

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101

ชั้นมัธยมศึกษาปีที่ 3

ผู้สอน

ครูณงนุช จันทร์เสวก

เรื่อง

Indoor Sports

Indoor Sports



ขอขอบคุณภาพ

1. Keith Johnston. Basketball. จาก <https://pixabay.com/th/photos/บาสเก็ต-ผู้เล่น-เด็ก-การดำเนินการ-1625318/> (August 30, 2016)
2. Keith Johnston. Volleyball. จาก <https://pixabay.com/th/photos/วอลเลย์บอล-การให้บริการ-ผู้เล่น-1544453/> (July 28, 2016)
3. Michal Jarmoluk. Swimming. จาก <https://pixabay.com/th/photos/ลอย-สระว่ายน้ำ-น้ำ-การว่ายน้ำ-คน-462874/> (September 26, 2014)

Indoor Sports

Objectives



1. สามารถจัดกลุ่มคำศัพท์เกี่ยวกับ Indoor Sports ได้
2. สามารถตอบคำถามจากเรื่อง Indoor Sports ได้

Completing

Exercise 13.1



Complete the table
below with the words
given.

Group
work

Group work

ใบงานที่ 13.1 เรื่อง Indoor Sports
2 แผนการจัดการเรียนรู้ที่ 13 เรื่อง Indoor Sports
ภาษาอังกฤษ อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Directions: Complete the table below with the words given.

lifeguard	jazz dancing	water aerobics
dance teacher	secretary	Pilates
weight machines	swimming pool	Zumba
sauna	changing rooms	personal trainer

Gym Staff	Gym Facilities	Gym Classes



Time's up!





ขอขอบคุณภาพ Mabel Amber. Key.

จาก <https://pixabay.com/th/photos/ที่สำคัญ-โลหะ-ประตูทางเข้า-ประตู-1600617/> (August 19, 2016)

Group work



ใบงานที่ 13.1 เรื่อง Indoor Sports

หน่วยการเรียนรู้ที่ 2 แผนการจัดการเรียนรู้ที่ 13 เรื่อง Indoor Sports

รายวิชา ภาษาอังกฤษ อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

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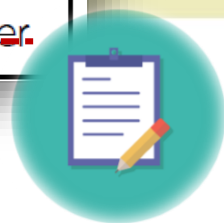


~~lifeguard~~ jazz dancing water aerobics
~~dance teacher~~ ~~secretary~~ Pilates
weight machines swimming pool Zumba
sauna changing rooms ~~personal trainer~~



Gym Staff

lifeguard
dance teacher
secretary
personal trainer



ขอขอบคุณภาพ

1. Judy. Lifeguard. จาก <https://pixabay.com/th/photos/> ชายหาด-เก้าอี้ชายหาด-301202/ (April 1, 2014)

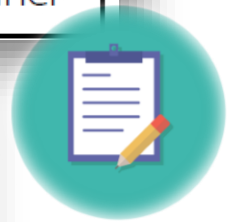
2. Русский. Secretary. จาก <https://pixabay.com/th/photos/> สาว-รอยยิ้ม-อารมณ์-คอมพิวเตอร์-1076995/ (December 4, 2015)



lifeguard	jazz dancing	water aerobics
dance teacher	secretary	Pilates
weight machines	swimming pool	Zumba
sauna	changing rooms	personal trainer



Gym Facilities
weight machines
sauna
swimming pool
changing rooms



ขอขอบคุณภาพ

1. Svenska. Weights. จาก <https://pixabay.com/th/กดขา-น้ำหนัก-เครื่อง-ดัมเบล-1474424/> (June 23, 2016)
2. Dnipro Hotel. Sauna จาก <https://pixabay.com/th/photos/สระว่ายน้ำ-ชาน้ำ-อ่างอาบน้ำ-3001209/> (December 9, 2017)



~~water aerobics~~

~~Pilates~~

~~Zumba~~

~~changing rooms~~

~~personal trainer~~

Gym Classes

jazz dancing
water aerobics

Pilates

Zumba



ขอขอบคุณภาพ

1. **Алина Осипова** . Jazz Dance จาก <https://pixabay.com/th/สาว-ๆ-แจ๊สสอนเต้นรำ-การเต้นรำ-3227310/> (March 15, 2018)

2.. **Marcin Golebiowski** . Pilates จาก <https://pixabay.com/th/photos/กีฬา-pilates-ก่อนเล่น-3357914/> (April 28, 2018)



JAZZ



VS



ZUMBA

Aerobic elements

Music: -a wide variety of music including: pop hits, country, Latin, jazz, etc.

