


# 37 Planning the future

You can use "going to" when talking about something you've decided to do in the future, such as getting fit. This is useful for discussing intentions and predictions.

 **New language** "Going to"

**Aa Vocabulary** Healthy living

 **New skill** Talking about plans to keep fit

## 37.1 KEY LANGUAGE DECISION BEFORE SPEAKING

Use "going to" when you have already decided to do something before speaking.



Angus has decided he **is going to swim** every week to get fit.

Put "to be" + "going to" before the main verb.

Base form of the verb.



## 37.2 FILL IN THE GAPS USING THE FUTURE WITH "GOING TO"

Harry 's going to play (play) more football with his friends this year.

- ① Jingjing \_\_\_\_\_ (walk) to work every day, unless it's raining or snowing.
- ② Tilly \_\_\_\_\_ (join) the new pilates class starting at the gym near her house.
- ③ Sam \_\_\_\_\_ (learn) judo this year with his friends Shankar and Belinda.
- ④ Kadija \_\_\_\_\_ (start) jogging to work and back home from next week.



## 37.3 READ THE LIST AND ANSWER THE QUESTIONS

New Year's resolutions  
Lose weight  
Join a yoga class  
Get up earlier  
Cycle to work  
Exercise on weekends

Joe's going to do yoga.

True ☒ False ☐

- ① Joe's going to join a gym. True ☐ False ☐
- ② Joe's going to use his bike for transportation. True ☐ False ☐
- ③ Joe's going to gain weight. True ☐ False ☐
- ④ Joe's going to be more active on the weekend. True ☐ False ☐

### 37.4 KEY LANGUAGE PREDICTION BASED ON EVIDENCE

You can also use “going to” when making a prediction about the future based on something you know is true when you are speaking.



This is the future outcome.  
PREDICTION

You know this is true.  
EVIDENCE

Angie **is going to** lose weight because **she's stopped eating unhealthy food.**



### 37.5 MATCH THE BEGINNINGS OF THE SENTENCES TO THE CORRECT ENDINGS

Peter's going to feel more relaxed

1 Carly's going to get better at tennis

2 Collette's going to win the race

3 Abdel's going to be healthier

4 Rob's going to be stronger

as she's in the lead by a long way.

because he's started weight lifting.

because she's starting lessons next week.

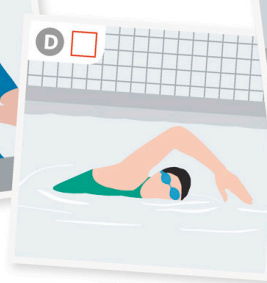
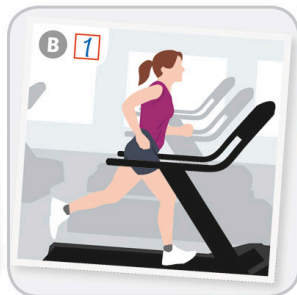
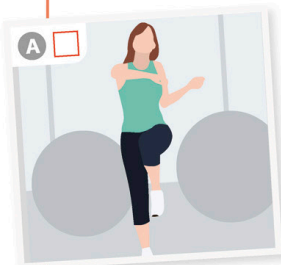
as he's now doing yoga every day.

because he's on a low-sugar diet.



### 37.6 LISTEN TO THE AUDIO AND NUMBER THE PICTURES IN THE ORDER THEY ARE DESCRIBED

Paul and Anya are discussing Anya's plans to lose weight and get fit.



### 37.7 KEY LANGUAGE ADVERB MODIFIERS WITH "GOING TO"

English uses modifiers to show how definite the future action will be.

Ewan's **probably going to** get fit this summer.

Something is likely.



Linda's **definitely going to** try harder at karate.

There is no doubt about something happening.



Maya's **certainly going to** eat healthier food.

A more emphatic form of "definitely."



### 37.8 KEY LANGUAGE VERB MODIFIERS WITH "GOING TO"

You can also change the verb to make the prediction more or less certain.

George **doubts** he's ever **going to** give up eating burgers.



Raj hasn't decided, but he **thinks** he's **going to** join a gym.



Anya **hopes** she's **going to** get on the basketball team.



Cristina **knows** she's **going to** do well in the marathon.



### 37.9 CROSS OUT THE INCORRECT WORDS IN EACH SENTENCE

Annabelle **probably** / **knows she's** going to start swimming lessons next week.

- 1 Gary's **certainly** / **doubts he's** going to run the next marathon to raise money for charity.
- 2 Helena's **definitely** / **hopes she's** going to improve her fitness level by going to the gym.
- 3 Ahmed **certainly** / **thinks he's** going to try kick boxing after his judo classes have finished.
- 4 James **doubts he's** / **definitely** going to stop eating fatty food, but he'll try to eat more fruit.





### 37.10 REWRITE THE SENTENCES, CORRECTING THE ERRORS

The other team is really good! I doubt we going to win.

*The other team is really good! I doubt we're going to win.*

1 I think I'm go to go jogging, but I might read a book instead.

2 They're probably going to finishing the marathon, but it's a long way to run.

3 She's not going to plays tennis now, is she? It's raining!

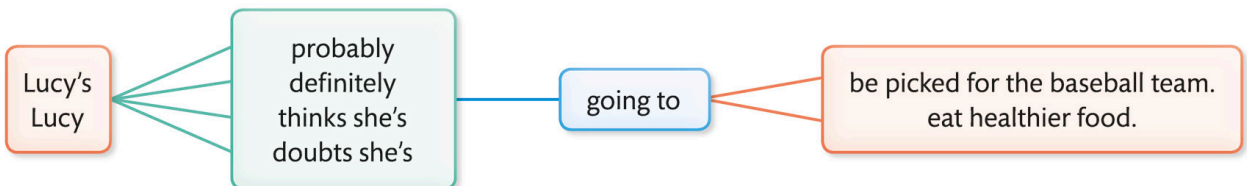
4 You're going to definitely look great after working out so much.

5 It's too late to going out. I think I'm going to go to bed.



### 37.11 USE THE CHART TO CREATE EIGHT CORRECT SENTENCES AND SAY THEM OUT LOUD

*Lucy's probably going to be picked for the baseball team.*



### 37 ✓ CHECKLIST



"Going to" ☐

Aa Healthy living ☐



Talking about plans to keep fit ☐