



Lifestyle and Daily Routines

Review: reviewing a morning fitness club

1. Lead-in discussion

Talk with a partner before you write.

1. Would you join an activity before school? Why?
2. What helps students build healthy routines?
3. What might make a morning club hard to attend?

Exercise 6 at a glance

Write a review, often for a student magazine.

Use an engaging title.

Describe key features clearly.

Evaluate positives and negatives.

Make a clear recommendation.

2. Exam-style task

Your school recently started a morning fitness club before lessons. Your teacher has asked you to write a review of the club for the school magazine.

Here are some comments about the morning fitness club to help you:

'It helped me feel awake before class.'

'The start time is very early.'

'The exercises were easy to follow.'

'There was not enough changing space.'

Now write a review of the morning fitness club for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model review

A Fresh Start, If You Can Wake Up

Is exercising before school a brilliant idea or just too painful? I tried the new morning fitness club, and it was better than I feared.

The club starts at 7.30 and includes stretching, simple circuits and short running activities. The teacher keeps the pace manageable, so students do not need to be extremely sporty to join in or keep up with experts.

The exercises were easy to follow, which made the club feel welcoming. I also felt more awake before class, and it was a positive way to begin the day instead of arriving half asleep at my desk.

The obvious problem is the start time. It is very early, especially for students who travel far, and there was not enough changing space before registration.

Overall, I would recommend the club to students who want a healthier routine. A slightly later start and better changing arrangements would make it easier to attend regularly.

4. Explore the model: structure, content and tone

Work with the model review. Underline, label or make short notes.

Focus	What to find	Done?
Review structure	Find the title, hook, key facts, description, opinion and recommendation.	
Content point 1	Where does the writer describe the club and what students do?	
Content point 2	Where does the writer develop positive opinions from the comments?	
Content point 3	Where does the writer balance the review with practical drawbacks?	
Audience and tone	Find two places where the review sounds lively or suitable for the reader.	
Development	Find one extra detail, example or personal reaction that improves the answer.	

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

Prompt	Useful language	Why it fits	Example from the model
what the club is like	descriptive list + so	You are explaining the routine and who can join.	includes... / so students do not need...
evaluation of comments	evaluative language + contrast	You are explaining strengths and balancing them with drawbacks.	easy to follow / The obvious problem...
recommendation	recommendation + improvement	You are saying who would benefit and adding practical changes.	I would recommend... / would make it easier...

6. Build a clear review

Notice how review phrases help you move from the opening to the final recommendation.

Job	Useful review phrases
open with key details	brilliant idea or just too painful? / starts at 7.30 / includes... / manageable / do not need to be sporty
evaluate positives	easy to follow / positive way to begin...
balance negatives	The obvious problem is...
recommend clearly	Overall, I would recommend... / to students who... / A slightly later start...

7. Vocabulary and useful review phrases

Use chunks that sound natural for this review. You can also upgrade your writing with precise words and phrases.

Purpose	Useful chunks / language	Add your own
describe the club	morning fitness club / stretching / simple circuits / running activities	
describe positives	easy to follow / welcoming / more awake / positive routine	
describe negatives	very early / travel far / not enough changing space	
sound review-like	A Fresh Start / better than I feared / The obvious problem...	
recommend	healthier routine / later start / easier to attend regularly	

8. Plan your own review

Use the same task, or change the details to a similar event, place, service or activity.

Prompt	My idea	Useful language
title and opening		
description / routine		
positive points		
problems or limits		
recommendation		

9. Write your own review

Write a review for the task. Cover all the prompts, develop your ideas and make your opinion clear.

Review title _____

10. Self-check and peer-check

Success criteria	What to check	Self	Peer
Content	All task points are covered and developed with relevant details or examples.		
Review structure	The answer has an engaging title, clear opening, description, evaluation and recommendation.		
Audience and tone	It sounds lively, clear and suitable for the audience in the task.		
Prompt-led language	Language fits the task, such as descriptive detail, so, evaluative language, especially and recommendation language for a specific audience.		
Cohesion	Ideas connect naturally with linkers such as however, overall, because, so and though.		
Vocabulary	Useful chunks, topic words and precise review phrases improve the review.		
Accuracy	Spelling, punctuation and sentence control are clear enough for the reader.		
WWW:			
EBI:			