LESSON PLAN 11

Teacher: Elisaveta Stoitseva Lesson: Relaxation

School: 54 High school November 28th / Monday

Grade / level:11 B/ C1 Time: from 13.15 to 13.55

Aims / Objectives:

* To develop listening and speaking skills
* To revise basic words concerning the topic
* To discuss different ways of relaxation
* To revise, learn and use new idioms

Assumptions:

* Students should be familiar with most of the words

Anticipated problems and possible solutions:

* Some students may try to dominate in the discussion=>Teacher should invite faster students to listen to what the other person says.
* There may not be enough time at the end, so the final activity may be assigned for homework.

Materials/ Equipment/ Aids:

* Upstream for Bulgaria=> Student’s book, Work book, Teacher’s book
* Photos, audio and video material, handouts

<http://youtube.com/watch?v=DUim0SHUNT0>

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| Stages/ time | Interaction patterns | Activity | Aim |
| 13.15-13.17  2min | Teacher –students | Greetings + Teacher notes down the absent students | Teacher announce the topic of the current lesson |
| 13.17-13.20  3min  Discussion | Teacher-students | Students are asked several questions concerning relaxation | Checking the previous knowledge |
| 13.20-13.27  Video presentation  7 min | Teacher-students  Group work | Ss watch the video and takes notes | Elicit the information from the video:  How important is to relax and why? |
| 13.27-13.35  Listening -8min  Task 1-3min  Check-1min  Task 2-3min  Check-1min | Individual work | *Task 1*-choose from the list the person who is speaking  *Task 2*-choose from the list which topic each speaker is talking about | Multiple matching |
| 13.35-13.42  Speaking -  Photos  7 min | Teacher –students,  Pair work | What is your favourite way to relax boys?  {*play video games, play cards, squeeze a stress ball ,rest in a bed, listen to music ,go to a gym*}  Ladies, describe your favourite way to relax{*soothing bath, manicure /pedicure your nails, putting on your favourite face mask, go to a beauty salon, shopping*} | Negotiating / reaching agreement |
| 13.42-13.45  3 min  Idioms | Teacher-students | Ss explain the idioms:  *Chillax/*  *Loosen up/*  *Let your hair down/ Unwind /*  *Take a chill pill* | Practice vocabulary |
| 13.45-13.47  2 min  Synonyms | Whole class | Ss describe relaxation using synonyms:  {*Tranquility, comfort,*  *pleasure,*  *recreation*} | Checking the previous knowledge |
| 13.47-13.50  3min | Teacher-students | Word formation  Ex.9/p.17 Workbook | Learning new vocabulary  *Detritus ,lull, sap* |
| 13.50-13.55  5 min | Individual work | Word search  Puzzle | Practice visual skills  Quick thinking |