#### Reading Lesson Plan

Instructor:

Song ja

Yang(rose)

Level: upper

Intermediate

30to 40

Students:

7

Length:

50 minutes

Exercise for Diet

**Materials:**

- Reading text(hand outs-article 1 and 2)

- Beam projector, computer with the Internet connection

- White board, board markers, board erasers,

**Aims:** To be familiar with key vocabulary associated with exercise and diet through the text.

To be able to get the main idea by skimming text. To be able to identify and discuss personal ideas which are different from others ideas. **To improve scanning skill by checking the comprehension**

- To improve scanning skill by checking the comprehension

- To improve speaking and listening ability through discussing with group members about their ideas.

- To gain understanding sentences by reading the text, worksheets and group discussion instruction.

**Language Skills:**

Reading: Reading the articles about exercise

Listening: Group talk/ class discussion, teacher’s instructions

Writing: Students will take notes when they are discussing.

Speaking: Presentation; share ideas with the class.

**Language Systems:**

Lexis: Exercise

Discourse: Fidgeting, Tuck, Advocate, Discrete

Grammar: Imperative sentences ex. *Please take the stairs*.

**Assumptions:**

* Ss know each other and are familiar with the teacher.
* Ss are familiar with learning through visual images
* Ss have learned the skills and strategies of reading.
* Ss are familiar with diet vocabulary.

**Anticipated Errors and Solutions:**

* If there is a problem using the beam projector or the lap top,
  + Bring in a spare copy of a burned CD; and let Ss share thoughts on it.
* (SOS) if time remains at the end of task-realization,
  + Show a video from the computer and have Ss discuss exercise concepts.

**References:**

<http://weight-loss-methods.suite101.com/article.cfm/quick_weight_loss>

<http://www.weightladder.com/8-easy-ways-to-exercise-throughout-the-day/>

<http://www.youtube.com/watch?v=vdX_OBUeHb4>

http://www.youtube.com/watch?v=Jf5BOqyQzm0

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| **Pre-Task** | | |
| Materials: Video from Computer, Internet connection, Projector | | |
| Time  7 minutes | Set Up  Whole class | Procedure:  **\*\*\* show 2 videos from the internet\*\*\***  **< Warm-up**: **Discuss video.**  “What does exercise mean?”  “What does diet mean?”  “Who is on a diet?”  Discuss Vocabulary:   * Exercise * Diet |

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| **Task Preparation** | | |
| Materials: Powerpoint presentation, projector | | |
| Time  5 minutes | Set Up  Whole class | Procedure:  \*Go over new vocabulary/difficult words.  \*Talk about imperative sentences.\*  *Ex. Please take the stairs.*  -Practice imperative sentences with short exercise where students raise their hands if they hear an example of a polite imperative sentence. |
| **Task Realization** | | |
| Materials: PowerPoint presentation, article 1 & article 2 | | |
| Time  15 min  10 min | Set Up  Group  Group  Individual | Procedure:  \*\*Discuss the text, and go over reading/ discuss as a group. Divide into groups and discuss exercise efforts.  **<The Text Reading>**  Hand out the article and have the Ss read it silently. (Allow 5 minutes for students to read.)  Teacher’s Role  Giving hand out   1. **Students will choose the top 3 effective ways to exercise.** 2. **Students will take notes and prepare to discuss their personal opinion with the group.** 3. **Students will discuss good versus bad practice for diet and exercise.**   **Activity 2**  Students will receive article 2 and be given 5 min to read silently.  Teacher: “Does anyone have any questions about the article?”   * Class will go over new vocabulary. * Students will be 5 minutes to answer comprehension questions. * Teacher will go over the answers using a power point. |

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| **Post-Task** | | |
| Materials: power point video | | |
| Time  10 min  3 min. | Set Up  Whole Class  Individual | Procedure:  **<Yoga Exercises>**  Teacher will show students a video from internet on how to perform different yoga exercises.  Students will attempt to practice the exercises as a class.  \*\*Homework:  Try to practice one exercise from the handout. Write about your experience.  “How did you feel?” “Do you think it was effective?” |

8 Easy Ways to Exercise Throughout the Day

If you are finding that you don't have enough time to exercise due to a busy work or home life, there are techniques that you can use throughout the day that will increase speed for your weight loss. Most of these can be done just about anywhere and only require [a few extra minutes](http://www.fatmanunleashed.com/my-current-workout-routine/).

