Listening Lesson Plan

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 TESOL 110th WK

**Listening Lesson Plan**

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| **TITLE** | To be aware of the importance of strength training by listening to a video clip and discussions. |
| **INSTRUCTOR** | **Ss’ LEVEL** | **AGE GROUP** | **No. of Ss** | **LENGTH** |
| Grace | Intermediate | Adult | 15 | 50 mins |
| **MATERIALS** |
| Computer, whiteboard, markers, papers, pens, worksheets(1-4) |
| **AIMS** | 1. To improve listening skills with health related topics by listening a video clip and learning new vocabulary about health and fitness2. To practice speaking skills by discussing the topic |
| **LANGUAGE SKILLS** |
| Listening | Students will listen to a native speaker in the video clip as well as his or her classmates during the discussion. |
| Speaking | Students will be discussing their experiences as well as opinions about strength training.  |
| Reading | Students will be reading the script of the video clip that contains several blank spaces and worksheet.  |
| Writing | Students will be summarizing the discussion on the board. |
| **LANGUAGE SYSTEMS** |
| Phonology | Students will practice on pronunciation of new vocabulary |
| Lexis | Students will learn new vocabulary about health issues and fitness |
| Grammar | Students will have indirect experience of correct grammar through the video clip |
| Functions | To understand health related topics better |
| Discourse | To make conversation with classmates |
| **ASSUMPTIONS** |
| Students will be able to discuss their personal experiences about health and fitness. |
|  **Anticipated Errors and Solutions** |
| Students might not know new vocabulary on health issues and fitness.-Help students become familiar with new vocabulary beforehand by eliciting, demonstrating, using materials.Students might need more time to finish their activity.-Be flexible with the time. Give students more time to complete their activity and cut off the time of post activity as necessary. |
| **REFERENCES** |
| [www.sharecare.com](http://www.sharecare.com), [www.exercise4weightloss.com](http://www.exercise4weightloss.com),  |
| **NOTES** |
| If the video clip doesn’t work, teacher will read out the script of the video clipMonitor students during every task both passively and actively. |
| **PRETASK TITLE** | Warmer |
| **AIMS** | **MATERIALS** |
| To learn new vocabulary on health issues and fitness | Whiteboard, markers and pens, pictures |
| **TIME** | **SET UP** | **STUDENTS** | **TEACHER** |
| 8minsby  |  Class | Students will be naming the pictures of different types of exercises.Students will be pronouncing new lexis with correct stress. | Elicit vocabulary. |
| **NOTES** |
| Demonstrate to help students understand new vocabulary clearly.Use synonyms and antonyms as necessary. |
| **TASK PREPARATION TITLE** | Free discussion |
| **AIMS** | **MATERIALS** |
| To help students become familiar with the content of the video clip by talking about their experience. | worksheet1, pens |
| **TIME** | **SET UP** | **STUDENTS** | **TEACHER** |
| 7mins6mins | Groups of 5Class | Students discuss their personal experiences of strength training and chronic pain.One student of each group will summarize their discussion in front of the class. | Monitor passively in the beginning and more actively later.Instruct and monitor.  |
| **NOTES** |
| Try to monitor passively during discussion unless there is a struggling group. |
| **TASK REALISATION TITLE** | Video clip and discussions |
| **AIMS** | **MATERIALS** |
| To understand the message from the video clip and express their thoughts about the importance of strength training. | Whiteboard, markers, pens, worksheet2 |
| **TIME** | **SET UP** | **STUDENTS** | **TEACHER** |
| 6mins | Class | Students watch the video clip of strength training twice. Students fill the blank spaces on the second time individually.Students listen to the video clip again. | Distribute worksheet 2.Monitor passively.Elicit correct answers.  |
| 7mins | Groups of 5 | Students discuss the benefits of strength training. | Monitor actively. |

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| **NOTES** |
| When opening the link to video clip, skip the ad part by starting on mute.Encourage groups that finished discussion earlier than given time to discuss further the other types of exercises in terms of benefits.Offer some new ideas and other pre-searched information on the topic. |
| **POST TASK TITLE** | Summary and resolution |
| **AIMS** | **MATERIALS** |
| To confirm comprehension of the topic and implement the main idea. | Whiteboard and markers |
| **TIME** | **SET UP** | **STUDENTS** | **TEACHER** |
| 6mins | Groups of 5 | Each student will write more than one benefits of strength training on the board. | Instruct and monitor passively. |
| 10mins | Groups of 5 | Each student tells a resolution on health and fitness. | Encourage each student with their resolution. |
| **NOTES** |
| Monitor student’s writing skills on the board and correct errors when necessary.Make sure every student participates in writing on the board. |

Video clip link: <http://www.sharecare.com/video/diet-and-fitness/strength-training/how-strength-training-helps-your-health>

**Warmer**

  

A)Elliptical machine B)Squat with dumbbells C)Cycling

  

D)Aerobic dance E)Resistance Bands F)Push-up

**Free discussion (Worksheet 1)**

1 .Do you have any chronic pain in your body?

2. What are strength training workouts?

3. Have you ever tried strength training?

**Video Clip and discussions (Worksheet 2)**

Hi, I'm Doctor Mike Clark. If you're wondering if a strength training program is right for you, consider this, many research studies show that strength training has great health benefits and should be an integral part of just about everyone's exercise routine, perhaps the most obvious impact of (1)\_\_\_\_\_\_\_\_\_ training is on your weight.

It stimulates your body to maintain or increase muscle tissue which helps your body burn more calories throughout the day without doing anything extra. Of course you would expect that (2) \_\_\_\_\_\_\_\_ training would help build muscle to keep you lean, but it has other great benefits too, it can help prevent (3) \_\_\_\_\_\_\_\_diseases like diabetes, it helps prevent low back pain and osteoporosis too.

(4)\_\_\_\_\_\_\_\_\_ also prevents age-related loss of muscle mass, that helps you maintain physical functioning as you get older in particular preventing debilitating pulse. So whether you lift dumbbells, use (5)\_\_\_\_\_\_\_\_\_\_ or pick up a resistance band, (6)\_\_\_\_\_\_ can boost your health now and in the future.