



**#SCREEN TIME**





## #UNIT GOALS

- ▶ Talk about video games that involve physical activity.
- ▶ Give instructions and commands.
- ▶ Talk about obligation and lack of obligation.
- ▶ Ask for and give directions.
- ▶ Talk about general truths.
- ▶ Discuss multitasking.

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## #PIC OF THE UNIT

>> Think and share your ideas with the class.

What are the teens in the images doing? What devices are they using? Which device is the most entertaining to play games with? Why? Do you prefer single-player or multiplayer games? Why?



1 Warm-up: Do you play video games? If so, which ones? Do these games involve physical activity? What kind?

2 Read the text below and tick (✓) the most appropriate title.

- ☐ Video games: A danger to your health!  
☐ Towards a sedentary life  
☐ Move or lose!

Nowadays there are many video games that involve physical activity. They are called *exergames*. Some of these video games simulate sports or activities such as cycling, boxing, tennis and aerobics and others are adventure games that you play by moving your body. For example, you may run in place, jump or move your arms.

Most of these games don't use a conventional mouse or joystick: they use a different video game controller. So, players don't sit down and press buttons only. Instead, they may need peripheral devices such as a dance mat, a platform or a flexible resistance hoop to monitor their movements. Virtual reality headsets provide a more immersive experience of exergames as users are virtually in the game and can make 360-degree movements freely. Some games just require motion capture systems which understand the users' movements and respond to them without using a remote controller.

Now, nobody can say that video games are not active enough to help players exercise. Exergames appeal to users of different ages, who may be active just for fun by imitating dance moves in front of the screen or running from zombies or who may include these games as part of their workout routines. The idea of sedentary gamers only sitting in front of a screen for hours is just outdated.

3 Read the text again and correct the sentences.

- 1 You don't need any controllers to play exergames.  
 \_\_\_\_\_  
 2 Exergames are only about sports.  
 \_\_\_\_\_  
 3 You can't play exergames with VR headsets.  
 \_\_\_\_\_  
 4 Exergames are only for children and teenagers.  
 \_\_\_\_\_



4 Complete the diagram with words from the text.



5 Listen to Luke talking with his grandfather and answer the questions.

- 1 Where was Luke?  
 \_\_\_\_\_  
 2 Does he get tired when he plays video games?  
 \_\_\_\_\_  
 3 Why does Grandpa want to play with Luke?  
 \_\_\_\_\_



## #Sign Up to Grammar

### Too + adjective

We use **too + adjective** to mean 'more / less than necessary'.  
*I'm too tired to play tennis again.*

### Not + adjective + enough

We use **not + adjective + enough** to mean 'not sufficient'.  
*Vicky is not old enough to enter video game competitions.*



## 6 Look at the Sign Up to Grammar box. Then listen again and tick the correct option.

- Grandpa thinks that kids ... to play outdoors.  
are too lazy ☐ aren't motivated enough ☐
- It's too ... to play outside.  
cold ☐ hot ☐
- Luke thinks that grandpa is ... to play tennis.  
too weak ☐ not fit enough ☐
- Grandpa is ... to show how well he can play.  
too eager ☐ not convinced enough ☐

## 7 What are these people saying? Match the sentences with the photos.

- [ ] I'm too scared to jump!
- [ ] I'm not strong enough to climb this rock.
- [ ] I'm too tired to keep on training.



## 8 Use the adjectives in brackets and complete the sentences with **too** or **not... enough**.

- Luke can't win the tennis match because he is \_\_\_\_\_ (fast) to hit the balls.
- Luke's sister, Samantha, doesn't like video games. They're \_\_\_\_\_ (interesting) to get her attention.
- Luke's dad played video games with the VR headset yesterday and he thinks they are \_\_\_\_\_ (entertaining) to stop playing after a few minutes.
- Luke's friends like playing with him because he is \_\_\_\_\_ (energetic) to complete the levels quickly.
- Luke's little brother is only one year old. He's \_\_\_\_\_ (young) to know how to play.

