

## You're never too old for great things

[Do this task before revealing the lesson topic to the students.

Write these headings on the (online) board and ask students what they have in common. Possible answer: elderly people doing sports/extreme sports/something interesting.

- *Dreaming Of A Trip At 100*
- *A Grandma Sets A Record*
- *98-Year-Old Teacher Inspires Community*
- *A Skydiving Present For His 100th Birthday*

Then give the worksheet to the students, ask them if they agree with the title and why or why not.]

**1. Think of three pieces of information that you expect to read in each article with the headings below.**

- *Dreaming Of A Trip At 100*
- *A Grandma Sets A Record*
- *98-Year-Old Teacher Inspires Community*
- *A Skydiving Present For His 100th Birthday*

**2. Read the texts, check your ideas in ex. 1 and match the headings with the texts. There is one heading you do not need to use.**

a) *A Grandma Sets A Record*

Johanna Quaas was born in 1925 in Germany and started doing gymnastics at an early age. She took part in her first competition in 1934. In 2012, Johanna got into the Guinness Book of Records as the oldest gymnast in the world.

Johanna, who is now a grandmother and mother of three, has been married to Gerhard Quaas, a gymnast coach, for more than 50 years.

b) *98-Year-Old Teacher Inspires Community*

Weifeng Yuan, from Richmond, Canada has helped thousands of people in his community to become healthier. He came to Canada from China in 1981 and in 1992 he founded the Richmond Wellness Centre, where he teaches tai chi to 100–200 people every day. Weifeng learned tai chi when he worked in Hong Kong. He likes tai chi so much that he has recently written a song about it!

## You're never too old for great things

c) *Dreaming Of A Trip At 100*

Gloria Tramontine Struck is 90 but she still rides her Harley Davidson motorcycle and wants to go on a cross-country trip when she is 100. When she was born, her father had a motorcycle shop. 'I've been with motorcycles every day of my life,' she says. She learned to ride when she was 16 and since then she has owned 14 motorcycles. Over the years, she has taken part in many races and motorcycling events in the USA and Europe.

**3. Read the texts again and decide whether the statements are true (T) or false (F).**

- a) Johanna took part in her first competition when she was at college. **F: Johanna took part in her first competition in 1934, which means she was 9.**
- b) Johanna got married when she was 50 years old. **F: Johanna has been married for more than 50 years.**
- c) Weifeng has lived in Canada since 1981. **T: Weifeng came to Canada in 1981.**
- d) Weifeng taught tai chi in Hong Kong. **F: Weifeng learned tai chi in Hong Kong.**
- e) Gloria has 14 motorcycles. **F: Gloria has owned 14 motorcycles.**
- f) Gloria started riding a motorcycle when she was a teenager. **T: Gloria learned to ride when she was 16.**

**4. Study the rules about Present Perfect and Past Simple and match the sentences below to the rules.**

RULE	SENTENCE
We use Past Simple to talk about experiences if we mention a specific time in the past.	d
We use Present Perfect to talk about experiences when we don't mention a specific time.	b
We use Past Simple to talk about something that finished in the past.	a
We use Present Perfect to talk about a period of time that continues until now.	c

## You're never too old for great things

- a) Weifeng learned tai chi when he worked in Hong Kong.
- b) He likes tai chi so much that he has recently written a song about it!
- c) 'I've been with motorcycles every day of my life,' she says.
- d) She took part in her first competition in 1934.

[Elicit possible adverbs and time expressions for Past Simple (e.g. yesterday, a week ago, 'when' clauses, etc.) and Present Perfect (e.g. just, already, yet, recently).]

### 5. Discuss the questions.

- Which story impressed you the most? Why?
- Do you know other stories like these?
- How old is the oldest member of your family? Are they active?
- Do you know anyone who is active at an older age? What do they do?

### 6. Watch a [video](https://youtu.be/P85r-W0Ck6w) [https://youtu.be/P85r-W0Ck6w] about a man named Tilmann Waldthaler, who is 78 years old, and put a tick (✓) next to the topics that are discussed in it.

- cycling ✓
- Tilmann's health ✓
- the weather in New Zealand
- Tilmann's wife ✓
- car racing
- Tilmann's job
- Tilmann's plans ✓

### 7. Watch the first part of the [video](#) again (to 00:47) and write sentences to explain the following numbers.

- a) 1977 He started cycling in 1977. [00:06]
- b) 520,000 Altogether he has cycled 520,000 kilometres. [00:15]
- c) five He spent five years on his first big trip from New Zealand to Norway. [00:40]

## You're never too old for great things

8. Choose the correct verb form. Then, watch the rest of the [video](#) again (00:48-01:52) and check.

- a) His first big trip from New Zealand to Norway **changed/has changed** him a lot. [00:53]
- b) Since he started his cycling trips, Tilmann **met/has met** a few celebrities. [00:58]
- c) They **were/have been** together since they met. [01:32]

9. Discuss the questions.

- Would you like to do something like that when you grow old? Why/Why not?
- Do you think there are a lot of people like the ones you have read about and seen in this lesson?
- What should we do to make sure we are in such good shape when we're older?
- Do you think such stories can inspire young people to be more mindful of their lifestyle? If so, how?
- Did any of these stories inspire you to change something about your lifestyle? Why/Why not?

10. Imagine yourself in your 80s. Think about your life and what you might do and like at that age. Think about the following areas and make notes if you need to.

- sport
- family
- work
- travel
- home
- relationships
- hobbies

11. In pairs, tell each other about your lives in your 80s using the notes you prepared and Past Simple and Present Perfect. Then, ask each other two questions about what you have said.

