

ENGLICITY.PL

WINTER SWIMMING

DO YOU LIKE SWIMMING?

Where do you usually swim –
in a pool, sea, or lake?

WHAT IS THE COLDEST WEATHER YOU HAVE EVER EXPERIENCED?

What was it like?

**WHAT DO YOU THINK
ABOUT SWIMMING IN ICY
WATER IN WINTER?**

**WHY DO YOU THINK SOME
PEOPLE CHOOSE TO SWIM
WHEN IT'S FREEZING
OUTSIDE?**

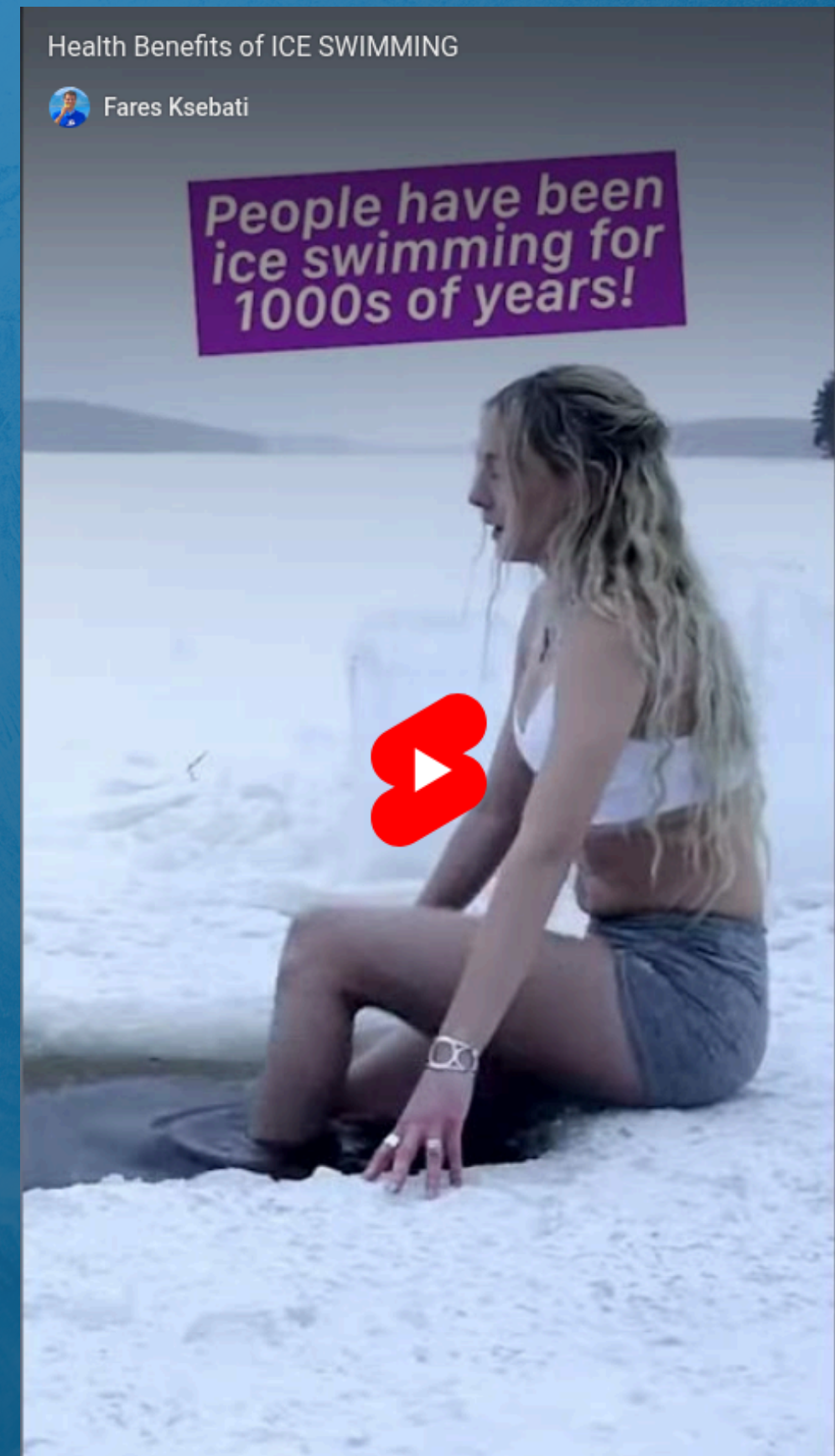
**WHAT KIND OF
PERSONALITY DO YOU
THINK A WINTER SWIMMER
HAS?**

WOULD YOU EVER TRY WINTER SWIMMING?

Why or why not?

