

LESSON PLAN

TEACHER: Andrie Koutzi

SCHOOL: Livadhia Gymnasium

CLASS: C (Eyes Open 3 – CUP)

THEMATIC UNIT: UNIT 2: A BALANCING ACT

“Reading: A magazine Article - A good night’s sleep p.20”

SCHOOL YEAR: 2018-2019

LEVEL: B1

DATE: 07/01/2019

TIME: 40’

CEFR DESCRIPTORS

READING FOR INFORMATION & ARGUMENT:

- Can understand the main points of a clear standard input on familiar matters regularly encountered at school.
- Can identify the main conclusions in clearly signalled argumentative texts.

SPEAKING & WRITING

- Can make his/her opinions and reactions understood as regards possible solutions or the question of what to do next, giving brief reasons and explanations.
- Can compare and contrast alternatives OR seek and give opinions

ATTAINMENT TARGETS - LESSON OBJECTIVES & TEACHING TARGETS

Attainment Targets

By the end of the lesson Ss will be able to:

- explain why sleep is important for teenagers
- talk about sleeping habits and the ideal times to start and finish lessons at school
- discuss arguments on changing the school timetable

Teaching Targets

- Information and related vocabulary from a video & reading text
- discussion about sleeping habits and the ideal school timetable using arguments

PRIOR KNOWLEDGE:

- Present tenses
- Past tenses
- Linking words
- Use of modal verbs for giving advice

PROCEDURE:

ACTIVITY 1 – INTRODUCTION

Brainstorming: Teacher asks students: *What do you think helps you to have a good rest?* Elicit answers until the word SLEEP comes up and write it on the board. Reveal that this is the topic of the lesson and that today they are going to learn about sleep & teenagers and have a discussion about it – 2 minutes.

ACTIVITY 2: Ask students then what they think would happen if we didn't sleep for days?

Elicit answers and then show a video (up to 0.56) <https://www.youtube.com/watch?v=dqONk48I5vY> about a man who made an experiment on himself by staying awake for 11 days.

After watching the video ask students to cooperate with the person sitting next to them for 5 minutes and come up with three reasons why sleep is important.

The students report their answers in class – 8 minutes.

ACTIVITY 3: The students are divided into 5 groups of 5 and the teacher tells them to read the text on p.20 individually and decide on its main idea. She reads the two options (ex.2) and asks students to explain the meaning of the words **advice & complain**. If students have difficulties she offers example sentences to make sure they understand the meaning. The students are given 5 minutes to read the text and discuss among their group which idea of the two is the main idea and provide reasons why they rejected the other. The teacher randomly selects one of the five teams to give the answer. The teacher asks the rest of the groups whether they agree, disagree and why.- 8 minutes

ACTIVITY 4: Students are asked to work together within their group and find the answers to the 5 questions of the next exercise (ex.3-consolidation questions). Each group reports one answer. – 5 minutes

ACTIVITY 5: The teacher informs students that recent research suggests teenagers would benefit from starting lessons later than the time school starts. Ask students to discuss within their group the following ideas:

The ideal School day - what time do you think lessons should start? – When would you be most awake and active? “Imagine that you have to persuade the Minister of Education to change the school timetable, which information from the video & the text would you include to convince him?”

Each team should report their opinion and justify it. – 10 minutes

ACTIVITY 6 – CLOSURE / QUICK REVIEW.

The teacher asks students what new information they acquired in today's lesson and to briefly report the outcomes of their discussion about the ideal school day. – 5 minutes

FOLLOW UP ACTIVITY/ INDEPENDENT PRACTICE OPPORTUNITIES

- a) Imagine that you are members of the Cyprus Children Parliament. You have decided to write a letter to the Minister of Education to raise the issue changing the school's timetable using information from research findings in articles and on the net. You are planning to meet and exchange your ideas on what should be included in the letter to the Minister. Write down at least 3 arguments in bullet-point form why the school timetable should change, based on the information found from the article, examples from other countries. Useful resources:

<https://www.youtube.com/watch?v=FIMMqb9JN74>

<https://www.youtube.com/watch?v=UmVLjeDJrbM&t=47s>

OR

- b) Make a poster presentation about the ideal school starting time. Use pictures & words to show the benefits for teenagers.

RESOURCES / MATERIALS:

- Course Book
- YouTube video
- Book software

***Differentiation:**

Activity 1: Students can brainstorm simple or more complex concepts about the topic.

Activity 2: Makes it interesting for all the students. All students acquire information about sleep. The visuals, graphs and cartoons used make the video comprehensible for all students.

Separating the students in teams for activities 3, 4 and 5 encourages team work. Furthermore, the teams are of mixed ability so that stronger students can support and help the weaker ones. The topics under discussion relate to their age and interests. The follow-up activities give the opportunity to students to select which one they prefer to do. Thus, stronger students can work on a more challenging task and allows weaker students to also complete a task at a lower level.

PEDAGOGICAL TRAINING 2018-2019