LESSON 7. 조깅/걷기

1. 조깅/걷기 (운동대비) 완전 정복!

1) 오픽에서 운동에 관련된 항목들은 주로 **개인적으로 할수있는 운동**을 선택을 합니다. 구기종목은 그 운동의 Rule 을 설명하게 되는 유형이 나오기 때문에 더 어렵고 복잡하게 구성이 됩니다. 그래서 **개인적인 운동**을 하게된다면 더 쉽게 답변을 구성할수 있습니다.

2) 조깅과 걷기를 함께 묶어서 선택해서 같은 표현법을 응용해서 사용하면 됩니다. 문장을 구상할때 go jogging/go for a walk (=take a walk) 이런식으로 바꿔서 사용하면 똑같은 답변을 다른느낌으로 살릴수 있습니다.

3) 조깅/걷기에 관련된 표현법을 미리 익혀 자신있게 답변할수 있도록 준비합니다.

- 준비시간 : 문제 청취 후, 1~2 초 후, 바로 시작

- **답변시간 : 50 초 ~ 1:20 초**

2. 어떻게 준비하죠?

➔ **조깅/걷기에 관련된 표현법을 많이 익히자!**

표현법을 많이 익힐수록 나의 답변은 길어진다는것 잊지마세요.

답변이 너무 짧으면 높은 등급을 얻기도 힘듭니다.

➔ **운동하는 장소에 대해서 미리 생각해보자!**

조깅/걷기를 하는 장소에 관련되서 미리 brainstorming 을 하게되면 쉽게 답변을 풀어나갈수 있습니다. 그 장소에서 볼수 있는 것, 그 장소에 가는 빈도, 누구와 함께 주로 가는지에 대해서도 미리 생각해 놓습니다.

➔ **경험 이야기 하기의 요소를 기억하세요!**

시제주의! 항상 **과거시제** 사용

운동하다 생긴일에 관련된 느낌이나 의견 제시

3. 답변 전략

1) 조깅(걷기)을 할때 계절별로 입는 옷 묘사

(1) Question.

What clothing do you wear when you go jogging?

Can you tell me what clothes you like to wear during different seasons of the year?

Please describe them in detail.

(2) Answer _ 핵심어휘

① 운동할 때 입는 복장

a. comfortable clothes
b. sportswear
c. sweat suit
d. windbreaker
e. shorts
f. long sleeve T-shirt

② 운동할 때 신는 신발

a. running shoes
b. jogging shoes
c. walking shoes
d. shoes that fit well

③ 그 외에 복장

a. wear sunglasses
b. wear a cap
c. apply sunscreen

(3) Answer _ 답변 구성

① 운동할때 입는 복장

When I go jogging, I like to wear 주로 입는 복장 묘사.

② 봄/가을 복장

In spring and fall, I usually wear 봄/가을에 주로 입는 복장 묘사.

③ 여름 복장

In summer, I like to wear 여름 복장 묘사.

④ 겨울 복장

In winter, it's freezing. So, 겨울 복장 묘사.

⑤ 그 외에 복장

I make sure to 그 외에 착용하는 것.

IH 보장 Practice!

[서론] I'd like to tell you what clothes I like to wear when jogging.

[운동할때 입는 복장] When I go jogging, I like to wear comfortable clothes and shoes that fit well.

[봄/가을 복장] In spring and fall, I usually wear a long sleeve T-shirt with shorts.

[여름 복장] In summer, I like to wear a T-shirt with shorts because it's super hot in Korea in the summer season.

[겨울 복장] In winter, it's freezing. So, I wear a sweat suit with a windbreaker. I like the windbreak jacket because it's light and comfortable and it keeps my body warm in cold weather.

[그 외에 복장] I make sure to apply sunscreen to protect my skin from the sunlight when I exercise outdoor. I sometimes wear a cap and sunglasses if the sun is very hot.

2) 조깅(걷기)를 하는 장소 묘사

(1) Question

Where do you often go to for jogging? Where is it located? What does it look like? Describe your favorite place for jogging in detail.

(2) Answer _ 핵심 어휘

① 조깅(걷기) 할 때 자주가는 장소

a. at a park near my house
b. in my neighborhood
c. in an elementary school ground near my house
d. on the jogging track near my house

② 그 장소가 좋은 이유

a. It is not too far from my house.
b. I get motivated by seeing people exercising hard.
c. I can enjoy the beautiful nature.
d. There are many trees and flower.
e. It is a safe place to go jogging.

(3) Answer _ 답변 구성

① 자주 가는 장소

I often go to <u>장소</u> <u>가는 빈도.</u>

② 걸리는 시간

It takes about <u>시간</u> <u>가는 방법</u> from my house to the park.

③ 그 장소가 좋은 이유

I like this park so much because <u>이유 2~3 개.</u>

④ 장소 묘사

<u>그 장소 주변 자세히 묘사.</u>

⑤ 그 장소에 대한 느낌

Overall, I think 그 장소 is a good place to (v).

IH 보장 Practice!

[서론] I'd like to tell you about a place I often go for jogging.

[자주가는 장소] I often go to Han River Park for jogging at least once a week.

[걸리는 시간] It takes about 10 minutes on foot from my house to the park.

[그 장소가 좋은 이유] I like this park so much because there are many people jogging at the park. I get motivated by seeing them working out hard.

[장소묘사] The park is surrounded by apartment complex, so it's easy for residents to get to the park on foot. I can see various kinds of people from children to elderly people at the park. This park has many facilities such as gardens, public pools, sporting fields, and playgrounds. I can use them anytime I want.

[장소에 대한 느낌/의견] Overall, I think the park is a good place to jog and spend my time with friends and family.

3) 조깅(걷기)의 장점

(1) Question

You indicated in the survey that you like to go jogging. Can you tell me about the social, physical, and mental benefits of jogging? What are the advantages of jogging? Tell me in detail. (Issue)

(2) Answer _ 핵심 어휘

① 조깅(걷기)의 장점

a. Generally speaking, jogging is a good way to stay healthy.

b. You can spend time to think about yourself while jogging.

c. You can use your jogging time to refresh yourself.

d. Jogging is you can learn public order by jogging.

e. You can improve your physical strength.

f. You can gain muscle and strong confidence.

g. You can get rid of stress by sweating out.

(3) Answer _ 답변 구성

① 사회적/육체적/정신적 이익

First, I want to talk about social, physical, and mental benefits of jogging 이익.

② 조깅(걷기)에 장점

If you jog every day, 조깅을 하면 좋아지는 점 (장점) 묘사.

IH 보장 Practice!

(That's a good question. Let me see.)

[사회적/육체적/정신적 이익] First, I want to talk about social, physical, and mental benefits of jogging. Generally speaking, jogging is a good way to stay healthy. You can spend time to think about yourself while jogging. I mean you can use your jogging time to refresh yourself. As a jogger, I get to keep the public rules. For example, you should run in the same direction. Also, you should jog on the sidewalk or jogging path.

[장점] If you jog every day, you can improve your physical strength. Moreover, you can gain muscle and strong confidence. When you are stressed out, you can get rid of stress by sweating out.

이것만은 꼭 기억하자!

→ 조깅(걷기)을 할때 계절별로 입는 옷 묘사

→ 조깅(걷기)를 하는 장소 묘사

→ 조깅(걷기)의 장점