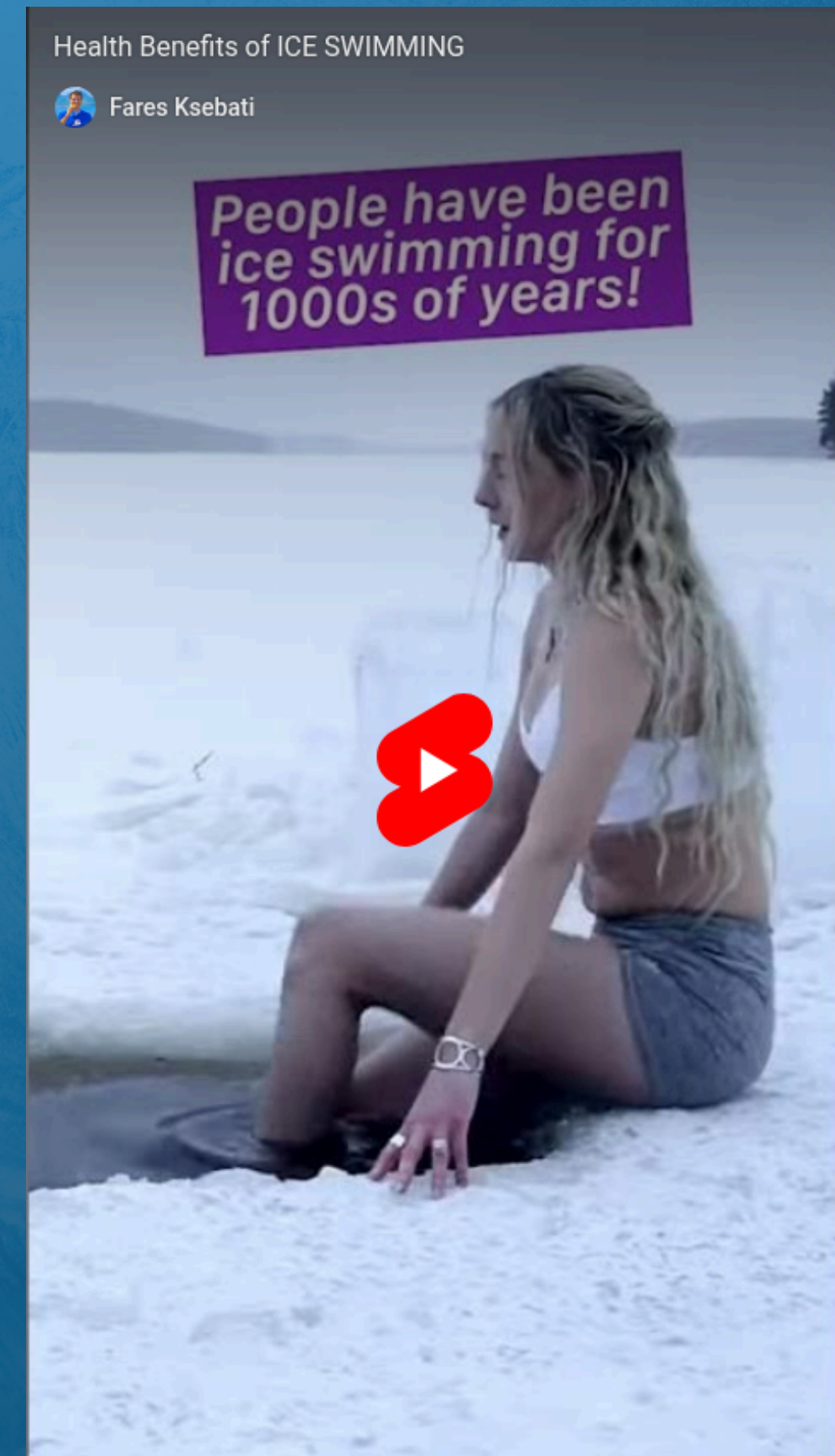
**IF YOU HAD TO TRY IT,
WHAT WOULD YOU BE
MOST WORRIED ABOUT?**

