**DEALING WITH SLEEPLESSNESS**

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| **Attitude** | | | **Skill** | | | | | **Knowledge** | |
|  | Attitude | Teacher's action | **Skills** | **Elements** | **Levels** | | |
|  |  |  | **Basic** | **Intermediate** | **Advanced** |
| 1 | Topica keeps promise | -Let students watch a warm-up video  -Introduce name and nationality while profile is being shown  -Ask students to send feedback to advisor | **Listening** | Vocabulary | Can understand isolated words: | Can understand simple words and phrases:  **Insomnia, Medication, Encounter, Deprivation, Fatigue, Drowsy, Wear out, Drop off**  Can understand words or phrases in a text regardless of the location in the spoken exchanges | Can understand all words and phrases in extended spoken exchanges | **Vocabulary and pronunciation** | Words:  **Insomnia, Medication, Encounter, Deprivation, Fatigue, Drowsy, Wear out, Drop off** |
| 2 | Respectful and serious in class | -Indicate the objectives of the lesson | Grammar | Can understand simple sentences made up from simple grammatical structures | Can understand complex sentences made up from lesson grammar | Can understand extended spoken exchanges using grammar form of lesson |
| 3 | Dare to say, not be shy | -Encourage and give suggestions when students can't answer questions | Can hear the targeted sounds in the extended spoken exchanges |
| 4 | Seriously study LP | -Point out and correct students’ mistakes immediately.  -Show the assessment form for student to review their mistakes | **Speaking** | Vocabulary | Can speak isolated words, phrases and short sentences with the help of teacher | Can use some complex sentences to support opinion | Can flexibly use advanced words and phrases in the lesson to conduct extended spoken exchanges |
| 5 | Actively take part in activities | -Be friendly, willing to answer and create opportunities for students to speak | Grammar | Can speak a simple sentence using targeted grammar: | Can speak complex sentences using targeted grammar:  **S + can’t stand + doing something.** | Can conduct extended spoken exchanges using targeted grammar | **Grammar** | Structure:  **S + can’t stand + doing something.** |
| 6 | Confident | -Avoid negative comments/feedback; make the task easier by making examples, giving suggestions and translation into Vietnamese | Can conduct extended spoken exchanges using targeted sounds |
| 7 | Comfortable | -Be funny, easy going, flexible, helpful and avoid pressure on students  -Show the warm-up video | **Conversation** | Vocabulary | Can create a 5- sentence conversation using simple vocabularies | Can create a medium conversation (about 10 - 12 sentences) using phrases or complex sentences | Can create an extended conversation using lesson vocabularies |
| 8 | Be respectful | -Pronounce students’ names;  -Acknowledge students' study history -Avoid interrupting students' talk, answer students' question, no swear words  -Take note of students’ mistakes in the assessment form. | Grammar | Can create a 5-sentence conversation using targeted grammar. | Can create a medium conversation (about 10 - 12 sentences) using targeted grammar in complex sentences | Can create an extended conversation using lesson grammar |  |  |
| 9 | Practical | -Give student more chances to speak/practice, refer to social knowledge | Can create an extended conversation using targeted sounds |  |  |
| 10 | Happy | -Tell a joke related to the topic, use humorous words/actions, facial expressions and body language |  |  |
| 11 | Friendly | -Regard students as friends, smile and avoid formal words |  |  |  |  |  |  |  |

**Detailed description**

***Notes:***

- Teachers need to call students in random orders for different parts of the lesson.

- If there are fewer than 6 students in a session, let the students answer all the questions using all the suggestions in each section. For example, in the “Wear your word” part, each student will define one word, if there is only one student; let him/her try to define all words.

- Try to take note of students’ answers on the board as much as possible for each section and correct the mistakes (if any).

- Before moving to a new section of the lesson, remember to tell the link between this section with the topic or with the previous section.

