

Welcome to  
ESOL online E1/E2  
Autumn Term 2021

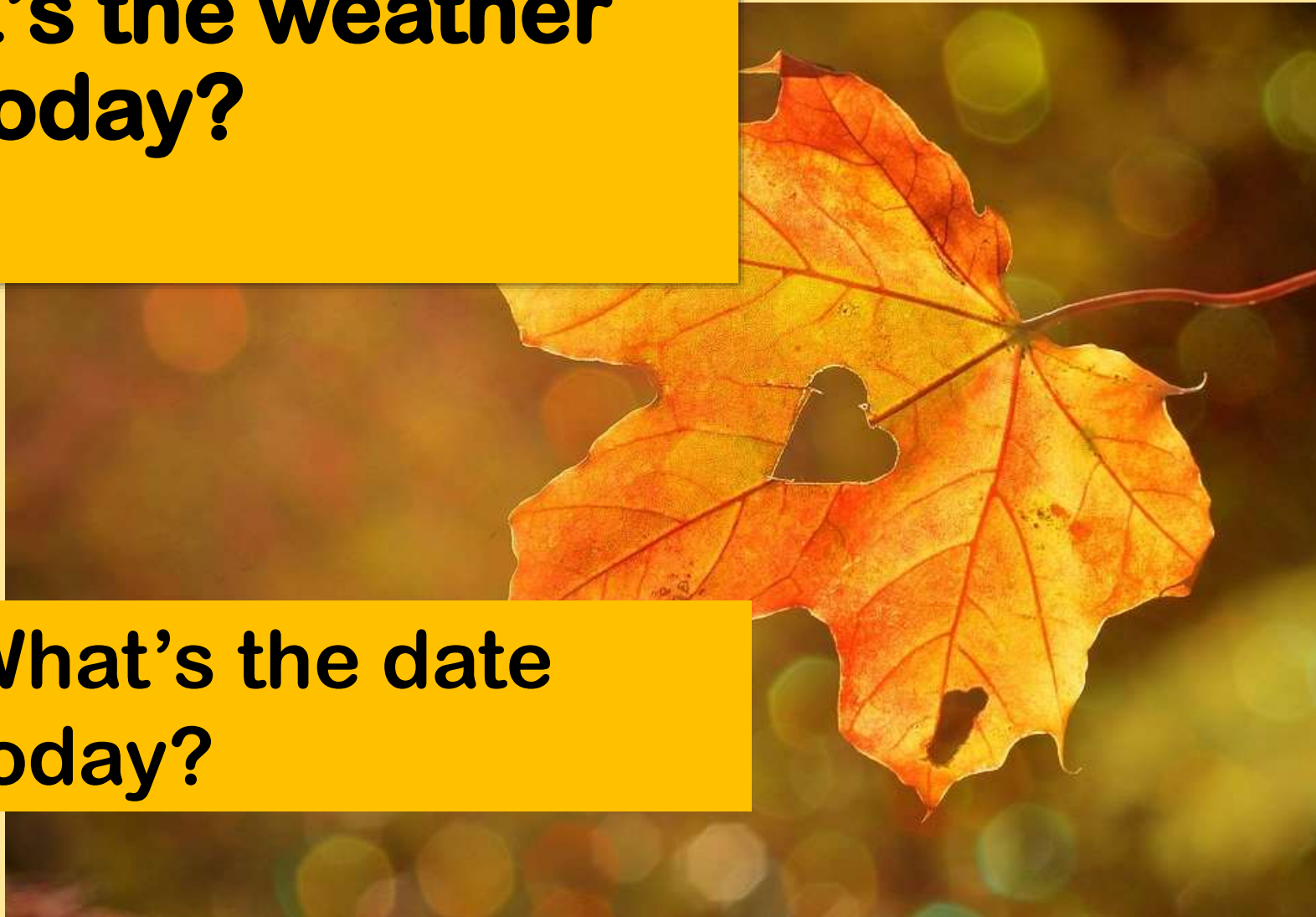
**Week 2 – LESSON 2**  
**Health: How to stay fit and healthy**

Welcome! Welcome back!

Welcome! Welcome back!

**What's the weather  
like today?**

**What's the date  
today?**



# Adult Community Learning

Supporting our students

## Safeguarding



Your safety and wellbeing is important to us

If you are experiencing bullying, violence or abuse of any kind,  
don't keep quiet. We can help.

