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| ☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing |
| **Topic: Lifestyle- Let's work out** |

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| Instructor:  Kim-Nari | Level:  pre-intermediate | Students:  13 | Length:  30mins |

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| Materials: -Reading worksheets  -Q&A worksheets  -Board&Markers  -Teacher's Guide book  -Reference book |

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| Aims: - To improve reading comprehension skills by reading the task.  - To practice reading.  -To help Ss to speaking through reading. |

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| Language Skills  -Listening:following instructions  -Speaking: discussion /answering the teacher  -Reading:reading task/worksheet  -Writing:worksheets |

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| Language Systems:  -Reading strategy:Read and browse for reading  -Grammar Focus: Comparative  -Fuction:know type of exercise, expressing hope & wish  -Discourse:Discuss Exercise and Ways to Maintain Health Care |

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| Assumptions:- Ss may already know how to exercise  -Ss could recognize what the reading task  -Ss may know the type of exercise  -Ss may not know most of vocabulary used  -Ss know how the class is set up and run |

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| Anticipated Errors and Solutions:  -If students need language support  → Provide them with the definition and examples  -If students could not do worksheet well  →explain word meaning  -If students may have difficulty in understanding the meaning  →provide them with the definition and examples |

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| References:  HYCU College English 1 book |

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| **Lead-In** | | | |
| Materials:  pictures | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 2mins  3mins | whole  class | Answering the teacher's question | -**Greeting Students**  Hello everyone?  How are you feeling today?  Today's lesson is "Let's work out"  Do you like to do exercise?  ( oh good / great / yes.. etc)  **-Introducing topic**  First , let's look at the picture  ( followe the given picturs )  1.Which exercise above will help your body to be more flexible?  2.Which type of exercise do you prefer to do?  3.Which exercise will make your muscles strong? |

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| **Pre-Activity** | | | |
| Materials:  computer & project & board  worksheet | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 3mins |  | Answering the meaning | **-vocabulary preview**  (explain the meaning)  ( refer to the worksheet)  **Complete worksheet**  **I will give you 1min, fill in the blnks**  **-for CCQ / worksheet**  How many time you have? |

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| **Main Activity** | | | |
| Materials:  Reading text | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 4mins  5mins  2mins | a student read & He/ she's peers listen | read & listen ( 1~3)  answering the comprehension question | pick a student to read text  Read Part 1  (after reading from 1 to 3)  **-CCQ**  1.How long should we do a physical activity everyday to be healthy?  2.What should a well -balanced work out include?  3.Which activities are good for build muscles in the shoulders and chest?  Read Part 2  ( after reading from4 to 6)  **-CCQ**  1.Which exercise are good examples for flexibility training?  2.Why can exercise be helpful?  3.To lose weight what should be done in addition to exercising?  **-Discuss the main idea**  (exercise is good to maintain a healthy life |
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| **Post Activity** | | | |
| Materials:  worksheet | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 5mins  3mins  3mins | whole class | Complete worksheet  3mins , do worksheet  2mins , check the answer | (Distributing worksheet)  I will give 3mins , pleas complete worksheet    warming the time on time  - To summ up  -feedback  ( comparative)  Aerobic exercise can make your heart **stronger.**  It is **more important**  to select the right type of exercise.  It can also help us to look and feel **better**  -End up  Today , we read " Let's work out"  Reamember the type of exercise and  I want you to exercise  Thank you for your attention.  Have a good day. |