

GEPT Elementary Reading & Speaking Handout

Hot Weather Safety: Staying Cool in Summer

全民英檢初級閱讀與口說講義 | Topic: heat, health, safety, school life

Teacher Notes 教學重點

- Level: GEPT Elementary / CEFR A2
- Class time: 50-90 minutes
- Skills: reading short passages, asking for help, giving safety advice
- Current topic: hot weather, heat warnings, health, and helping others

Warm-up Questions 暖身口說

- Do you like hot weather?
- What do you usually drink on a hot day?
- What outdoor activities are difficult in summer?
- How can students stay safe during PE class?

A. Vocabulary 單字解析

Word	Part	中文	Easy meaning	Example
heat	n.	高溫；熱	hot weather or high temperature	The heat is strong at noon.
temperature	n.	溫度	how hot or cold something is	The temperature is 35 degrees today.
warning	n.	警告	information that tells people about danger	There is a heat warning today.
thirsty	adj.	口渴的	needing to drink water	I feel thirsty after running.
shade	n.	陰影；陰涼處	a place away from direct sun	Let's rest in the shade.
cool	adj./v.	涼爽的；使變涼	not hot; to make less hot	A fan can make the room feel cool.
hydrate	v.	補充水分	to drink enough water	Please hydrate before sports practice.
dizzy	adj.	頭暈的	feeling like you may fall	I feel dizzy in the hot sun.
break	n.	休息	a short time to stop work or study	Take a break after twenty minutes.
sunscreen	n.	防曬乳	cream that protects skin from the sun	Put on sunscreen before going outside.
outdoor	adj.	戶外的	done outside	We have outdoor PE class today.
neighbor	n.	鄰居	a person who lives near you	We should check on our old neighbor.

B. Reading 1 閱讀 | A Hot PE Class

Leo is a junior high school student. It is Tuesday morning, and the weather is very hot. The temperature is already 34 degrees before lunch. Leo has PE class after the second period. He likes basketball, but today he feels tired before the game starts.

His teacher, Ms. Lin, looks at the students and says, 'Today is very hot. Please drink water before class. We will practice in the shade first, and we will take more breaks.' Leo brings a water bottle, but his friend Ben forgets his. Leo shares some water with him.

After ten minutes, Ben says, 'I feel dizzy.' Ms. Lin asks him to sit down in a cool place. She gives him water and tells another student to call the school nurse. Ben feels better after resting. The class learns an important lesson: hot weather can be dangerous, even during a short class.

Reading Check

Why does Ms. Lin change the PE class plan?

Answer: _____

What happens to Ben during PE class?

Answer: _____

What lesson does the class learn?

Answer: _____

C. Dialog Practice 口說對話

Dialog 1 | Before PE Class

Teacher	It is very hot today. Do you have water?
Leo	Yes, I have a water bottle.
Teacher	Good. Please drink before class starts.
Leo	Can we play basketball today?
Teacher	Only for a short time. We will take breaks in the shade.
Leo	OK. I will tell Ben to drink water, too.

Dialog 2 | Feeling Dizzy

Ben	Leo, I feel dizzy.
Leo	Let's stop and sit in the shade.
Ben	I think I need water.
Leo	Here. Drink slowly. I will call Ms. Lin.
Teacher	Good job, Leo. Ben, please rest here.
Ben	Thank you. I feel a little better now.

Dialog 3 | Reading a Heat Warning

Amy	There is a heat warning today.
Mina	What should we do?
Amy	We should drink water and stay cool.

Mina	Can we go jogging at noon?
Amy	No. Let's go in the evening.
Mina	Good idea. It will be cooler then.

Dialog 4 | Helping Grandma

Leo	Grandma, is your room too hot?
Grandma	A little. The sun is strong.
Leo	I will close the curtain and turn on the fan.
Grandma	Thank you. Could you put water on the table?
Leo	Sure. Please drink often.
Grandma	I will. You are very thoughtful.

Dialog 5 | Making a Safety Plan

Teacher	What is one heat safety rule?
Student	Drink water often.
Teacher	Good. What else?
Student	Take breaks in the shade.
Teacher	When should we ask for help?
Student	When someone feels dizzy, weak, or confused.

D. Reading 2 閱讀 | Heat Warnings

In summer, many cities send heat warnings. A heat warning tells people that the weather may be dangerous. It is not only for old people. Children, students, outdoor workers, and people who exercise outside can also get sick from heat.

There are simple ways to stay safe. First, drink water often. Do not wait until you feel very thirsty. Second, stay in the shade or in a cool room when the sun is strong. Third, wear light clothes, a hat, and sunscreen. Fourth, plan outdoor activities in the morning or evening.