## 9 In your notebook, write sentences using **too** and **not... enough** to complain about different things. Use these prompts or your own ideas.

old / young / tall  
short / fit / intelligent / lazy  
to get a job  
to play (tennis)  
to live on my own  
to drive a car  
to run a marathon  
to travel with my friends

*I'm not old enough to travel with my friends.*

*I'm too short to play basketball.*

## 10 Work in pairs. Read out one sentence you wrote in activity 9. Your partner must paraphrase it using **too** or **not... enough**. Swap roles.

A: *I'm not old enough to travel with my friends.*

B: *You're too young to travel with your friends.*



- 1 Who is your favourite super hero / heroine? What can he / she do?
- 2 Write the missing letters to complete the verbs and match them with the pictures.

1 d \_ \_ v \_ \_

2 j \_ \_ \_ p

3 \_ \_ \_ y

4 \_ \_ i \_ \_ l

5 \_ \_ \_ n

6 s \_ \_ i \_ \_

7 \_ \_ a l \_ \_

8 f \_ \_ g \_ \_ t

9 \_ \_ l i \_ \_ b



- 3 Luke is watching a tutorial to learn some tricks to play his favourite video game. Read the instructions and order the pictures.

These steps are too crucial to get to the next level. Pay attention! First, you need to find the key to escape from the castle. Get **into** the dark office and take the key. Then climb **up** the stairs quickly.

When you get to the top, use the key to open the door. You'll see a map on the floor. Pick it up and run **along** the corridor **towards** the dark forest. Finally, use your map to go **through** the dark forest and avoid the path with the dark creatures. Remember to be fast! The clock is running...





## #Sign Up to Grammar

### Prepositions of movement



→ climb <sub>[1]</sub> \_\_\_\_\_



→ get <sub>[3]</sub> \_\_\_\_\_



→ climb down



→ run <sub>[4]</sub> \_\_\_\_\_



→ run <sub>[2]</sub> \_\_\_\_\_



→ go <sub>[5]</sub> \_\_\_\_\_

### Have to, don't have to, must & mustn't

- \* We use **have to** / **must** to express strong obligation.  
*I **have to** / **must** turn off my phone during the exam.*  
*I **must** / **have to** feed the dog every day.*
- \* We use **don't have to** to express lack of obligation (no obligation to do something).  
*I **don't have to** study when I'm on holiday.*
- \* We use **mustn't** to express prohibition.  
*You **mustn't** share private information when you play games online with other users.*

### Remember!

We can also use **don't need to** to express lack of obligation.



4 Complete the Sign Up to Grammar box with the highlighted prepositions in activity 3.

5 Andy wants Luke to help him play the video game. Read their chat and complete it with the correct prepositions.

through (x2) into (x2) up (x2) along towards

2:30pm

Andy  
Luke, are you there?

Madlukxx  
Yeah, what's up?

Andy  
I need your help. I can't get to level 3. Do I have to climb <sub>[1]</sub> \_\_\_\_\_ the second or the third tree?

Madlukxx  
The third. The second tree will kill you! You'll see a river from up there. Then, dive <sub>[2]</sub> \_\_\_\_\_ the river and swim <sub>[3]</sub> \_\_\_\_\_ a big rock. You don't need to climb <sub>[4]</sub> \_\_\_\_\_ the rock. Wait and a crocodile will appear. You have to fight it and then walk <sub>[5]</sub> \_\_\_\_\_ the tunnel.

Andy  
Thanks, man!

Madlukxx  
Wait, there's more. When you get to the other side of the tunnel, don't run <sub>[6]</sub> \_\_\_\_\_ the forest, run <sub>[7]</sub> \_\_\_\_\_ the river. You have to kill some creatures on the way and the you'll see a cave. Get <sub>[8]</sub> \_\_\_\_\_ the cave and you'll get to level 3.

