**Reading Lesson Plan**

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| **Name :** Olivia(Hong, Hyun Sin) **Date :** 10/April/2011 **Length :** 40 min |
| **Class Profile :** There are 6 pre-intermediate level adult learners.  Mixed ages. L1 is Korean.  Everyone is here to improve themselves in English. |
| **Materials :** Board, markers, worksheets, pictures, wall chart |
| **Main Aim**   * To enable students learn key vocabularies in the text about playing sports and doing exercise by making students understand the meaning of them seeing the pictures which are related to the topic.   **Secondary Aims**   * To enable students to get the main idea and summarize the story by skimming the reading text and answering comprehension questions. * To enable students to discuss with each other sharing their ideas and opinions about the topic.   **Personal Aims**   * I want to be more confident and more fluent in class. * I want to extract a positive response and reaction from students. |

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| **Anticipated Problems**   * Some students might not understand the meaning of key vocabularies. * Some students might have a hard time to summarize the story. * Students might finish their task earlier. | **Solutions**   * Show them interesting pictures connected with the vocabularies. * Help them write a sentence each paragraph. * Let students discuss more with each other about the topic. |

\* Reference : - Web site(http://www.google.co.kr)

- Gunther Breaux, JAZZ English 2, Compass Publishing, 2006.

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| **Time**  **interaction** | **Stage** | **Objective** | **Procedure** |
| 3 min  T-WC | Lead-in | To motivate students to be interested in today’s topic | • Say Hello  • Show them 8 pictures which  are related to the topic  (play sports/do exercise) |
| 5 min  T-WC | Pre-Task | To elicit the topic from students through using pictures | • Ask questions about the  pictures  “What are they doing?”  “Are these pictures have  something in common?” |
| 3 min  Individually | To enable students to understand the meaning of key words | • Why we play sports and do  exercise?  Here are many reasons  • Hand out worksheets  • Give 2 min to read and  answer the questions |
| 6 min  T-WC | Students can see the pictures connected with key words to remember easily | • Hang up the wall chart  • Let them read the  vocabularies together  • Explain the key words  “What is the two most  important words for you?  • Ask questions  “Which word is related to  this picture the most?”  • Students present their  opinions |
| 3 min  Individually | Main Task | Students read the text thinking the key words | • Hand out worksheets  • Give 3 min to read the text  - ICQ : How many minutes  do you have? |
| 5 min  Individually | Students summarize the text | • Hand out worksheets  • Let them summarize the text  • Give 3 min to summarize  • Let them present the  summaries |

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| **Time**  **interaction** | **Stage** | **Objective** | **Procedure** |
| 6 min  T-S | Main Task | Students can understand the text answering the comprehension questions | • Let them answer the  comprehension questions  • Give 3 min to answer  • Let them present the answers  (by turns) |
| 5 min  S-S | Post  Task | Students share their ideas and opinions with each other | • Let them work in small group  • Students discuss with each  other about the questions  • Give 4 min to discuss  - ICQ : How many minutes  do you have?  - CCQ : What are you going  to do ? |
| 4 min  T-WC | Students review today’s class work | • Let them present their  Answers  • Give them homework  “Write a short story about your wellbeing”  “What do you usually do for your wellbeing in your life?”  • Ask if they have questions |

**Why do you engage in sport?**

1. Competition
2. Endurance
3. Wellbeing
4. Appearance
5. Exhilaration
6. Teamwork
7. Discipline
8. Relieve stress

Choose the two most important words for you and write why they are important?

What are the two least important words for you?

**Why we play sports/do exercise?**

There are so many reasons that people engage in sports or exercise. Probably the main and most important reason is for health reasons. Physical exercise is very good for the body and keeps us healthy. The more we use our body, the healthier our body is and the better our wellbeing.

When our body is healthy from exercise, we also relieve a lot of mental stress that we may get from work and our personal life. Regular exercise decreases 'stress hormones’ in your body and increases 'endorphins’, the chemical in your body that makes you 'feel good’.

The positive that comes from good wellbeing is that we also usually look our best. By exercising regularly, our body’s endurance and strength increases and which keeps our body at a good weight and shape. To many people, physical appearance is very important and the reason they exercise.

The other reasons people exercise usually relate to the mental side of sport or exercise. Many people engage in sport or exercise for reasons such as discipline, teamwork, competition or exhilaration. Exercise helps our minds become stronger, and requires similar discipline to hard study or work. Sports such as basketball and football allow us to work with other people and improve our teamwork.

Often being with other people is the best motivation for playing sport. These sports and individual sports also allow us to enjoy competition. Trying to win for many people is the most important part of sport and helps us become better and more determined people. Trying to win for many people is the main reason they engage in exercise. The final reason to engage in exercise is exhilaration. Most sports offer us the opportunity to experience excitement we don't find in our normal lives.

**- Write a four to six sentence paragraph about this story**

**- Comprehension questions**

1. What are the reasons to do/play sports?
2. What is the primary reason we play sports?
3. How does exercise relieve stress?
4. What are endorphins?
5. Why does exercise help the way we look?
6. What is discipline?

**- Discuss these questions together**

1. What is competition? Where do you find competition in sports?

1. When do we feel exhilarated?
2. What is wellbeing? What do you usually do for your wellbeing?