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| **Listening Lesson Plan** |

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| **Topic:** A Healthy Lifestyle |

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| **Instructor:**  Monica Cho | **Level:**  Intermediate | **Students:** 8 | **Length:**  50 minutes |

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| Materials: CD & CD player  Board & Board markers  8 worksheets  8 computers |

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| Aims: To learn vocabulary and expressions for health  To predict what exercises can people do to maintain healthy  To practice listening to real-life speech  To answer details questions on the worksheet by listening  To practice speaking by pair-work and discussing with group members |

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| Language Skills:  Reading Idioms worksheet  Listening A conversation between husband and wife talking about healthy lifestyle  Speaking Prediction, discussion  Writing Dictation |

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| Language Systems:  Lexis vocabulary and idioms used in the conversation  Function present informal discourse that is full of colloquial speech  Structure relative clauses |

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| Assumptions:  Students already know:  - How the class is set up and run  -The teacher’s style of teaching and the pace of the course  -some bad habits that makes people unhealthy  - And some activities that keep them healthy |

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| Anticipated Errors and Solutions:  -Students may not be able to follow the speed of conversation of the CD  ->revive the CD player again and again until students follow listening  -Students may not be able to pick up details from the listening  -> chunk the listening  -Students may need more time to work on the worksheet  ->If it takes more than 50minutes, students do the rest at home  -if students finish earlier  -> Students have a presentation about post-listening exercise. |

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| References: http://www.esl-lab.com/health/healrd1.htm#pre |

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| **Lead-In** | | | |
| Materials: worksheets | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 5 min | Whole class | Ss discuss about pre-listening exercise and answer. | Give Ss worksheets  Instruction- Look at the picture below pre-listening exercises and discuss about pre-listening exercise. Answer it. |

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| **Pre-Activity** | | | | | | |
| Materials: worksheets, board & board markers | | | | | | |
| Time | | Set Up | | Student Activity | | Teacher Talk |
| 7 min  2 min | | Whole class  Whole class | | Repeat after the teacher and jot down definitions of the words  Brainstorm and come up with some ideas. | | Pre-teach vocabulary on the worksheet. Pronounce the words and Ss repeat after me. Give them definitions of the words.  Guiding questions  E.g. Why do you think it is important to watch your diet and exercise?  Teacher jot down the ideas from student on the board |
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| **Main Activity** | | | | | | |
| Materials: CD & CD player, worksheets | | | | | | |
| Time | Set Up | | Student Activity | | Teacher Talk | |
| 5 min  3min  8min  10min | Whole class  In pairs  In pairs  In pairs | | Listen to the conversation and answer the guiding questions  Discuss with partners and share idea.  Ss answer the listening exercise (detailed questions)  Ss answer the more detailed questions (vocabulary activities). When finished, check the answers with their partners. | | Play the CD  Give Ss encouragement and positive feedback.  Divide Ss into pairs  Read the listening exercise (detailed questions) in worksheet and discuss what will be the answer.  Play the CD again  CCQ  Check the answers  Explain question no 3 (vocabulary activities – more detailed questions) how to complete it and play the CD again.  CCQ  Check the answers and spelling errors. | |

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| Post-Activity | | | |
| Materials: worksheets, computers | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 10 min | In pairs | Work in pairs and take some notes and then search on the internet and find the best answers for the three topics of the post-listening exercise. | Give Ss some time to think and discuss about post-listening exercise before they search on the internet.  Teacher monitor them  (If the time runs out, Ss do the post-listening exercise as homework.) |

**Appendix - worksheet**

**A healthy lifestyle**

**1. Pre-Listening exercise**

Brainstorm. What types of activities can you do to maintain a healthy lifestyle?

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| **Key Words**  abandon  cardiovascular system  cut back on  fridge  out of shape  physical  take up |



**2. Listening Exercises**

Listen to the conversation and answer the questions.