Talk to your tutor, centre staff or our safeguarding lead:

David Coleman Telephone: 07525 387549

Email: [aclsafeguarding@islington.gov.uk](mailto:aclsafeguarding@islington.gov.uk)

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# Information Advice and Guidance



## IAG one-on-one sessions (by appointment only)

This term we are offering Information Advice and Guidance session online Monday afternoons from 1.00 – 4.00pm and Wednesday mornings from 9.30 – 12.30.

To book an appointment contact Alison Moore 07808879044 or email [Alison.Moore@islington.gov.uk](mailto:Alison.Moore@islington.gov.uk)

# CLASS OBJECTIVES

1. Say today's day and date, describe the weather.
2. Check Homework: find your Moodle course online.
3. Health: say what you do to stay fit and healthy.
4. Homework: write 3 things that you do to stay fit and healthy.

# What is Moodle?

The screenshot shows a web browser window displaying the ACL Gateway website. The browser's address bar shows the URL [aclgateway.islington.gov.uk](https://aclgateway.islington.gov.uk). The website has a green header with the Islington logo and contact information: "Call us : 020 7527 5782" and "E-mail : [acl@islington.gov.uk](mailto:acl@islington.gov.uk)". A user profile for "Caroline Kelly" is visible in the top right corner.

The main content area is divided into two sections. On the left, there is a list of Moodle courses, each with a graduation cap icon and text:

- Community ESOL PE ESLSPAZ2022 Natasha Yakubova
- Community ESOL PE ESLAUAZ2004 Natasha Yakubova
- ESLAUAZ214
- Community ESOL PE ESLSUAZ2040 Caroline Kelly/Natasha Yakubova
- Community ESOL ESLAUPH2005 Caroline Kelly
- CEESLAUPH216
- Community ESOL ESLSPPH2024 Caroline

On the right, there is a navigation menu with the following items:

- Home
- About Us
- Advice & Guidance
- Find ACL Course
- Moodle Courses
- Find Work
- Useful Links
- Help

Below the navigation menu, there is an illustration of a laptop displaying a website with a graduation cap icon, a magnifying glass over a document, and a pencil icon. The browser's taskbar at the bottom shows the Windows logo, a search bar, and various application icons. The system tray in the bottom right corner shows the time as 17:29 on 21/09/2021.

# What is Moodle?

**Moodle** is a computer system for online learning

You can find your Moodle course on the Islington Adult Community Learning **Gateway (ACL Gateway)**.

<https://aclgateway.islington.gov.uk/>

You can also click on the **link** from your teacher:

<https://aclgateway.islington.gov.uk/>



click/press **Log in**



☰ Call us : 020 7527 5782 ✉ E-mail : [acl@islington.gov.uk](mailto:acl@islington.gov.uk)

You are not logged in (Log in)



- Home
- About Us ▾
- Advice & Guidance
- Find ACL Course ▾
- Moodle Courses ▾
- Find Work
- Useful Links ▾
- Help




# Islington ACL Gateway

Remember username

**Log in**

[Forgotten your username or password?](#)