**WATCH THE VIDEO
AND WRITE DOWN
THE BENEFITS OF ICE
SWIMMING.**

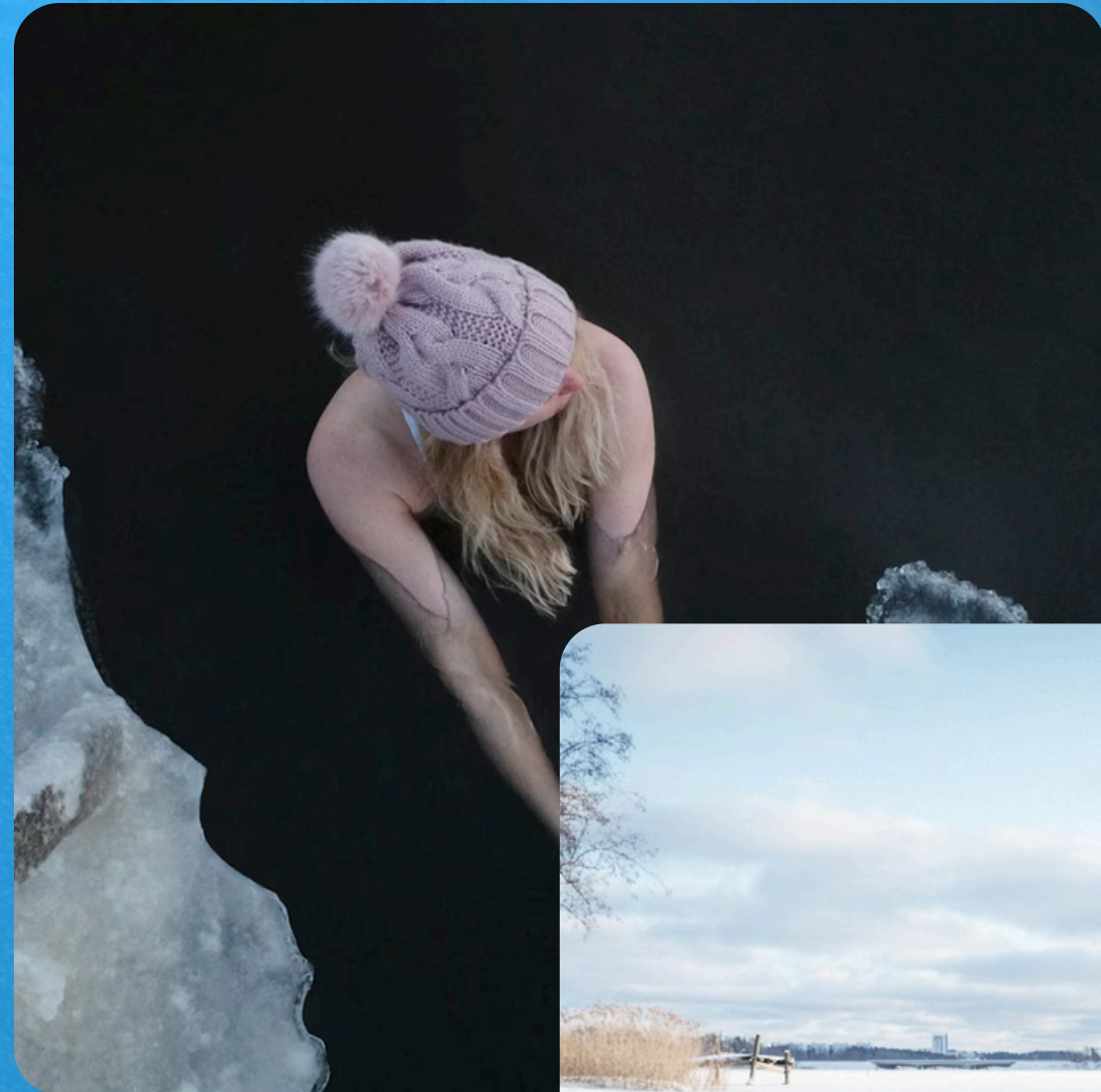


ANSWERS:

- It increases endorphins, serotonin, dopamine, oxytocin
- makes you happy
- reduces stress
- improves blood circulation
- increases your calorie burn