### 1. Take the stairs.

If you work in a building with an elevator, try taking the stairs at least once a day. It may take a little bit longer, but you'll be burning fat while you walk. This of course may not always be possible, but try to do it at least once a day. You'll have even better results if you completely stop using the elevator.

### 2. Tuck it in.

It sounds silly, but [sucking in your stomach](http://www.rippedcorner.com/quick-exercises-you-can-do-anywhere/) throughout the day can actually help tighten your abs and shape your waist. No one even has to know you're doing it. Just suck in your stomach for five minutes of time throughout the day. This can really help if your exercise options are limited and many women have managed to lose whole dress sizes after just a few weeks.

### 3. Start fidgeting.

Fidgeting actually does burn calories, particularly if you're someone who always sits stills. We're not advocating driving your co-workers insane with constant movement, but fidgeting with your feet under the desk can make a difference.

### 4. Use housework.

Housework can actually burn more calories than running and as an extra bonus, your house will be spic and span. Try to set aside thirty minutes a day to vacuum, dust and sweep. You'll be getting a good workout and you'll be getting your heart rate up.

### 5. Get creative.

If your options are pretty limited, try finding ways to exercise on your lunch break. Walk around outside or at a mall. You'll burn more calories than you would simply sitting at a table.

### 6. Try leg bends.

You can really work on your lower body without anyone noticing by practicing leg bends under your desk. This is great if you're frequently on the phone and bored out of your skull. Simply unbend your knees and raise up your legs - hold the position for a few seconds and lower them back down. Try several repetitions of this throughout the day.

### 7. Ask about a company gym.

If you work for a large company, they may be willing to put in a gym for employees. You can then exercise on your lunch break, before you come in for the day or before you leave. Since having fit employees generally means an increase in productivity, most will be willing to consider the addition.

### 8. Get a desk treadmill / pedal exerciser.

One of the latest innovations is a little treadmill that sits under your desk. You can work your legs all day long without making a sound and you'll stay healthier. Most are quite small and operate on leg power only. This is a discrete way to get your exercise during working hours.

* Fidgeting

To behave or move nervously or restlessly.

* Discrete

Independent of other things of the same type

* Tuck

put something into a small space

* Advocate

To support something publicly

* Insane

Seriously mentally ill and unable to live in normal society

* Tread mill

An exercise machine that has a moving surface that you can walk or run on while remaining in the same place

**4 Effective Tips for Diet (Weight Control)**

**Stop eating close to bedtime: Don’t eat for the last five hours before you lay down to sleep. Don’t drink for the last two hours. Digestion systems need down time to recover. Many of us are used to eating throughout the evening while watching TV. This is a recipe for diet disaster.**

**Exercise more: The energy output through exercise must always be greater than the energy that is taken in through food and drink. There’s no way to have quick and sustainable weight loss without sufficient exercise. Increasing the** [**metabolism**](http://coping-with-chronic-illness.suite101.com/article.cfm/stay_younger_longer) **through exercise is critical. A doctor should approve changes in an exercise routine, especially if one is obese.**

**Eat less and slow down: We often eat for emotional reasons that haven’t been dealt with. Eating a small amount of a treat makes one feel good. Eating a great deal of the same food makes one sick and fat. Eating slowly can help the body to feel satisfied without overeating. Again, counseling can help with unresolved psychological problems.**

**Create a good self-image: A person who’s been overweight for a while needs to develop a vision of herself as a healthy and vibrant person. Improving the self image is a spiritual process that can take many forms; meditation, yoga, dance, or sports may have a role. Counseling may even be necessary to correct a poor self-image that relates to relationship problems with others.**

**Metabolism :**

**the chemical processes in living things that change food, etc into energy and materials for growth**

**Obese :**

**very fat, in a way that is not healthy**

**Vibrant :**

**Full of life and energy**

Comprehension Questions for Article 2

* How long should you finish eating before you go to bed?
* How do you increase your metabolism?
* Can you help the body to feel satisfied with overeating?

Comprehension Answers for Article 2

* Should you finish eating 1 hour before you go to bed?
  + No, you should finish eating at least 5 hours before you lay down for bed.
* Name one way to increase your metabolism.
  + You can increase your metabolism through exercise.
* Does overeating make you feel good?
  + No. Overeating can make you feel sick and unsatisfied.