Dance: -jazz dance, cardio and endurance training, yoga, kickboxing, and even Pilates

-Latin music with some hip-hop and rap blended in

-merengue, salsa, reggae, samba, and more...

Reading Station



ขอขอบคุณภาพ Pexels. Blond.

จาก <https://pixabay.com/th/photos/ผมบลอนด์-สีบลอนด์-สาว-หน้า-1866951/> (November 29, 2016)

Answer

Exercise 13.2



Read the passage and
circle Gym A or Gym B
which has the things.

Individual work

Individual work

Name : _____ No _____

A. Hi, come in. I'm Heidi. Hello, everybody. Welcome to the Orange Park Sports Centre. I'll just show you round the centre and explain what we offer here, and then you can ask me questions. You can see the main rooms. Here we have classes of yoga, tai chi, Pilates and Zumba at different levels. We also have different types of dance class: jazz dancing, Indian dancing and Latin dancing. We've got the sauna and massage rooms. We have very reasonable prices for massages. And over here we have the gym with exercise machines. It's quite a small gym, but usually there's plenty of room for people to move around without any problems. Over there we have the changing rooms with showers. You do need to bring your own towel if you want a shower, but you don't need to bring a mat for the yoga and Pilates classes. Oh, and I must mention the café. It's just off the main entrance.

B. OK, let me show you the gym. My name's John and I'm the main sports trainer here, but we have a team of four specialists who are always around to help you with exercise programmes and give advice about lifestyle and diet. As you can see, it's enormous and we have lots of brand-new machines. You can do everything here: running, cycling, rowing, weights. Over there is the area for weight-training. We have the swimming pool. It's great, isn't it? We're very proud of it. You can use it most of the time without booking, but there are certain times of day when we have swimming classes and water aerobics. There is always a lifeguard in attendance who will also offer informal swimming tips. We have our own shop, here, where you can buy our own brand of sportswear and sports drinks and supplements. OK, so have a look at the brochure, then you can speak to one of the secretaries in reception about the best combination of activities for you.

Directions: Read the passage and circle Gym A or Gym B which has the things.

1.	dance classes?	Gym A	Gym B
2.	a sauna?	Gym A	Gym B
3.	a shop?	Gym A	Gym B
4.	a bigger gym with more machines?	Gym A	Gym B
5.	a swimming pool?	Gym A	Gym B
6.	a café?	Gym A	Gym B



Time's up!





ขอขอบคุณภาพ Mabel Amber. Key.

จาก <https://pixabay.com/th/photos/ที่สำคัญ-โลหะ-ประตูทางเข้า-ประตู-1600617/> (August 19, 2016)



Back to exercise



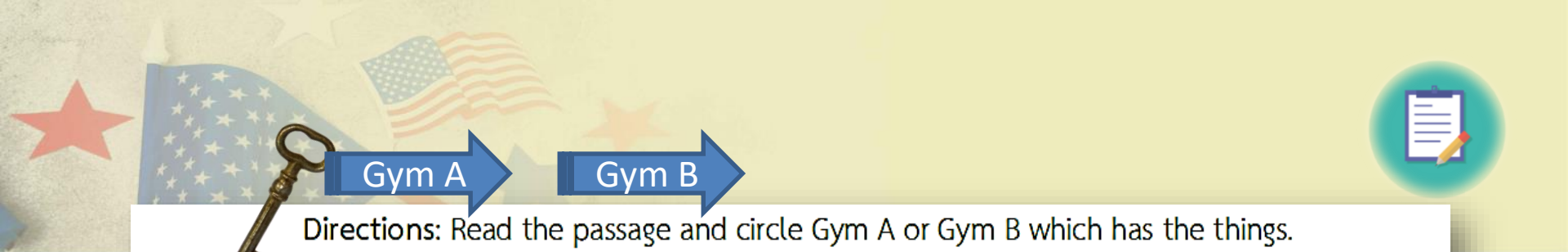
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Back to exercise

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Gym A

Gym B

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5.	a swimming pool?	Gym A	Gym B
6.	a cafe?	Gym A	Gym B



QUOTE OF THE DAY

**IF YOU FAIL TO PREPARE,
YOU'RE PREPARED TO FAIL.**

MARK SPITZ

ขอขอบคุณภาพ Jacob Cashman.

จาก <https://www.lifehack.org/294074/15-inspirational-sports-quotes-get-you-going>