



Health and Wellbeing

Note-taking: outdoor gym trails | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. Where can people exercise for free in your area?
2. Why might outdoor exercise feel easier than joining a gym?
3. What health advice do teenagers often hear?
4. How could a park encourage people to be more active?

Exercise 3 at a glance

In this activity, you will read one factual text and complete notes using information from the text. In the exam, this task is usually worth 7 marks. This practice version includes extra notes to help you build confidence. Use short words or phrases from the text, not your own ideas.

2. Read for overall understanding

Read the text. Why are outdoor gym trails useful for some communities?

Outdoor Gym Trails

Outdoor gym trails are becoming common in parks, housing areas and near sports centres. A trail usually has several exercise stations, such as balance boards, step-up platforms and bars for stretching. Health workers like these spaces because they provide free exercise spaces for people who may not join a gym. The equipment is simple, but it can still help users build strength and improve fitness. Unlike a sports team, the trail does not require a fixed timetable, special clothes or a membership fee.

Some councils design trails for beginners. Signs explain how to warm up, cool down and avoid unhealthy habits such as doing too much too quickly. The aim is to make physical activity feel more accessible, especially for people who feel anxious in indoor gyms. In one park, each sign gives two options: an easier movement and a harder movement. This helps people choose a suitable level without feeling embarrassed. Local doctors sometimes recommend the trail to patients who need gentle exercise after illness.

Outdoor gym trails can also support mental health. People who exercise outside often say they feel less stressed after being in fresh air. Some parks organise short group sessions where residents meet at the first station and walk the trail together. These sessions help people ask for support and stay motivated. They are especially useful for older residents or teenagers who do not enjoy team sports. For some people, meeting others regularly is as important as the exercise itself.

However, outdoor gym trails need careful planning. Equipment must be checked regularly, and parks need clear lighting if people use them after school or work. Some residents worry about noise near homes, so councils often place trails away from bedroom windows. The signs also need simple language, because users should understand each movement without a trainer standing beside them. Park workers sometimes add distance markers between stations so walkers can set small goals. Local schools may use the trail during health lessons, which helps teenagers practise safe exercise before using it independently. When trails are looked after well, they can turn ordinary public spaces into places where healthy choices feel normal.

3. Strategy focus

Avoid copying the example

Some sentences give a main point and then an example. For notes, copy the main point if it answers the heading, not every example after it.

4. Practice note-taking task

Complete the notes using information from the text. Use short words or phrases from the text. Do not add your own ideas.

Notes	Write short answers
Where outdoor gym trails are found	- - -
Health benefits	- - -
Support for beginners	- - -
Planning issues	- - -

5. Vocabulary notebook

Underline five useful words or phrases from the text. Check their meaning, then record them in your vocabulary notebook.

6. Follow-up tasks

1. Discussion: Would an outdoor gym trail be useful for teenagers? Why, or why not?
2. Strategy: Choose two possible answers and explain why one is useful as a note and one is only an example.
3. Writing: Write a short paragraph explaining how a park could improve wellbeing.
4. Vocabulary: Circle words and phrases connected to exercise, stress and healthy choices.

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2. Read for overall understanding

Suggested answer: they provide free exercise spaces and make physical activity feel more accessible.

4. Practice note-taking task

Where outdoor gym trails are found

- parks
- housing areas
- near sports centres

Health benefits

- build strength
- improve fitness
- feel less stressed / gentle exercise after illness

Support for beginners

- warm up / how to warm up
- cool down
- choose a suitable level / easier movement and harder movement

Planning issues

- checked regularly
- clear lighting
- away from bedroom windows

Notes for checking

This is an extended practice version of the IGCSE ESL note-taking task. The live exam normally has fewer marks, but this version includes extra notes to build confidence and selection skills.

Accept short phrases that keep the same meaning.

Learners should avoid copying a whole sentence if a shorter note answers the heading.

Some answers need more than one or two words, especially when the key detail is a phrase.