and cut as indicated.

Level

Low intermediate

Time

20 minutes

Introduction

In this entertaining teaching activity, students play a game of dominoes where they make health and fitness collocations and then try to use the collocations in sentences.

Procedure

Divide the students into groups of three.

Give each group a set of dominoes. Groups will also need a pen and paper for keeping score.

Tell the students to shuffle the dominoes and deal out six each, leaving the rest in a pile face down.

Have the students turn over the top domino from the pile and place it face up on the table.

The first player tries to make a health or fitness collocation by placing a domino down either before or after the domino on the table.

If the player successfully forms a health or fitness collocation, they score a point. For an extra point, the student then tries to make a meaningful sentence using the collocation, e.g. 'At the moment, I'm trying to cut down on the amount of junk food I eat'.

The other group members listen and judge the player's sentence.

If the sentence demonstrates the meaning of the collocation, the player scores an extra point.

If the group is unsure, they can ask you to adjudicate.

The next player then tries to put down one of their dominoes at either end of the domino chain and so on.

If a player cannot put down one of their dominoes, they take a domino from the top of the pile, put it down and make a sentence if they can.

If there are no dominoes left in the pile, play passes to the next student.

When a player has gotten rid of all their dominoes, the game ends. The students then tally up their scores to find the winner.

Afterwards, the students can reshuffle the dominoes and play again.

Health and Fitness Collocation Dominoes



stress	cut	down	warm	up	work
out	put on	weight	lose	weight	give
up	get in	shape	keep	fit	balanced
diet	burn	calories	energy	levels	heart
rate	healthy	eating	go on	a diet	slim
down	exercise	routine	work up	a sweat	blood
pressure	personal	trainer	burn	fat	side
effects	immune	system	get out of	breath	reduce