

- LESSON PLAN -
The sport for me

DESCRIPTION OF THE CLASS:

- CLASS: X D (profil servicii)
- NUMBER OF CLASSES PER WEEK: 2h
- NUMBER OF STUDENTS: 27
- LEVEL: L1, INTERMEDIATE (B1)
- TIME: 50'

DESCRIPTION OF UNIT "PANIC IS RARE" FROM ENTERPRISE PLUS (STUDENTS' BOOK):

- ❖ This unit tackles the topic of sports and the role they play in everyday life. It focuses on the choices that people make about sports and the skills necessary.
- ❖ Language Focus: types of sports, skills, equipment, advantages and disadvantages;
- ❖ Reading: matching, reading for detailed information, reading for gist;
- ❖ English in Use: infinitive/ - ing form;
- ❖ Listening: fill in the gaps, listening for specific information, listening for gist;
- ❖ Speaking: comparing and contrasting sports, expressing opinion, giving advice;
- ❖ Writing: comparing and contrasting sports.

NOTES:

1. The total number of classes allotted for this unit is 6h.
2. The activities that have previously been dealt with are: Lead in, Types of sports and skills required to practise them - 1h;
3. The activities to be dealt with in this lesson are:
 - revising vocabulary related to sports, skills and qualities needed;
 - expressing opinion and giving recommendations; - 1h;
4. The activities planned for the following classes are: Reading (p67), Language Development (pp67-68), Grammar: Infinitive and -ing form (p69); Writing: comparing and contrasting sports (pp. 68-69); Revision - 4h;

OBJECTIVES OF THE LESSON:

1. to give advice on choosing the right sport according to one's abilities and needs;
2. to practise the use of language for giving advice;
3. to raise awareness on the importance of choosing the right sport;
4. to revise vocabulary related to skills and abilities.

ASSESSMENT:

- E1 - continuous observation of the students' performance;
- E2 - final self - assessment worksheets;

FEED-BACK

Both the teacher and the students provide continuous feedback through observations. The teacher checks that the students complete the tasks entirely and correctly at any stage of the lesson and gives extra explanations whenever necessary, she monitors certain students in order to prevent possible problems.

DEVELOPMENT OF THE LESSON

ACTIVITY 1: LEAD - IN

OBJECTIVE: to remember the topic of the previous lesson to introduce the topic of advantages and disadvantages of doing sports.
CLASS ORGANISATION: whole-class discussion, group work
SKILLS INVOLVED: speaking
ESTIMATED TIME: 10 minutes
MATERIALS: cards
PROCEDURE: <ol style="list-style-type: none">1. The teacher initiates a short discussion on the previously discussed topic of sports.2. T. separates the class into groups of 6 and gives each group cards with words on them. Ss are told to choose from the words given to make a sentence. Once completed the ss have to stick the papers to the wall.3. Ss discuss the sentences. T. elicits the different perspective on sports- positive and negative aspects.

ACTIVITY 2: LISTENING ACTIVITY

OBJECTIVE: to listen for specific information to revise vocabulary connected to sports (skills, abilities)
CLASS ORGANISATION: pair work
SKILLS INVOLVED: Listening for specific information
ESTIMATED TIME: 5 minutes
MATERIALS: worksheets no.1
ANTICIPATED PROBLEMS: Ss may not understand the listening material due to the accent of the speakers or the velocity of the interaction.
SOLUTIONS TO PROBLEMS: T. should play the audio twice or pause the flow to allow students to do the task.
PROCEDURE: Students are given the task to listen to an audio material (exercise 9 page 98)about choosing between two sports and answer the questions with true or

false. Ss receive worksheet1. After the listening task T. checks the exercise.

ACTIVITY 3: POST LISTENING ACTIVITY

OBJECTIVE: to find advantages and disadvantages for doing sports
To revise adjectives connected to sports
To make connections between skills needed and the circumstances of practising a sport.

