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| Speaking Lesson Plan | | | |
| Title: Weight Loss | | | |
| INSTRUCTOR | LEVEL | STUDENTS | LENGTH |
| Serin K. | High/upper intermediate | 12 | 50 minutes |
| Materials: White board and marker  Video Clip – the biggest loser us s15e07 from 00:02:00 to 00:04:56  Words sheets for the first activity (one food, vegetarian, detox, gluten-free, protein, pills) | | | |
| Aims: Students will speak freely and comfortably about the subject because it’s very familiar.  Students can be known each other through their experiences.  Students can learn about past, past present and present tense to talk  Students will learn vocabularies and phrases about work out and weight loss. | | | |
| Language Skills: Speaking: discussions about the way of losing weight, their experiences of success/failure and the best way to do  Listening: from the video of the teacher and other students’ discussions, various accent from the video  Reading: words sheets  Writing: what they talk from their discussions | | | |
| Language Systems: Phonology: vocabularies, phrases, pronunciation, accent  Lexis: loser, consistent, spot on, access, beat out, consume  Grammar: past, past present, present tense  Discourse: discussion about their experiences  Functions: group discussion, writing their experiences and listening from the video. | | | |
| Assumptions: Students have ever tried to lose their weight.  Students have experiences of work out.  Students have heard about many ways of losing weight. | | | |
| Anticipated Errors and Solutions: Students can be loud and take their longer time because of their many experiences. : Check the time limit always.  Students cannot understand from the voice of the video because of vocabularies. : Check if there’s any other difficult vocabulary not from the teacher in video.  Students may argue and insist because they think their ways are the best. : Check everybody’s opinion.  If Students don’t speak enough as a whole class, divide as 2-3 groups. | | | |
| References: <http://torrentz.du>/search?f=the+biggest+loser  <http://www.google.com>/#q=diet+ways  <http://en.wikipedia.org/wiki/diet> | | | |
| Notes: SOS plan: If it’s finished earlier, watch the video of the biggest loser more and talk about their situation. | | | |

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| Pre Task or Warmer | | | |
| Title: Son-Beong-Ho game | | Aims: Let’s speak and fun | Materials: |
| Time | Set Up | Students | Teacher |
| 7min | Whole class | <Instruction>  Open the hand and one student say, fold a finger if you are. If it applies to me, fold one finger. When there’s no finger to fold, you win. | Show the example sentence if the student can’t understand. |
| Notes: | | | |

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| Task Preparation or Presentation | | | |
| Title: Losing weight | | Aims: What they know about the diet and losing weight | Materials: Board, marker, words sheets |
| Time | Set Up | Students | Teacher |
| 5min  2min  2min  6min | individually  whole class  whole class  group of 4-5 | <Vocabulary>  loser, consistent, spot on, access, beat out, consume  1. tell them a meaning and show how to use  2. let them make a sentence including a word  <Stretching>  a little bit of stretching to approach the subject  <Words sheets>  think about the relation of the words  <Short activity>  talk any experience about gaining weight and trying to lose | Show examples how it works in the sentence or in the  context  CCQ: How can you use those words?  Stretching together and let them think why we are  doing  show them words sheets and tell them the relation |
| Notes: | | | |

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| Task Realization or Practice | | | |
| Title: Weight loss | | Aims: Discussion | Materials: The video of the biggest loser s15e07 2:00-4:56 |
| Time | Set Up | Students | Teacher |
| 3min  7min  10min | Whole class  Group of 4-5  Group of 4-5 | <Watch the video>  <Discussion>  about the video  CCQ: What the people in the video are doing?  Why they are losing weight?  <Discussion>  Weight loss experiences  The most effective way to lose  What is the biggest difference after losing weight | <Background information>  Explain about the show the biggest loser  Let them talk about their experiences |
| Notes: | | | |

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| Post Task or Production | | | |
| Title: Important things | | Aims: Look back myself and inner beauty | Materials: |
| Time | Set Up | Students | Teacher |
| 8min | Whole class | <Discussion>  How they feel and what they think about the diet  What is the most important thing  <Conclusion> | Let them know about inner beauty and self confidence  Wrap up the class |
| Notes: | | | |

ONE FOOD

VEGETARIAN

DETOX

PILLS

PROTEIN

GLUTEN-FREE