**Listening Lesson Plan Assignment**

**By Mary (SungEun) Yuh**

***MATERIALS TO BE USED IN CLASS***

[Pre-Listening Exercises]

\*Think of 5 important steps to maintain a healthy life style.

Write them down and the reason why these are most important in your opinion.

[Listening Exercises]

\*Listen to the conversation and answer the following question.

1.What does the man want to do?

1. Play basketball with friends from work
2. Try out for the company baseball team
3. Get in shape and compete in a cycling race

2. What is the woman’s main concern?

(a) She is worried her husband will spend too much time away from home

(b) She is afraid her husband will become a fitness freak

(c) She is concerned about her husband’s health

3. What is the woman’s first suggestion to her husband?

(a) He should see a doctor

(b) Her husband should start with a light workout

(c) Her husband needs to visit a fitness trainer

4. What does the woman advice about the man’s diet?

(a) He should consume less salt

(b) He should eat less fatty foods

(c) He should add more protein products to his diet

5. Why does the man’s wife recommend cycling?

(a) It is good for improving muscle tone

(b) It helps strengthen the heart

(c) It helps develop mental toughness

[Vocabulary exercises]

\*Write down new vocabulary and make sentences using those new words

[Post-listening exercises]

\*Find information on the following topic and discuss with partner

-Serious health concerns in different countries and solutions to resolving these problems

-basic daily menu for a healthy lifestyle

-recommend exercises for different age groups and people with health risks

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***TRANSCRIPT***

**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, you know, they're organizing 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 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 the idea? I'm not that out of shape.

**Woman**: Well . . . you ought to at least have a physical 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 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 a little weight training to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. 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

***Listening Lesson Plan***

Topic: **A Healthy Lifestyle**

Instructor: Mary Yuh

Level: Medium

Students: 16

Length: 50 minutes

Materials:

-Listening CD & CD player

-Listening exercises activity sheets

-White board, board marker & tape

Aims:

-To learn vocabulary and expression related to a healthy lifestyle by completing pre-listening and listening exercises worksheets

-To practice listening to real-life speech of people with various accents

-To be able to pick up details from the fast-paced real-life task by answering details questions on a worksheet

-To practice speaking by discussing with group members

Language Skills:

-**Reading: Listening Exercises**

**-Listening: The speaker’s speech about a healthy lifestyle**

-Speaking: Post-listening exercises (discussion with partner)

-Writing: Pre-listening exercise(5 most important steps to maintain a healthy life style)

**References:**

-Randall’s ESL Cyber Listening Lab, <http://www.esl-lab.com/>

-The Independent, ’10 tips for a healthy lifesyle article <http://www.google.co.kr/url?sa=t&rct=j&q=&esrc=s&frm=1&source=web&cd=5&ved=0CFYQFjAE&url=http%3A%2F%2Fwww.independent.co.uk%2Flife-style%2Fhealth-and-families%2Fhealthy-living%2F10-tips-for-a-healthy-lifestyle-783833.html&ei=mc8AUcObAqbfigLnxIDgCw&usg=AFQjCNEYOzzl-9rzzJOv_44kHMvEPk_FOA&sig2=wrxwdsmdFPraQngW7rJEfA&bvm=bv.41524429,d.cGE&cad=rjt>

**Anticipated Errors and Solutions:**

-Student may not be able to follow the passage easily

🡪Follow the task-feedback circle

-Student may not be able to pick up details from the listening

🡪Chunk the listening (Pause-Play-Pause-Play)

-Student may take longer than anticipated

🡪Cut post-activity discussion short and only ask few students to share their opinion about what they think is most challenging in trying to maintain a healthy lifestyle

-Student may finish their tasks earlier than anticipated

🡪Ask as many students as possible about their idea of maintaining a healthy lifestyle

**Assumptions:**

Students already know:

-how the class is set up and run (there will be 4 students in each group)

-the teacher’s style of teaching and the pace of the course

-all student are single and college graduate (age 23 and up)

-most students have experience of trying to go on a diet

**Language Systems:**

-Lexis: idioms used in describing a healthy lifestyle

-Functions: Advice on a healthy lifestyle diet

**LEAD-IN**

Material: Board

Time: 3 minutes

Set up: Whole Class

Procedure: “Good morning everyone, today we will be talking about how to maintain a healthy lifestyle. First, what is “healthy”?

-Elicit

\*Think of 5 important steps to maintain a healthy life style.

Write them down and the reason why these are most important in your opinion.