**Reading Lesson Plan**

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| **Title: The Fitness Pill** |

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| **Instructor:**  **Bora** | **Level:**  **Intermediate** | **Students:**  **7** | **Length:**  **40 min** |

**Materials:**

- a picture of pills

- 7 copies of the text “The Fitness Pill”

- 7 copies of each worksheets (reading comprehension questions & writing)

- 3 pictures of people (a businessman, a patient & an athlete)

- White board, board markers & tape

**Aims:**

- To develop intensive reading skill by skimming for the main idea and scanning for the details.

- To predict what will be on the text by eliciting.

- To get information about the fitness pill by answering a guiding question, finding the main idea and understand details.

- To improve speaking & listening ability by sharing ideas in a group

**Language Skills:**

- Reading: reading text and worksheet

- Writing: answering the worksheet, taking notes during discussion &writing a short letter for recommendation

- Listening: listening to teacher’s instruction, demonstration and CCQs and listening to partner’s ideas

- Speaking: prediction, sharing the ideas by discussion

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**Language Systems:**

- Lexis: New vocabularies in the article

- Phonology: Pronunciation of the vocabularies in the article

- Function: Giving information about the fitness pill to people

- Discourse: Sharing ideas about pills

**Assumptions about Students:**

- Students already know the teacher’s style of teaching and how the classroom works.

- Students’ level is intermediate.

- Most students already know what the pill is.

- Most students already have experiences to take pills and know when we take pill.

**Possible Problems and Solutions:**

- Students may not understand the words in the article.

→ Explain the words with definition or examples

- If students don’t understand the details well,

→ Give extra time to read again and answer the question.

- If students finish their worksheets earlier than anticipated,

→ Give the students more time for post activity, discussion.

- If students have difficulties on suggesting ideas,

→ Help them suggest new ideas by eliciting.

**References:**

**- http://www.englishclub.com/reading**

**-** [**www.google.com**](http://www.google.com) **(images and dictionary)**

**- Times media student workbook (lesson plans)**

**Lead-in:**

Materials: a picture of pills

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| **Time** | **Set Up** | **Procedure** |
| 2 min | whole class | Greeting  Hello, everyone. How’s it going?  Eliciting  Before we start our class, I’ll show you a picture. (showing a picture) What is it? That’s right. It’s a pill. When do we take it?  Yes, we usually take it when we are sick. It helps us get better. And? That’s all? We take a pill for many effects. Some take pills for vitamin C, some take them for sleep or diet. There are pills to make us look better, too. Pills can make our skin healthy and help people who are losing their hairs.  Introduce the topic  Today’s topic is this, a pill. |

**Pre-activity:**

Materials: -

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| **Time** | **Set Up** | **Procedure** | |
| 8 min | whole class  Group work  Whole class | Introduce the topic  These days there are pills for about everything. When we are sick, we take a pill. When we can’t sleep, we take a pill. When we want to lose weight or when we want to get nutrition, the answer is a pill.  Discussion  Introduction  We can make any kind of pills now.  Here’s a question for you.  If you could make a pill for anything, what kind of pill do you want to make? Why?  Demonstration  I want to make a pill which let my hair grow long super quickly. I’ve wished I had long, long hair since I was very young, but it was quite hard to have. I ‘m sure that a pill for long hair will be very popular for women.  What pill do you want? Talk to your partners. I’ll give you 3 minutes.  CCQs  - Are you going to talk about the pill already selling?  - Are you working alone?  - How much time do you have?  Go ahead!  (Monitor while students discuss & make notes)  (Give time warning: 1 minute left.)  What kind of pill do you want to make?  Why?  Who will be interested in that pill? |

**Main Activity:**

Material: Picture- advertisement for the fitness pill, White board, markers and worksheet(vocabulary, reading comprehension questions & advertisement template)

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| **Time** | **Set Up** | **Procedure** |
| 10 min  10 min | Whole class  individual  whole class  whole class  individual  whole class | Guessing  (showing an advertisement) Here’s today’s pill.  Can you guess what kind of the pill is?  It’s time to check.  Today’s article is about the fitness pill, the pill to help people get healthy.  1st Main Activity>  New vocabularies  Here are some new vocabularies which can help you understand the article well.  (Pass out the worksheet)  When you get the worksheet, please fold it like this. (fold the paper into half)  There are 8 vocabularies and the definitions.  [endurance/treadmill/spare time/enhance/  approved/extensive/renowned/skeptical]  Let’s have a look from ‘endurance’.  Endurance, the ability or strength to continue or last.  Instruction  Okay. Now we will check the vocabularies briefly. There are 5 questions. Answer the questions individually. Let’s do the first one together.  Demonstration  Let’s read the first clause, “When something is "approved" by the government” approved means allowed to do or have, so the answer is a) allowed.  There are 4 questions left. You have 2minutes.  CCQs  - Where are the questions we have to answer?  - How many questions are left?  - How much time do you have?  Go!  (check the answers)  Guiding questions to find main idea  Instruction  You know topic and vocabularies. It would be easy to read the article. While reading the article, you have to get some answers for these questions.  (write the questions on the board)   1. What are the effects of the fitness pill? 2. The fitness pill is for whom? 3. What is the concern about the fitness pill?   Let’s read the questions together.  Think about the answers as you read this article. I will give you 5 minutes to read. Read individually and silently.  CCQs  - How many questions do you have to answer?  - Where are the questions?  - Where can you find the answers?  (Pass out the text and run the task)  You may begin.  Do you need more time to read?  (If yes – give 30 seconds extra reading time  If no – Check the answers together)  What are the effects of the fitness pill?  Who will be interested in the fitness pill?  What is the concern about the fitness pill?  2nd Main Activity>  Comprehension worksheet for details  Instruction  Now you will have a worksheet. There are some questions for understanding details. Look at here. Here are 3 multiple choices and 3 true or false questions.  Demonstration  Let’s have a look number 1. Which of the following will the fitness pill not do?  Where can we find the answer? It’s in the first paragraph, the fifth line. ‘The fitness pill help you build muscles, increase stamina, and burn fat.’ It can make you thinner, faster and stronger. The answer is d, make you sleepier.  Choose the other answers as you read.  You’re working alone with 5 minutes.  CCQs  - What are you going to do?  - Are you working alone?  - How much time do you have?  (Pass out the worksheet and run the task)  Check the answers |