People should also know the signs of heat illness. A person may feel dizzy, weak, thirsty, or have a headache. If this happens, the person should stop activity, move to a cool place, drink water, and ask for help. If the person is confused or cannot wake up, call emergency help right away.

Reading Check

What does a heat warning tell people?

Answer: _____

Name two ways to stay safe in hot weather.

Answer: _____

E. Reading 3 閱讀 | Helping Grandma Stay Cool

On Saturday afternoon, Leo visits his grandmother. She lives alone near his home. His mother says, 'It is very hot this week. Please check if Grandma has enough water and if her room is cool.' Leo walks to her house with two bottles of water.

Grandma is sitting by the window. The room feels warm. Leo closes the curtain because the sun is coming in. He turns on the fan and asks Grandma to drink some water. He also puts her medicine and water bottle on the table, so she can reach them easily.

Before Leo leaves, he writes a short note: 'Drink water. Rest in a cool room. Call us if you feel dizzy.' Grandma smiles and says, 'Thank you. You are careful.' Leo learns that staying safe in hot weather is not only about yourself. It is also about helping family, friends, and neighbors.

Reading Check

Why does Leo visit his grandmother?

Answer: _____

What note does Leo write for his grandmother?

Answer: _____

F. Speaking Practice 口說練習

Useful Speaking Frames

- I feel hot, so I need _____.
- You should _____ when the weather is hot.
- Can I take a break in the shade?
- A good heat safety rule is _____.
- If someone feels dizzy, we should _____.

1. Pair Interview

- What do you do when the weather is very hot?
- What should students bring to PE class in summer?
- When should people ask for help?
- How can we help older family members on hot days?

2. Role-play

Student A: You feel dizzy during PE class. Tell your friend.

Student B: Help your friend. Give two safety suggestions.

Change roles. This time, Student A is checking on a neighbor on a hot day.

3. Group Task

Make three class rules for hot weather safety. Present them in 30 seconds.

Rule 1. _____

Rule 2. _____

Rule 3. _____

G. Quiz 練習題

1. Vocabulary: The _____ is 35 degrees today.

Answer: _____

2. Vocabulary: I feel _____, so I need some water.

Answer: _____

3. Vocabulary: Let's rest in the _____.

Answer: _____

4. Reading: Ben feels _____ during PE class.

Answer: _____

5. Reading: A heat _____ tells people the weather may be dangerous.

Answer: _____

6. Sentence: Please _____ before outdoor sports.

Answer: _____

7. Speaking: Ask your teacher if you can take a break.

Answer: _____

8. Speaking: Tell your friend to drink water.

Answer: _____

9. Writing: Write one heat safety rule.

Answer: _____

10. Reading: Leo helps his _____ stay safe.

Answer: _____

H. Writing Practice 寫作練習

Write 4-5 sentences about this question:

How can students stay safe in hot weather?

1. _____

2. _____

3. _____

4. _____

5. _____

Answer Key 答案

Reading Check

Why does Ms. Lin change the PE class plan? - Because the weather is very hot.

What happens to Ben during PE class? - He feels dizzy and needs to rest in a cool place.

What lesson does the class learn? - Hot weather can be dangerous, even during a short class.

What does a heat warning tell people? - It tells people that the weather may be dangerous.

Name two ways to stay safe in hot weather. - Drink water often and stay in the shade or a cool room.

Why does Leo visit his grandmother? - He checks if she has enough water and if her room is cool.

What note does Leo write for his grandmother? - Drink water, rest in a cool room, and call us if you feel dizzy.

Quiz

1. Vocabulary: The _____ is 35 degrees today. - temperature
2. Vocabulary: I feel _____, so I need some water. - thirsty
3. Vocabulary: Let's rest in the _____. - shade
4. Reading: Ben feels _____ during PE class. - dizzy
5. Reading: A heat _____ tells people the weather may be dangerous. - warning
6. Sentence: Please _____ before outdoor sports. - hydrate
7. Speaking: Ask your teacher if you can take a break. - Can I take a break?
8. Speaking: Tell your friend to drink water. - Please drink some water.
9. Writing: Write one heat safety rule. - Drink water often. / Stay in the shade.
10. Reading: Leo helps his _____ stay safe. - grandmother

Source Notes 教材參考來源

This handout is original classroom material. It is informed by public health guidance about heat, hydration, warning signs, and heat safety.

- WHO heat guidance emphasizes staying cool, drinking water, avoiding the hottest time of day, and checking on vulnerable people.
- CDC heat guidance emphasizes staying cool, staying hydrated, and knowing symptoms such as dizziness, headache, weakness, and nausea.
- Taiwan health guidance summarizes heat injury prevention with staying cool, drinking water, and staying alert.