Andy  
Great! See ya!

6 Now listen and check your answers in activity 5.

7 Look at the Sign Up to Grammar box. Then circle the correct options to complete the rules of the video game.

- 1 You **don't need to** / **mustn't** climb up the second tree.
- 2 You **have to** / **don't have to** climb up the third tree.
- 3 You **must** / **mustn't** dive into the river.
- 4 You **don't have to** / **mustn't** climb up the rock.
- 5 You **have to** / **mustn't** run through the forest.
- 6 You **don't have to** / **have to** get into the cave.

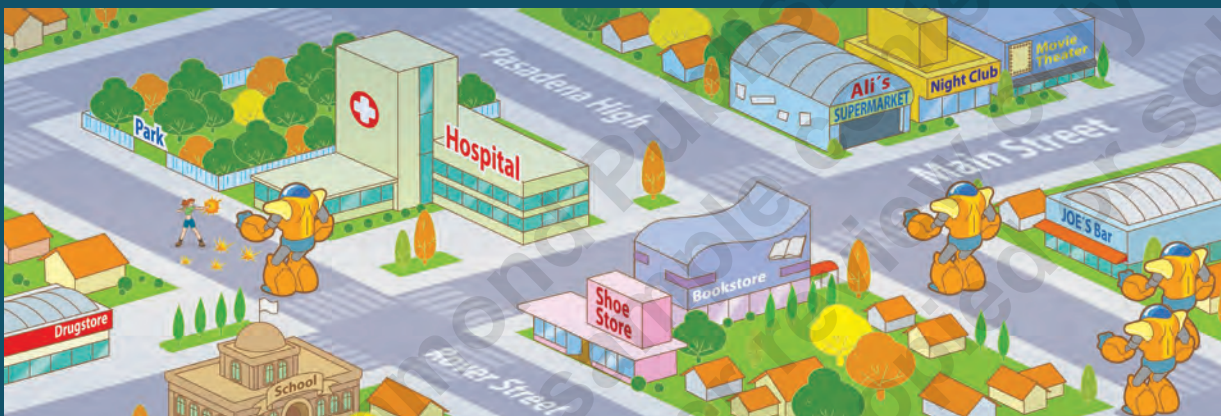
8 In your notebook, write the instructions to play an adventure video game, using the pictures in the Sign Up to Grammar box. Use connectors and add your own ideas.

First, climb up the trees to eat some fruits.  
You must get enough energy that you'll need to complete this level. Then, ...



- 1 Warm-up: When you need some information or have some queries, do you go to an online forum for help? Why / Why not?
- 2 Look at the Useful Tip box. Then read this online forum and underline all the examples of conditional sentences.

## Secret Treasure - How can I find the hidden gem?



wendy85  
(registered member)

Hi! Does anyone know how to find the hidden gem to get to the next level?



LindaUK90  
(registered member)

Re: Secret Treasure - How can I find the hidden gem?

That depends on where you found the last gold coin. If you're near the drugstore (we call it chemist in the UK) **opposite** the school, **go straight ahead** for two streets. If you go into the different buildings, you can find clues!



fireball00  
(registered member)

Re: Secret Treasure - How can I find the hidden gem?

If you are near the hospital, **go past** it and **turn right** into Pasadena High. When you find the robots there, they always attack you. Be careful! If you kill all the robots, an old box appears **next to** Joe's Bar. Find out what's inside!



Lisa\_London  
(registered member)

Re: Secret Treasure - How can I find the hidden gem?

Hi Wendy! You can **go along** Main St. and then walk into the night club **between** Ali's Supermarket and the movie theater (cinema for us here in England). When you see the stairs, go up to the rooftop and find the magic portal. If you go through it, you get closer to the little gem.



Connan\_33  
(registered member)

Re: Secret Treasure - How can I find the hidden gem?