CLASS ORGANISATION: pair work

SKILLS INVOLVED: skimming

ESTIMATED TIME: 10 minutes

MATERIALS: worksheet 2

PROCEDURE: T. separates the ss in pairs and are given a text containing the conversations previously listened to. Ss are given the task of finding the advantages and disadvantages of doing the 2 sports. Ss then discuss their findings.

ACTIVITY 4: Giving Advice

OBJECTIVE: To use the adjectives in context
To advise people on the right choices of sports

CLASS ORGANISATION: Individual Work

SKILLS INVOLVED: writing

ESTIMATED TIME: 15'

MATERIALS: Worksheet 3

PROCEDURE: T gives students several situations and asks them to advise the people on what sports to choose and why.

1. Before starting the exercise T. elicits from the students the expressions for giving opinion, previously discussed.
2. Students have to use the vocabulary connected to sports which has already been discussed. Students have 10' to write the sentences. Then t. checks.

ACTIVITY 5: Self - Assessment

OBJECTIVE: To check how well the objectives of the lesson have been met.
To see what aspects still need improving.

CLASS ORGANISATION: Individual Work

SKILLS INVOLVED: writing

ESTIMATED TIME: 3'

MATERIALS: Self Assessment work sheet

PROCEDURE: Ss receive a self- assessment task in which they have to express what they have learnt during the lesson and what they consider they still need improving.

Worksheet 1

TASK 1. Listen to a conversation between a boy and his parents talking about sports and answer the questions with TRUE or FALSE:

1. Tennis is not challenging. _____
2. Training to be a tennis player is tiring. _____
3. Tennis Players don't travel a lot. _____
4. Boxing is an exciting sport. _____
5. Boxers receive a lot of injuries. _____
6. His father used to do boxing. _____
7. The mother suggests doing boxing. _____

Worksheet 2

TASK 2.

Look over the conversation you've just listened to and find the advantages and disadvantages of doing tennis/ boxing. Write your findings in the table below:

Son: Guess what, Mum and Dad! I've won the Athletics Scholarship to `Brown` Uni!

Mother: That's wonderful news! I'm so proud of you!

Father: Fantastic, son, just fantastic! What exactly do you get with this scholarship?

Son: Well, all my tuition fees, books and accommodation are paid for and I can specialize in a sport of my choice. I get coaching, uniforms and so on, and a chance to represent the University in competitions. My only problem is which sport to choose, tennis or boxing? I've done well in both this year!

Mother: Choose tennis, dear! It's so thrilling and challenging! Later, perhaps, you could turn professional. If you are really good you can earn a lot of money, travel, meet interesting people...

Father: Yeah. Travel is right! You'd be constantly on the move, never having time for a real life! The training is demanding and tiring, and you've got to be really determined to succeed in professional tennis - it's a really cutthroat world! Better stick to boxing. You're coming along really well at it. I used to box a bit myself at Uni, you know!

Son: Well, I don't know...

Father: Oh yes! It's an exciting, fast-moving sport! It needs a lot of energy and stamina, but you've got that. The training is tough, sure, but the thrill of competing in that ring - there's nothing like it!

Mother: You must be mad! It's so dangerous - the injuries you can get in boxing are often very serious and take a long time to heal. Sometimes they never heal - you may be permanently brain - damaged. What good is a university education then? Besides, it's barbaric - I've never liked your being involved in it!

Son: Come on, Mum, it's not that bad! But you two aren't much help! Everything you both say is true. Oh, I don't know! Maybe I'll take up marathon running instead!

Sport	Advantages	Disadvantages
Tennis		
Boxing		

Worksheet 3

Read the following information. Decide what sport would be best or worst for each person, giving reasons as in the example. Then say which sport you would like to do and why.

Adjectives: fit and strong, build muscles, cheap, boring, travel a lot, meet interesting people, tough, serious injuries, relaxing, challenging, dangerous, tired, thrilling, courageous, co-operative, exciting, risky, right equipment, determined.

e.g. Jim likes adventure a lot and is in excellent physical condition. He works well with others, but he is impatient. (rafting/ fishing).

"I think that the best hobby for you would be rafting, because you have to be fit and cooperative. In my opinion fishing would be the worst hobby for you, because you're not a very patient person".