Cookies must be enabled in your browser 

Some courses may allow guest access

Log in as a guest

# YOUR LOGIN DETAILS FOR ACL GATEWAY/ MOODLE

**Username:**

21firstnamesurname

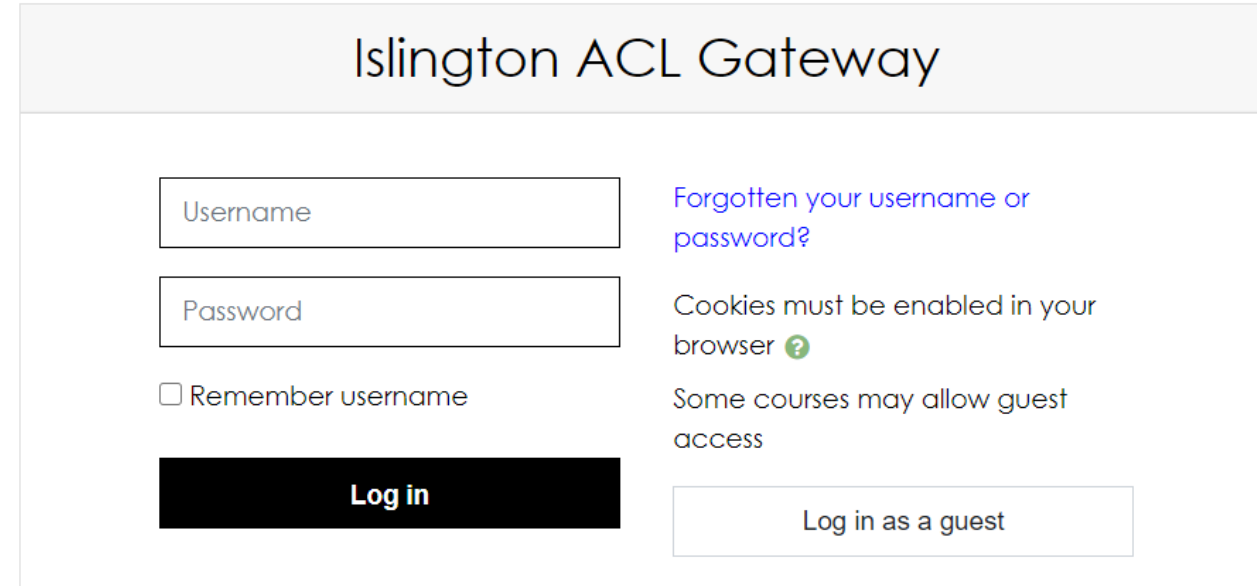
21firstnamemiddlenamesurname

for example: 21johnsmith

21ahmedsaidmohamed

**Password:**

Welcome#1



The screenshot shows the login interface for the Islington ACL Gateway. At the top, the title "Islington ACL Gateway" is displayed. Below the title, there are two input fields: "Username" and "Password". To the right of the "Username" field, there is a link that says "Forgotten your username or password?". Below the "Password" field, there is a checkbox labeled "Remember username". A black "Log in" button is positioned below the "Remember username" checkbox. To the right of the "Log in" button, there is a message: "Cookies must be enabled in your browser" with a question mark icon, and another message: "Some courses may allow guest access". At the bottom right, there is a button labeled "Log in as a guest".

# Moodle Home page



Call us : 020 7527 5782 E-mail : [acl@islington.gov.uk](mailto:acl@islington.gov.uk)

Petra Belikova

Home

Dashboard

Calendar

Private files

My courses

Community ESOL  
ESLSPLP2027 Petra  
Belikova

ISLINGTON

Home

About Us

Advice & Guidance

Find ACL Course

Moodle Courses

Find Work

Useful Links

Help



Welcome to the Islington Adult Community Learning Gateway

Online users

# Health

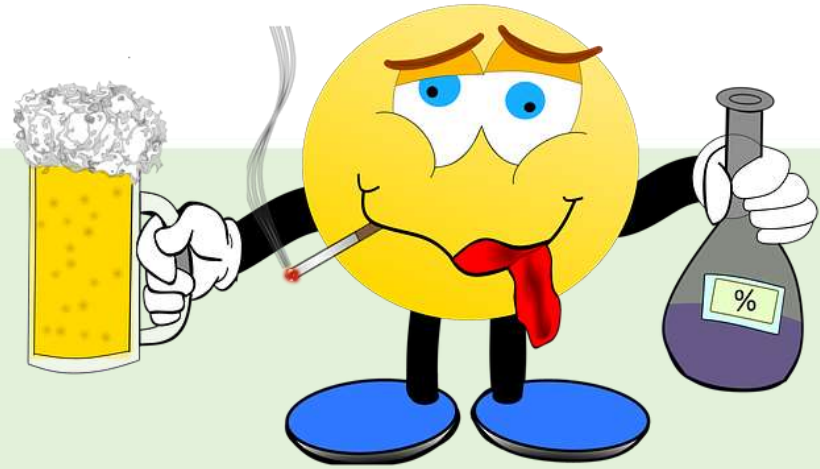
WHAT DO YOU DO TO  
KEEP HEALTHY  
And FIT?



# Health

healthy





unhealthy

# More vocabulary



fit





# Health

**fit (adjective)**

Healthy and strong because you do regular physical exercise

# More vocabulary



unfit

# WHAT DO YOU DO TO KEEP HEALTHY?

**Write a list.**  
**Write 3 things.**



Use some of these  
verbs:

go    eat    sleep  
play    do



**Example: What do you do to keep healthy?**

**Caroline:**

**I eat lots of fruit and vegetables. I play tennis every week.**

**I try to sleep 7-8 hours every night.**

# HOMework

1. Write sentences about how you keep healthy and fit.
2. Send them to your teacher.
3. Find your Moodle course online and login.