If u r on Main St., turn left into Rover St. If you fight all the robots in that area, you get extra points. Then, walk through the park towards Pasadena High and do what Lisa\_London says.

### → #Useful Tip > Grammar

We use conditional sentences type zero to talk about things that are generally or always true. The structure is:

*If (When) + Simple Present + Simple Present = Simple Present + if (when) + Simple Present*

*If (When) you **receive** an answer on the online forum, you **get** an instant notification. = You **get** an instant notification if (when) you **receive** an answer on the online forum.*

We can also use the imperative in the main clause of conditional sentences type zero:

*If you **need** help with the game, **ask** questions to other players online.*

- 3 Fill in the blanks in the Sign Up to Grammar box using the highlighted words and phrases in activity 2. Imagine you are outside the shoe store in Rover St.



## #Sign Up to Grammar

### Asking for & giving directions

How do I get to the movie theater (cinema)?

[1] Turn right and [2] \_\_\_\_\_ Main Street.

The cinema is at the end of this street.

How can I get to the park? [3] \_\_\_\_\_ and

[4] \_\_\_\_\_ the hospital. The park is

[5] \_\_\_\_\_ it.

Where is the bookstore (bookshop)? It's

[6] \_\_\_\_\_ Joe's bar.

Where is the night club? It's [7] \_\_\_\_\_ the supermarket and the cinema (movie theater).

