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| ☐ Listening ☐ Speaking ☐ Reading ☐ Grammar ☐ Writing |
| **Topic: Lifestyle- Let's work out** |

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| Instructor:Kim-Nari | Level:pre-intermediate | Students:13 | Length:30mins |

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| Materials: -Reading worksheets -Q&A worksheets -Board&Markers -Teacher's Guide book -Reference book |

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| Aims: - To improve reading comprehension skills by reading the task. - To practice reading.  -To help Ss to speaking through reading.  |

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| Language Skills-Listening:following instructions-Speaking: discussion /answering the teacher-Reading:reading task/worksheet-Writing:worksheets |

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| Language Systems:-Reading strategy:Read and browse for reading-Grammar Focus: Comparative-Fuction:know type of exercise, expressing hope & wish-Discourse:Discuss Exercise and Ways to Maintain Health Care |

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| Assumptions:- Ss may already know how to exercise -Ss could recognize what the reading task -Ss may know the type of exercise -Ss may not know most of vocabulary used -Ss know how the class is set up and run  |

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| Anticipated Errors and Solutions:-If students need language support→ Provide them with the definition and examples-If students could not do worksheet well→explain word meaning-If students may have difficulty in understanding the meaning→provide them with the definition and examples |

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| References:HYCU College English 1 book |

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| **Lead-In** |
| Materials: pictures  |
| Time | Set Up | Student Activity | Teacher Talk |
| 2mins3mins | whole class | Answering the teacher's question | -**Greeting Students**Hello everyone? How are you feeling today?Today's lesson is "Let's work out"Do you like to do exercise? ( oh good / great / yes.. etc)**-Introducing topic**First , let's look at the picture ( followe the given picturs )1.Which exercise above will help your body to be more flexible? 2.Which type of exercise do you prefer to do? 3.Which exercise will make your muscles strong?  |

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| **Pre-Activity** |
| Materials:computer & project & boardworksheet |
| Time | Set Up | Student Activity | Teacher Talk |
| 3mins |  | Answering the meaning | **-vocabulary preview**(explain the meaning) ( refer to the worksheet)**Complete worksheet** **I will give you 1min, fill in the blnks****-for CCQ / worksheet** How many time you have? |

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| **Main Activity** |
| Materials: Reading text |
| Time | Set Up | Student Activity | Teacher Talk |
| 4mins5mins2mins | a student read & He/ she's peers listen | read & listen ( 1~3)answering the comprehension question  | pick a student to read text Read Part 1 (after reading from 1 to 3)**-CCQ** 1.How long should we do a physical activity everyday to be healthy?2.What should a well -balanced work out include?3.Which activities are good for build muscles in the shoulders and chest? Read Part 2( after reading from4 to 6)**-CCQ**1.Which exercise are good examples for flexibility training?2.Why can exercise be helpful?3.To lose weight what should be done in addition to exercising?**-Discuss the main idea** (exercise is good to maintain a healthy life |
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| **Post Activity** |
| Materials: worksheet |
| Time | Set Up | Student Activity | Teacher Talk |
| 5mins3mins3mins | whole class | Complete worksheet3mins , do worksheet2mins , check the answer  | (Distributing worksheet)I will give 3mins , pleas complete worksheet  warming the time on time- To summ up-feedback( comparative)Aerobic exercise can make your heart **stronger.**It is **more important**  to select the right type of exercise.It can also help us to look and feel **better**-End up Today , we read " Let's work out" Reamember the type of exercise and I want you to exercise Thank you for your attention. Have a good day. |