**Post-activity:**

Materials: worksheet for writing

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| **Time** | **Set Up** | **Procedure** |
| 10 min | whole class  Group work | Production-discussion  Instruction  If you could take a pill instead of exercising, would you? Or would you like to recommend this pill for someone else? Let’s write a letter for recommendation of this fitness pill.  Demonstration  I will recommend the fitness pill for my grandfather. He has been sick for a long time. As he had long time sitting and lying. He can walk alone without cane when he built muscles on his legs.  You can choose anyone including yourself.  Write a letter and share it with your partners.  I’ll give you 5 minutes.  CCQs  - What will you recommend?  - How do you recommend the fitness pill?  - What will you do after you finish writing?  (Run the task)  (Share the ideas)  closing  We talked about the fitness pill which can make hot body for you. As the article said, there are a lot of pills for about everything.  There is homework you have to do.  Today go back home and find something great, great pills with special effects. We will share the information for new, creative and innovative pills next time. |



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| Want to be |
| **s t r o n g ?** |
| **m u s c u l a r ?** |
| **h e a l t h y?** |
| **s l I m ?** |
| **b e t t e r ?** |
| **Here is a pill for you!**  smartpill.jpg |
| No time. No sweat. No stress. |

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| Want to be |
| **s t r o n g ?** |
| **m u s c u l a r ?** |
| **h e a l t h y?** |
| **s l I m ?** |
| **b e t t e r ?** |
| **Here is a pill for you!**  smartpill.jpg  Dear |
| No time. No sweat. No stress. |

**Vocabulary Check**

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| **Word** | **Meaning** |
| **endurance** | the ability or strength to continue or last |
| **treadmill** | a machine that you run on |
| **spare time** | extra time in the day that is not part of a schedule |
| **enhance performance** | improve one's ability at a sport |
| **approved** | allowed to do or have (often by the government) |
| **extensive** | of great extent, wide, broad |
| **renowned** | celebrated, famous |
| **skeptical** | having doubt, showing doubt |

- Choose the answer.

1. When something is "approved" by the government, people are to use it.

a) allowed b) evident c) forbidden d) enhanced

2. Many people like to exercise in their .

a) over time b) under time c) on time d) spare time

- Choose the answer and fill in the blank.

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| renowned endurance extensive treadmill skeptical |

3. Running long distances gives me the power of .

4. He was  for his great teaching skill.

5. People have been   about viewing art through technology

Reading Comprehension Quiz

1. Which of the following will the fitness pill NOT do?

a) Make you thinner.

b) Make you faster.

c) Make you stronger.

d) Make you sleepier.

2. What was used to test this pill?

a) Sick people

b) Fitness instructors

c) Mice

d) Professional athlete

3. How much exercise is usually recommended by doctors?

a) 4 minutes per day

b) 40 minutes per day

c) 4 hours per day

d) 40 hours per day

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| True or False |

4. People who don’t have time to exercise can get the fitness pill from the drug stores easily. (T / F)

5. Researchers believe that those who exercise and take the pill will benefit more than those who don’t exercise at all. (T / F)

6. Muscle wasting help the sick people get better soon. (T / F)

**The Fitness Pill**

The fitness pill builds strength and endurance.

These days there are pills for just about everything. If you can't sleep, take a pill. If you're unhappy, take a pill. What about if you're overweight and you don't have time to exercise? A new fitness pill may soon be available. Scientists are developing a pill that provides the same benefits as exercise. According to a BBC report, the fitness pill will "build muscle, increase stamina, and even burn fat."

Test mice became strong runners after taking the fitness pill.

Would you take a pill if it meant you no longer needed the treadmill? Researchers found that mice who took these pills could run long-distances without previous training. The test mice also ran almost twice as far. There is evidence that humans on these pills will also be able to build muscles without exercising. Furthermore, the research suggests that those who exercise and take the fitness pill will be even stronger.

The fitness pill may benefit bed rest patients.

Some researchers think the fitness pill will be useful in certain situations. People who cannot get out of bed due to ill health may benefit from the drug. Many diseases cause muscle wasting, which prevents patients from recovering. Other researchers feel that the average adult might benefit from such a drug. Most adults do not get the 40 minutes of daily exercise that doctors recommend. The fitness pill requires no need for spare time.

Professional athletes are tested for performance enhancing drugs such as the fitness pill.

The greatest concern about the fitness pill is in the sports world. Some fear that athletes will be tempted to use this drug to enhance performance. The pill has not been approved for human use yet, however, some athletes may already be taking it. Top athletes already go through extensive drug testing before national and international events. The world renowned gold medalist swimmer, Michael Phelps, voluntarily went through extra drug testing before the 2008 Olympics. He wanted to prove to the public that his strength comes from hard work and training before the world became skeptical.