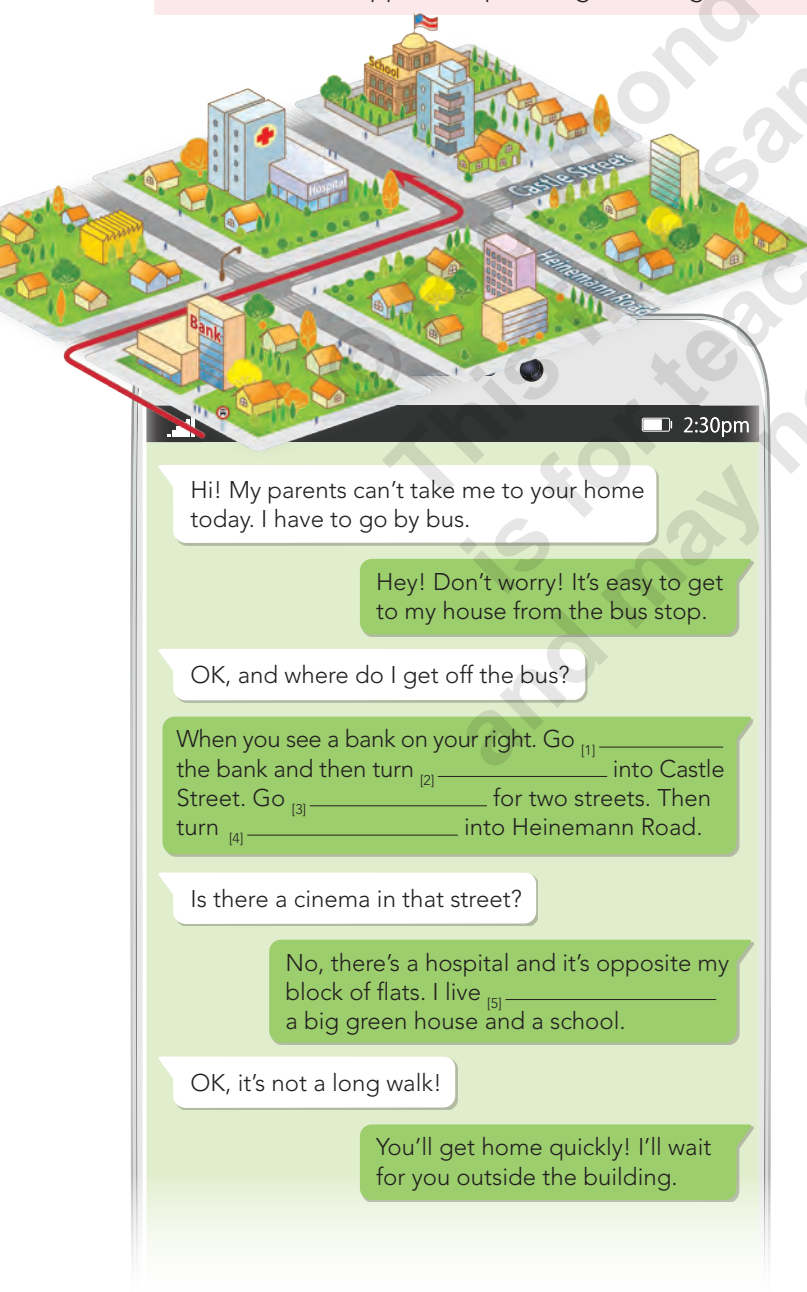


#### 4 Read the text in activity 2 and complete the phrases.

- 1 A box appears next to Joe's Bar when \_\_\_\_\_.
- 2 If \_\_\_\_\_, you find a magic portal.
- 3 If you want to get extra points, \_\_\_\_\_.
- 4 You can find different clues when \_\_\_\_\_.

#### 5 Wendy moved house and Jill is going there for the first time. Look at the map and complete the chat with some of the words in the box.

between left opposite past right straight ahead



Hi! My parents can't take me to your home today. I have to go by bus.

Hey! Don't worry! It's easy to get to my house from the bus stop.

OK, and where do I get off the bus?

When you see a bank on your right. Go [1] \_\_\_\_\_ the bank and then turn [2] \_\_\_\_\_ into Castle Street. Go [3] \_\_\_\_\_ for two streets. Then turn [4] \_\_\_\_\_ into Heinemann Road.

Is there a cinema in that street?

No, there's a hospital and it's opposite my block of flats. I live [5] \_\_\_\_\_ a big green house and a school.

OK, it's not a long walk!

You'll get home quickly! I'll wait for you outside the building.

#### 6 Work in pairs. Add three shops, street names and two public places to the map in activity 5. Then take turns to ask for and give directions to get to a specific destination from the bus stop.

A: How do I get to the hospital?

B: Go past the bank and turn right into Castle Street. When you get to Heinemann Road, turn left. The hospital is at the end of the street.

#### 7 Wendy went to Jill's house but she got lost. Look at the map in activity 5 and listen to their phone conversation. Then answer this question:

Where is Wendy?

She is \_\_\_\_\_.

#### 8 In your notebook, write a chat in an instant message app explaining to your friend how to get to your house from school.







- 1 Warm-up: Do you usually perform many tasks at the same time or do you do one thing at a time? Why? How do you feel when you multitask?
- 2 In pairs, discuss these ideas and write true (T) or false (F).
  - 1 Media multitasking involves the use of multiple media. [ ]
  - 2 Multitasking is less time-consuming than doing only one task. [ ]
  - 3 Teens who multitask have a short concentration span. [ ]
  - 4 The best way to concentrate on a task is to pay full attention for at least one hour. [ ]
- 3 Read the text and check your ideas in activity 2.

www.teensconnected.com

## Is multitasking beneficial?

Multitasking involves doing more than one task at the same time and media multitasking refers to using different media simultaneously, but is this possible to achieve? Even when you may be convinced that you are performing various tasks at once, you are, in fact, switching from one task to another.

Experts are **worried** about the negative consequences that multitasking has on the learning process. When teens direct their attention from one task to another, it takes them time and energy to focus again on what they have to do. This process is really **tiring** and it affects both their understanding and performance. Teens also find it difficult to remember information because they aren't concentrated enough to process the information they get.

Another aspect that is **worrying** is that teens who do more than one task can only pay attention for short periods of time and they become **bored** very quickly. As there is easy access to the media, focusing on only one thing is really **challenging**. And when teens have to avoid these distractions, they may feel **stressed**.

