



THE TREADMILL



Scan to review worksheet

Expemo code:
1A5P-31LD-T236

1

Warm up

In pairs, discuss the following questions.

1. How have you been punished by teachers or family in the past? What would happen if you did something wrong?
2. What do you think about the way you were punished now? Do you think it was effective? Or not? Why?
3. If you have, or if you were to have, children, what ways do you think would be best to punish them if they did something wrong? Give reasons for your answer.





2 Understanding the introduction

Part A: Put the following sentences from the introduction of the video in the correct order.

- ___ At the time, the English prison system was **abysmally** bad.
- ___ It feels like hours have gone by, but it's only been eleven minutes, and you wonder,
- ___ | The constant **thud** underneath your feet, the **constrained** space and the **monotony** of going nowhere fast.
- ___ **Execution** and deportation were often the punishments of choice, and those who were locked away faced hours of **solitude** in filthy cells.
- ___ So social movements led by religious groups, philanthropies and celebrities,
- ___ "Why am I torturing myself? This thing has got to be considered a cruel and unusual punishment."
- ___ Actually, that's exactly what it is, or was. You see, in the 1800s, treadmills were created to punish English prisoners.
- ___ like Charles Dickens, **sought** to change these **dire** conditions and help reform the prisoners.

Now watch the first part of the video (00:00 – 01:04) to check your answers.



Part B: Match the following words with their synonyms.

- | | |
|----------------|-----------------------|
| 1. thud | a. isolation |
| 2. constrained | b. thump |
| 3. monotony | c. wanted |
| 4. abysmally | d. limited |
| 5. execution | e. capital punishment |
| 6. solitude | f. terribly |
| 7. sought | g. boredom |
| 8. dire | h. awful |



3 Focus on vocabulary

Part A: Match the words to the definitions.

- | | |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. rehabilitation (n) | a. full of energy and not easy to control |
| 2. decimate (v) | b. a fashion for something that many people take part in, but doesn't last for very long |
| 3. boast (v) | c. to make a human or animal easier to control and do what you want |
| 4. exertion (n) | d. the action of making a physical or mental effort to do something |
| 5. tame (v) | e. a series of tasks to help people return to normal after they have been ill, had problems with drugs or alcohol, or have been in prison for a long period of time |
| 6. boisterous (adj.) | f. to cause something to be much weaker or heavily damaged |
| 7. craze (n) | g. to have something that is a source of pride |

Part B: Now complete the following sentences with the vocabulary from Part A. You may have to change the form of the word.

1. It hasn't stopped raining for weeks now. I think it's going to _____ the crops, and the farmers must be really worried.
2. This property _____ an indoor and an outdoor pool, as well as a sauna! It sounds amazing!
3. The _____ required to get out of bed this morning was unbelievable. I'm so tired.
4. I was trying to get my class to do a reading exercise, but they were being so _____ that I ended up giving it to them for homework.
5. She spent a good seven months or so in _____ after the car accident. It really affected her badly, but she's pretty much back to normal now.
6. If my neighbour doesn't do something to _____ his dog, it's going to attack someone, I swear. It's so aggressive!
7. Do you remember the _____ for Rubik's Cubes? I never ever solved it!

Now in pairs, answer the following questions.

1. Which activities that you do require a lot of physical or mental **exertion**?
2. Which **crazes** did you take part in when you were younger?
3. What would you do if the Earth was **decimated** by an asteroid from space? Would you want to survive? Why? Why not?



4

Rephrasing

Read the following sentences and decide on the best meaning for the words in bold.

1. The new governor is **whipping the prisoners into shape**.
 - a. punishing the prisoners with a whip
 - b. forcing the prisoners to dance
 - c. enforcing general fitness

2. After winning "*American Idol*", a singing competition, she was **thrust into the limelight** at a very young age.
 - a. highly successful
 - b. suddenly famous
 - c. immediately wealthy

3. Conditions in prisons at the time were **excessively cruel**.
 - a. much harsher than was necessary.
 - b. surprisingly comfortable.
 - c. unusually modern

4. After his time away from the limelight, the actor returned **with a vengeance**.
 - a. with greater energy than he had previously.
 - b. with the aim of hurting people who had hurt him before.
 - c. with a new image that he hadn't had before.

5. The horror film was released, allowing the **unsuspecting public** to witness sights they had never seen before.
 - a. people who were innocent
 - b. population who was unaware and unprepared
 - c. the community which lacked intelligence

6. I don't know how you can **subject yourself to** that.
 - a. force yourself to do something unpleasant like
 - b. learn about an uninteresting subject like
 - c. create such a horrible invention like



Now in pairs, answer the following questions.

1. What situations around the world would you describe as **excessively cruel**?
2. In your country, what has the **unsuspecting public** been faced with in the past?
3. What things have you **subjected yourself to** in the past that other people would find unusual?
4. Which famous people do you know of who disappeared from the limelight and then came back **with a vengeance**?
5. Who has **whipped you into shape** in the past? What did they do to achieve this?
6. Who was suddenly **thrust into the limelight** in your country? How did they cope with it?

5 Comprehension

Now watch the rest of the video (01:04 - 03:54) and answer the following questions.



1. The treadmill was introduced ...
 - a. as a result of the movement to improve prisons.
 - b. at the suggestion of Charles Dickens and other celebrities.
 - c. as a form of torture for unruly prisoners.
 - d. only in prisons in and around London.
2. While the wheel of the treadmill turned, it was able to ...
 - a. be adjusted according to how quickly the prisoners could walk.
 - b. provide power to mills and crush grain.
 - c. generate electricity for the prison.
 - d. provide light for any nearby towns.
3. The treadmills were seen as a boost for the British economy after ...
 - a. thousands of people had died from a plague which destroyed the workforce.
 - b. a large increase in unemployment due to a recession.
 - c. most of the men had died fighting in the First World War.
 - d. the high cost of Britain fighting in wars against the French leader, Napoleon I.
4. During the time prisoners spent on the treadmill in a day, it is estimated that they climbed up to ...
 - a. 5,000 feet
 - b. 10,000 feet
 - c. 14,000 feet
 - d. 28,000 feet
5. Between Britain and the United States, there were around ... in existence.
 - a. 50 treadmills
 - b. 100 treadmills
 - c. 150 treadmills
 - d. 200 treadmills



6. The use of the treadmill in prisons in Britain and America resulted in ...
 - a. a huge economic recovery for Britain and its allies.
 - b. the treadmill being used in Australia and New Zealand.
 - c. increased levels of fitness and happiness in the prison population.
 - d. many prisoners suffering injuries and mental illness.

7. The treadmill was reintroduced to improve people's aerobic fitness during the ...
 - a. 1950s
 - b. 1960s
 - c. 1970s
 - d. 1980s.

6 Talking point

In pairs, discuss the following questions.

1. How are prisoners treated in your country now? Are there any problems with prisons in your country?
2. Do you think the function of prisons should be to reform or to punish? Why? Explain your answer.
3. Do you believe that people should be executed for the worst crimes? Or not? Why?

7 Extended activity/homework

Read the following question.

Prisoners today with their televisions and free time are not learning the error of their ways. We need to return prisons to places of punishment. People need to fear going to prison so that we may reduce the level of crime.

- To what extent do you agree or disagree with this statement?
- Write at least 250 words.
- Be sure to check your grammar, spelling and punctuation.