LESSON 8. 자전거 타기 /수영

1. 자전거 타기/수영 (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 운동을 하게 된다면 더 쉽게 답변을 구성할수 있습니다.

2) 자전거 타기/수영 항목은 주로 언제 자전거를 즐겨 타는지, 자전거를 배우게 된 계기, 자전거를 타다가 겪은 경험 (경험이야기)가 주로 출제됩니다.

3) IH 이상을 목표로 하고 있다면 디테일한 묘사가 있어야 하며 **주변묘사**를 하는 습관을 갖는것이 중요합니다. 또한 **Issue 에 대비해 사전에 꼼꼼히 준비**를 해야합니다.

- 준비시간 : 문제 청취 후, 1~2 초 후, 바로 시작

- **답변시간 : 50 초 ~ 1:20 초**

2. 어떻게 준비하죠?

➔ **자전거타기/수영 하기 전, 후에 하는 행동묘사**

행동묘사는 항상 현재시제!

표현법 다양하게 사용

➔ **경험 이야기 하기의 요소를 기억하세요!**

시제주의! 항상 **<u>과거시제</u>** 사용

운동하다 생긴일에 관련된 느낌이나 의견 제시

➔ **기억하세요! 오픽은 거짓말도 실력이에요!!**

3. 답변 전략

1) 자전거를 타기 전, 후에 하는 일

(1) Question.

You indicated in the survey that you like to ride a bicycle. What type of things do you usually do before and after you ride a bicycle? Tell me about your typical day from the beginning to the end.

(2) Answer _ 핵심어휘

① 자전거를 타기 전 하는 행동

a. stretch my muscles to avoid injury.
b. check the tires and lights if they work properly.
c. check the weather forecast.
d. pump the wheels up.
e. oil the bicycle chain.
f. get the safety equipment

② 자전거를 탄 후 하는 행동

a. take a shower
b. park my bicycle on the bicycle rack
c. store my bicycle in the storage
d. wash dirt off my bicycle
e. drink water to cool myself down

(3) Answer _ 답변 구성

① 자전거를 타는장소

I usually ride a bicycle <u>장소</u> near my house.

It takes about <u>걸리는 시간</u> by bicycle from my house to the park.

② 자전거를 타기 전

Before I ride a bicycle, I make sure to <u>자전거 타기 전에 하는 행동묘사.</u>

③ 자전거 탄 후

After I finish cycling, <u>자전거를 탄 후 하는 행동묘사</u>.

IH 보장 Practice!

[자전거를 타는 장소] I usually ride a bicycle at a park near my house. It takes about 10 minutes by bicycle from my house to the park.

[자전거 타기 전] Before I ride a bicycle, I make sure to stretch my muscles to avoid injury. Right before riding, I check the tires and lights if they work properly.

[자전거 탄 후] After I finish cycling, I park my bicycle on the bicycle rack in front of my house. Then, I lock it up. When I get home, I drink a lot of water to cool myself down.

2) 최근에 자전거를 탄 경험이야기 하기

(1) Question

When was the last time you rode a bicycle? Where did you go? Who were you with? Tell me about things that you did from the beginning to the end.

(2) Answer _ 핵심 어휘

자전거를 타다가 경험한 일

a. I fell off my bicycle.
b. I crashed into a tree.
c. I was caught in a shower.
d. I met my high school friend.
e. I dropped my cell phone on the ground.
f. I enjoyed the beautiful scenery.

(3) Answer _ 답변 구성

① 최근에 자전거를 탔던 시기

The last time I rode a bicycle was 언제.

② 함께 간 사람

I went to 장소 near my house with 함께 간 사람.

③ 그날의 날씨

On that day, the weather was 날씨.

④ 자전거를 탔던 경험 묘사

그때의 경험을 자세히 묘사.

⑤ 느낌

It was 그 경험에 대한 느낌. I learned a lesson that 배운점.

IH 보장 Practice!

[최근에 자전거를 탔던 시기] The last time I rode a bicycle was last week.

[함께 간 사람] I went to the park near my house with my younger sister.

[그날의 날씨] On that day, the weather was great to enjoy bike riding.

[자전거를 탔던 경험묘사] My sister and I wanted to lose weight and we decided to ride bicycles at least once a week at the park. We stretched legs and muscles to avoid injury. We were excited to ride with beautiful skies and no clouds. When I was about to step on the pedal, a raindrop fell on my face. Then, I was caught in a shower. We went into a café with our bicycles and decided to stay there until the rain stopped. However, the rain didn''t stop for a while. I was frustrated and sort of upset about the situation that I couldn't enjoy bike riding. We came back home after the rain stopped.

[느낌] It was a frustrating experience. I learned a lesson that I should check the weather before exercising outdoor.

3) 수영 하긴 전, 후에 하는 행동 묘사

(1) Question

What kind of things do you usually do before and after going swimming? What things do you bring for swimming? Tell me in detail.

(2) Answer _ 핵심 어휘

① 주로 수영을 하는 때

a. in the summer time
b. on weekends
c. every day
d. almost every day

② 수영 전에 하는 일

a. change into my swimming suit
b. stretch my muscles to avoid injury
c. do warm-up exercise before swimming
d. make sure not to eat too much food

③ 수영 후에 하는 일

a. take a shower
b. have some snacks to get some energy
c. go back home
d. take a good rest

(3) Answer _ 답변 구성

① 주로 수영을 하는 때

I like to go swimming <u>주로 수영을 하는 시기.</u>

② 수영 전에 하는 일

Before swimming, 수영 전에 하는 행동 묘사.

③ 수영 후에 하는 일

After I finish swimming, 수영 끝나고 하는 행동 묘사.

④ 수영에 대한 의견

I think 운동 is a good way to (v).

IH 보장 Practice!

[주로 수영을 하는 때] I like to go swimming during the summer time because it's very hot in Korea in the summer season. The temperature rises above 30 Celsius. So, Koreans love to go to a swimming pool, valley, beach, and a water park for their summer vacations.

[수영 전에 하는 일] Before swimming, I make sure to change into my swimming suit and stretch my muscles to avoid injury. I have seen some people suffering from leg cramps. Since then, I always do warm-up exercise before swimming.

[수영 후에 하는 일] After I finish swimming, I take a shower and have some snacks to get some energy.

[수영에 대한 의견] I think swimming is a good way to stay healthy and improve my physical strength.

이것만은 꼭 기억하자!

→ 자전거를 타기 전, 후에 하는 일

→ 최근에 자전거를 탄 경험이야이 하기

→ 수영하기 전, 후에 하는 행동 묘사