One possible solution is to practise mindful meditation and try to be more connected with the present moment without feeling **disturbed** by silence. Another recommendation is to be exclusively focused on a task for twenty minutes and then turn the attention to another task. Before you think this is all **boring**, try putting these ideas into practice and check their effects on your concentration span. And if you have any other suggestions, leave them on the comment box below to help others stay focused.



## #Sign Up to Grammar

### Adjectives ending in **-ed** or **-ing**

Experts are <sup>[1]</sup>\_\_\_\_\_ about multitasking.

Teens become **tired** of switching from one task to another.

Teens become **bored** very quickly.

Teens feel <sup>[4]</sup>\_\_\_\_\_ when they have to avoid constant distractions.

Some teens feel <sup>[5]</sup>\_\_\_\_\_ if there's complete silence.

They find multitasking **worrying**.

Switching from one task to another is <sup>[2]</sup>\_\_\_\_\_.

Studying without music can be <sup>[3]</sup>\_\_\_\_\_.

Trying to avoid constant distractions is **stressing**.

Silence can be **disturbing** to some teens.



### Remember!

Many adjectives ending in **-ed** are used to describe people's feelings. = We were very **surprised** at the result.

Adjectives ending in **-ing** describe what or who causes the feeling. = The result was really **surprising**.

#### 4 Read the article again and answer these questions.

1 Why is it hard for teens to remember information?

\_\_\_\_\_

2 Why is it challenging for teens to focus on one task?

\_\_\_\_\_

3 Why can meditation be useful?

\_\_\_\_\_

#### 5 Complete the Sign Up to Grammar box using some of the adjectives in bold in activity 3.

#### 6 Read the sentences and complete the adjectives with **-ed** or **-ing**.

1 Teens feel relax\_\_\_\_\_ when they are in silence.

2 When teens try to do different things at the same time, they end up confus\_\_\_\_\_.

3 Multitasking is a very exhaust\_\_\_\_\_ activity.

4 Concentrating for twenty minutes can be very challeng\_\_\_\_\_ for some teens.

5 Teens who multitask are hardly ever pleas\_\_\_\_\_ with their results.

#### 7 Listen to a sociologist talking about multitasking and tick (✓) the tip that she mentions.

How can parents help teens concentrate?

a ☐ By asking teens to go to bed early.

b ☐ By setting a time limit to play video games.

c ☐ By unplugging any distracting device while they study.

#### 8 Complete the sentences with the adjectives in the box. Then listen again to the sociologist to check.

stressed relaxed disturbing worried irritated

1 Parents are \_\_\_\_\_ because their children can't concentrate.

2 One sign that is \_\_\_\_\_ is sleep disorder as an effect of multitasking.

3 Teens may also feel \_\_\_\_\_ because of multitasking.

4 Parents can help teens become less \_\_\_\_\_.

5 Teens become more \_\_\_\_\_ when they do tasks without distractions.

#### 9 Do you think that multitasking is beneficial? What do you do to focus on a specific task? Are you distracted by technological devices? How do you avoid distractions?

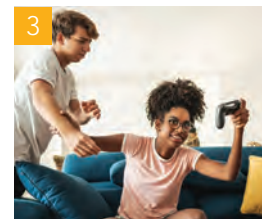
#### 10 In your notebook, write your comment for the article in activity 3 suggesting ways to stay focused. Include some adjectives ending in **-ed** or **-ing**.



1 Look at the photos and complete the sentences using *too* or *not... enough* and an adjective in the box.

safe fast stable old entertaining

- 1 These joysticks are \_\_\_\_\_ to work with my video game console.
- 2 She can't win the race. She's \_\_\_\_\_ to overtake her opponent.
- 3 The game is \_\_\_\_\_ to stop playing.
- 4 The internet connection is \_\_\_\_\_ to live stream her game.
- 5 Augmented reality is \_\_\_\_\_ to use in real life.