1. What does the man want to do?
2. Play basketball with friends from work.
3. Try out for the company baseball team.
4. Get in shape and compete in a cycling race.
5. What is the woman’s main concern?
6. She is worried her husband will spend too much time away from home
7. She is afraid her husband will become a fitness freak.
8. She is concerned about her husband’s health.
9. What is the woman’s first suggestion to her husband?
10. He should see a doctor.
11. Her husband should start with a light workout.
12. Her husband needs to visit a fitness trainer.
13. What does the woman advice about the man’s diet?
14. He should consume less salt.
15. He should eat less fatty foods.
16. He should add more protein products to his diet.
17. Why does the man’s wife recommend cycling?
18. It is good for improving muscle tone.
19. It helps strengthen the heart.
20. It helps develop mental toughness.

**3. Vocabulary Activities**

* Sentence and Vocabulary Matching

(Match the items on the right to the items on the left)

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| Running is really good for your \_\_\_\_\_\_\_\_\_\_\_\_\_ because it gets your heart rate up. |
| You ought to \_\_\_\_\_\_\_\_\_\_\_\_\_ on the amount of sweets you eat. They aren't healthy. |
| I suggest you get a \_\_\_\_\_\_\_\_\_ before you start any exercise program. |
| He can't walk up stairs without getting tired because he's so \_\_\_\_\_\_\_\_\_\_\_\_. |
| Close the \_\_\_\_\_\_\_\_\_\_. The food will spoil if you don't. |

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| physical |
| cut back |
| out of shape |
| fridge |
| cardiovascular system |

* Text Completion

**Man:** Honey, the basketball game is about to (1). And could you bring some (2) and a bowl of ice cream? And . . . uh . . . a slice of pizza from the fridge.

**Woman:** Anything else?

**Man:** Nope, that's all for now. Hey, Hon, you know, they're (3) a company basketball team, and I'm thinking about joining. What do you think?

**Woman:** Humph. . .

**Man:** "Humph" What do you mean "Humph." I was the (4) player in high school.

**Woman:** Yeah, (5) years ago. Look, I just don't want you having a heart attack (6) up and down the court.

**4. Post-Listening Exercises**

Follow information on the following topics on the internet and discuss your findings with your partner.

* Serious health concerns in different countries and solutions to resolving these problems
* A basic daily menu for a healthy lifestyle.
* Recommended exercises for different age groups and people with certain health risks.

**Appendix – script**

**Man**: Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream? And . . . uh . . . a slice of pizza from the [fridge](http://www.esl-lab.com/health/healthsc1.htm#key).

**Woman**: Anything else?

**Man**: Nope, that's all for now. Hey, [hon](http://www.esl-lab.com/health/healthsc1.htm#key), you know, they're organizing a company basketball team, and I'm thinking about joining. What do you think?

**Woman**: [Humph](http://www.esl-lab.com/health/healthsc1.htm#key)

**Man**: "Humph" What do you mean "Humph." I was the star player in high school.

**Woman**: Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.

**Man**: So, what are you suggesting? Should I just [abandon](http://www.esl-lab.com/health/healthsc1.htm#key) the idea? I'm not that [out of shape](http://www.esl-lab.com/health/healthsc1.htm#key).

**Woman**: Well . . . you ought to at least have a [physical](http://www.esl-lab.com/health/healthsc1.htm#key) before you begin. I mean, it HAS been at least five years since you played at all.

**Man**: Well, okay, but . . .

**Woman**: And you need to watch your diet and [cut back on](http://www.esl-lab.com/health/healthsc1.htm#key) the fatty foods, like ice cream. And you should try eating more fresh fruits and vegetables.

**Man**: Yeah, you're probably right.

**Woman**: And you should [take up](http://www.esl-lab.com/health/healthsc1.htm#key) a little weight training to strengthen your muscles or perhaps try cycling to build up your [cardiovascular system](http://www.esl-lab.com/health/healthsc1.htm#key). Oh, and you need to go to bed early instead of watching TV half the night.

**Man**: Hey, you're starting to sound like my personal fitness instructor!

**Woman**: No, I just love you, and I want you to be around for a long, long time.