1. Anthony is a very active person and quite fit, but he can't afford to buy expensive equipment. (swimming/ chess).
2. Tony is 65 years old. He hates staying in the house, he has always been a very active person but he has heart problems and he can't do any exercise. (golf/ running)
3. Julia is very feminine and sensitive, she likes music a lot. (dancing/ boxing)
3. Peter is a very energetic person who enjoys taking risks. He loves anything to do with the sea. (scuba diving/fishing).
4. Flying makes me feel alive, I could stay up in the air forever especially if I have my friends with me, but I'm afraid of water because I can't swim. (parachuting/rafting).
5. David is very adventurous. He loves being close to nature, especially in the mountains. For him money is no problem. (rock climbing/ tennis)

Self- Assessment

At the end of the lesson:

🌟 I am capable of recognising between advantages and disadvantages of doing sports	A little	Well	Very well
🌟 I can use adjectives to describe skills	A little	Well	Very well
🌟 I can advise someone on choosing a sport	A little	Well	Very well
🌟 I can say a few positive and negative things about sports	A little	Well	Very well
🌟 I want to know more about _____			

TASK. 2.

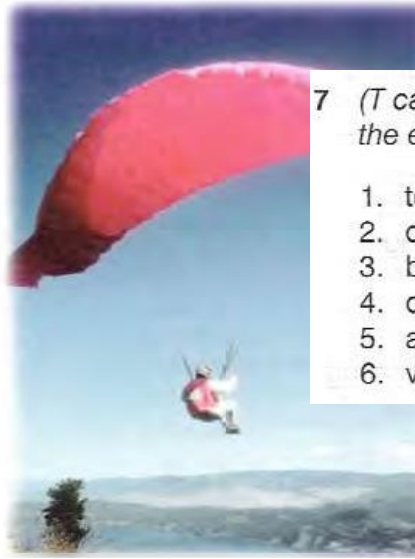
Listen to the conversation again and choose which adjectives describing qualities refer to boxing and which to tennis:

Tennis	Thrilling Exciting Constantly on the move Fast moving Meeting interesting people
Boxing	Needs energy Well- paid profession Challenging Thrill of competing

7 Fill in the missing words from the list. Use the words only once.

<i>team spirit</i>	<i>co-operative</i>	<i>dedication</i>
<i>competitive</i>	<i>determined</i>	<i>violent</i>
<i>careful</i>	<i>accurate</i>	<i>courage</i>
<i>dangerous</i>	<i>graceful</i>	<i>brave</i>

- 1 The main quality a footballer needs to have is
It is also important to be and willing to do what other members of the team suggest.
- 2 Running is my favourite sport. It's and you have to be to win.
- 3 "John, you are so Ice climbing is an extremely sport."
- 4 When parachuting, you need to be very especially when landing, or you might hurt yourself. You need to have to jump out of a plane in mid-air.
- 5 People who shoot or do archery must be very if they are to hit the target. They also need a lot of if they want to be the best.
- 6 Ice hockey can be a sport as the players often fight, but they can also look as as dancers as they skate around the rink.



7 (T can elicit/explain the words in the list then Ss do the exercise. T checks round the class.)

1. team spirit, co-operative
2. competitive, determined
3. brave, dangerous
4. careful, courage
5. accurate, dedication
6. violent, graceful

6

a. Fill in the correct word

- competitive • accurate • co-operative • daring
- graceful • careful • determined • courageous

- 1 A footballer needs to be to play as part of a team.
- 2 A person needs to be to try sky surfing because it is quite a dangerous sport.
- 3 An archer needs to be to hit the centre of the target.
- 4 A long distance runner needs to be to finish the race because they get very tired.
- 5 A racing driver needs to be very because he has to drive very fast and take a lot of risks.
- 6 You need to be when you are rock climbing because you could fall and seriously injure yourself.
- 7 A successful sports person has to be and do their best to beat other athletes.
- 8 An ice-skater needs to be so that they can glide across the ice with style and ease.