2 Read the dialogue between two friends playing an adventure game and write the correct preposition in the box.

into (x3) up through (x2) along towards

Amy: This part is very difficult, Madison. Don't run!

We must walk <sup>[1]</sup> \_\_\_\_\_ the forest together.

Madison: Are you sure? There's a tunnel over there.

I think we have to go <sup>[2]</sup> \_\_\_\_\_ it.

Amy: No, that tunnel is dangerous! When we get to the end of this path, we have to walk

<sup>[3]</sup> \_\_\_\_\_ the castle and climb

<sup>[4]</sup> \_\_\_\_\_ to the tower.

Madison: OK, and what do we do now? Do we dive

<sup>[5]</sup> \_\_\_\_\_ this river?

Amy: No, we don't need to swim. We have to walk

<sup>[6]</sup> \_\_\_\_\_ the river.

Madison: Look! Is that a secret passage near the trees?

Amy: Yes! Let's run <sup>[7]</sup> \_\_\_\_\_ this passage, I think that it is connected with the castle.

Madison: OK! We must hurry up! If we get directly <sup>[8]</sup> \_\_\_\_\_ the queen's room, we don't have to fight against the dragon!

3 Listen to the dialogue and check your answers in activity 2.

4 Now complete the rules of the adventure game with the correct forms of *have to*, *don't have (need) to*, *must* or *mustn't*.

- 1 Amy and Madison \_\_\_\_\_ walk together.
- 2 They \_\_\_\_\_ go into the tunnel.
- 3 They \_\_\_\_\_ reach the end of the path to go to the castle.
- 4 They \_\_\_\_\_ jump over some rocks in the river.
- 5 They \_\_\_\_\_ take the secret passage to get to the queen's room.
- 6 They \_\_\_\_\_ attack the dragon if they go through the passage.

5 Finish these sentences about the adventure game with your own ideas.

- 1 If you go into the dangerous tunnel, \_\_\_\_\_.
- 2 If you don't see the secret passage near the trees, \_\_\_\_\_.
- 3 When you get into the queen's room, \_\_\_\_\_.



**6** Look at the map below and answer the questions.



- |  |   |
|--|---|
| <p><b>1</b> Where is the hospital?</p> <p>_____</p> <p><b>2</b> Where is the drugstore?</p> <p>_____</p> | <p><b>3</b> Is the park opposite the parking lot?</p> <p>_____</p> <p><b>4</b> Are there any shopping centres in Winter St.?</p> <p>_____</p> |
|--|---|

**7** **Work in pairs. Take turns to ask for and give directions to get to these places from your school.**

You need to go to the nearest...

- park
- clothes shop
- restaurant
- library

A: How do I get...?

B: Go past the... and turn... Then, walk along...

A: Do I have to turn right?

B: No, turn left and...

**8** Circle the correct form of the adjectives.

- 1** I have to study for the test but I can't concentrate. It's very **disappointing** / **disappointed**.
- 2** You're about to complete one of the most difficult levels of the game. This is very **excited** / **exciting**!
- 3** Jason was **shocked** / **shocking** when he learnt that he had to hand in a project at school that day.
- 4** I become easily **bored** / **boring** when I have to do my Maths homework. I don't think this subject is **interested** / **interesting** at all!
- 5** My parents are **worried** / **worrying** because I can't sleep at night. They think that yoga can be **relaxed** / **relaxing** but I get **distracted** / **distracting** whenever I try to do this activity.

**9** **In your notebook, write your comment on an online discussion forum to help the teen. Use imperatives and modal verbs to express obligation or lack of obligation.**

Dan\_10

Hi! I have to study for an important test but I get distracted all the time. I receive notifications from my social network accounts and I can't just ignore them. When I finally focus on my studies, my brother starts playing video games with his friends online. Even when he uses headphones, I get distracted because he screams orders to his team all the time. This is very upsetting! How do you concentrate? Any tips to share? Thanks!

Leave comment