OVER TO YOU

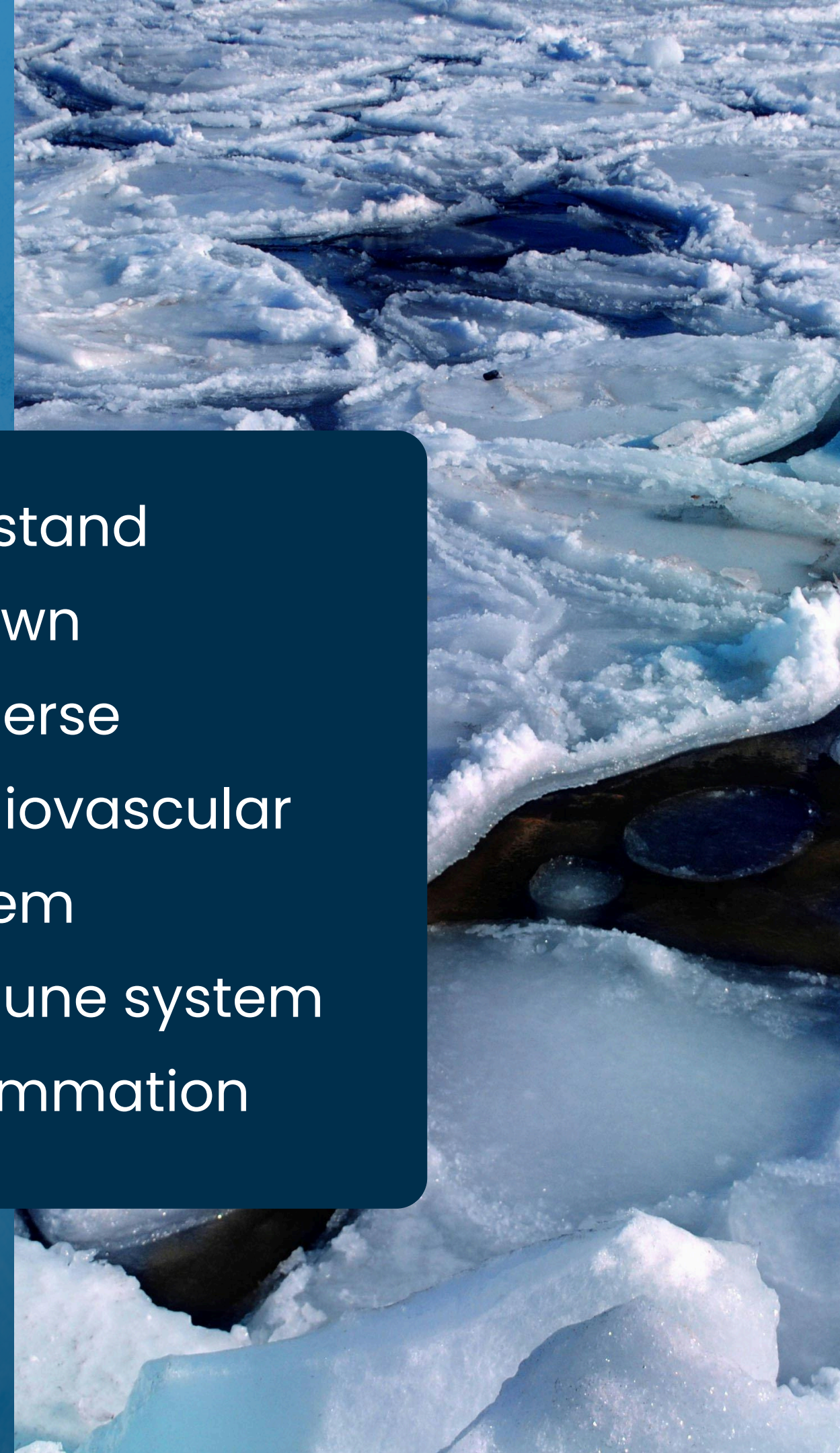


- Do you think these benefits sound realistic? Why or why not?
- Which benefit would motivate you the most to try ice swimming?

MATCH THE WORDS WITH THE DEFINITIONS

- 1 the body's defense system
- 2 the system in your body that moves blood around
- 3 swelling and redness in the body
- 4 to survive something difficult
- 5 to put something completely under water
- 6 famous and respected

- withstand
- renown
- immerse
- cardiovascular system
- immune system
- inflammation



ANSWERS:

- withstand – to survive something difficult
- renowned – famous and respected
- immerse – to put something completely under water
- cardiovascular system – the system in your body that moves blood around
- immune system – the body's defense system
- inflammation – swelling and redness in the body



WATCH THE VIDEO (0-4:45)



Describe the Wim Hof's Method and his lifestyle.



OVER TO YOU

- Do you think his methods really work? Why or why not?
- Do you think anyone can learn his techniques, or is it only for special people?
- What do you like or dislike about his approach to health and fitness?
- Do you think extreme methods like his are safe?

IMAGINE YOU ARE A JOURNALIST INTERVIEWING WIM HOF.

What questions would you ask
him?

DESCRIBE THE PICTURE.

Try to use the words:

- withstand
- immerse
- determined



DESCRIBE THE PICTURE.

Try to use the words:

- peaks
- serene
- gaze



DO YOU AGREE? JUSTIFY YOUR OPINION.

1. Cold weather is better than hot weather.
2. Snow makes winter the most enjoyable season.
3. People should spend more time outdoors in winter, even if it's freezing.
4. Schools should have more winter outdoor activities for students.
5. The best way to enjoy winter is by staying inside and keeping warm.
6. Winter holidays in the mountains are overrated and too expensive.



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