

Eiken Dual-RSP G2

Reading & Speaking Practice Lesson #15

Story

Jogging for Good: Staying Healthy and Helping Others

Did you know that jogging has become very popular? Many people love to go for a run because it's a fun way to stay healthy and strong.

Jogging can make our bodies feel good and give us energy. It's like a fun game where we can run around and enjoy the fresh air.

Some people take jogging to a whole new level by participating in long-distance races. These races can be really exciting, and lots of people join to run together.

But do you know what's even more amazing? Some of these long-distance races are not just for fun. They also help raise money for charity!

When we raise money for charity, we help people who might need some extra love and support. It's

23 like we're being superheroes, doing something good
24 for others while keeping ourselves healthy.

25 So, if you love jogging or want to try it out, consider
26 joining a long-distance race for charity. It's a fantastic
27 way to have fun, stay healthy, and make a difference
28 in the world!

30 Vocabulary

31 jogging	long-distance race
32 raise money	charity
33 stay healthy	support
34 make a difference	

36 Questions & Sample Answers

37 【For coaches: Please teach by “DUAL METHOD”】

38 1. What has become very popular?

39 **Jogging has become very popular.**

40 2. Why do many people love jogging?

41 **Because it's a fun way to stay healthy and strong.**

42 3. What can jogging do for our bodies?

43 **It can make our bodies feel good and give us**
44 **energy.**

45 4. How do some people take jogging to a new
46 level?

47 **By participating in long-distance races.**

48 5. What is special about some long-distance
49 races?

50 **Some of them help raise money for charity.**

51 6. Why is joining a race for charity a good idea?

52 **Because we can stay healthy and help others at**
53 **the same time.**

54 7. Have you ever joined a race or event to help
55 others?

56 A: Yes, I have. I joined a school event to raise
57 money for children in need.

58 B: No, I haven't. But I want to try it someday.

59 8. How can jogging help people besides making
60 them healthy?

61 **It can help people raise money and support good**
62 **causes.**

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63 9. What do you think about helping others while
64 having fun?

65 **I think it's a great idea because we can enjoy**
66 **ourselves and help people at the same time.**
67



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