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| **Slide** | **Activities** | **Aims** | **Teacher** | | | **Students** | |
| **Action** | **Suggestion** | **Timing** | **Performance** | **Timing** |
| Getting to know  ***4 minutes*** | Teacher’s introduction | To help teacher and students to make acquaintance with each other. | - Teacher reveals some information about him/herself. |  | ***30 seconds*** |  |  |
| Students’ introduction | - Ask the students **to answer the given questions** | *- To start our lesson, I would like you to* ***answer the given questions:***   * ***Have you ever suffered from sleeplessness?*** * ***What keeps you awake at night?*** | **Answer the given questions** | ***30 seconds/ student*** |
| Topic introduction | To introduce the lesson topic and objectives. | - Introduce the topic and aims of the lesson. | *- Here is what we will learn today: some vocabularies and useful structures to talk about the topic:*  ***Dealing with sleeplessness*** | ***30 seconds*** |  |  |
| Speak up  ***7 minutes*** | **Students watch the video and answer questions** | To warm up the atmosphere and get students ready to learn. | - Ask students to **watch the video and answer the given question** | *- Now, I would like you to* ***watch the video and then answer the given question:***   * ***Why don’t people sleep well at night?*** | ***1 minute*** | -**Watch the video and answer the given questions** | ***60 seconds/ student*** |

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| Wear your words  ***10 minutes*** | Learn single words | To learn some vocabularies related to the topic and make sentences with them | - Read the words, and ask each student to repeat all of them on his/ her turn.  - Then, make a sentence using one of the words. | *- In this part, you will learn some vocabularies related to the topic.*  *- Firstly, listen to those words. Then, I will call one by one to repeat all of them.*  *- Now, define one of the words, and make a sentence using one of the words.*  *- Definitions of words:*   1. ***Insomnia (n)*** */ɪnˈsɑːmniə/ the condition of being unable to sleep* 2. ***Medication (n)*** */ˌmedɪˈkeɪʃn/* *a drug or another form of medicine that you take to prevent or to treat an illness* 3. ***Encounter (v)*** */ɪnˈkaʊntər/* *to experience or meet somebody or something* 4. ***Deprivation (n)*** */ˌdeprɪˈveɪʃn/* *the fact of not having something that you need, like enough food, money or a home; the process that causes this* 5. ***Fatigue (n) /fəˈtiːɡ****/ a feeling of being extremely tired, usually because of hard work or exercise* 6. ***Drowsy (adj)*** */ˈdraʊzi/* *tired and almost asleep*   *Example:*  *They used sleep* ***deprivation*** *as a form of torture.* | ***30 seconds*** | - Repeat the words after the teacher.  - Choose one word to define. Then, make a sentence using one of the words. | ***50 seconds/ student*** |
|  | Learn to use phrasal verbs | To learn phrasal verbs and make sentences with them | - Ask students to look at the definition of the given phrasal verbs and make a sentence using the given phrasal verbs. | *-After learning some vocabularies, we learn phrasal verbs.*  *- Firstly, look at the meanings of phrasal verbs. Then, make a sentence using the given phrasal verbs:*  *+* ***Wear out:*** *to make yourself/somebody feel very tired*  *+* ***Drop off:*** *to fall into a light sleep*  ***Examples:***   * *You'll* ***wear*** *yourself* ***out*** *if you continue working too hard.* * *I* ***dropped off*** *and missed the end of the movie.* | ***30 seconds*** | - Look at the definition of the phrasal verbs and make a sentence using the given phrasal verbs | ***40 seconds/student*** |
| Essential structures  ***10 minutes*** | Make sentences using grammar structure | To learn how to use the given structure | - Introduce the grammar structures to students.  - Ask students to make a sentence using the given structure. | *- Now, you will learn how to use:*  ***S + can’t stand + doing something.***  *- Next, make a sentence using the given structure.*  *- Example:*   * *Lily* ***can’t stand working*** *in an office.* | ***1 minute*** | -Make a sentence using the given structure. | ***90 seconds/ student*** |
| Raise your voice  ***10 minutes*** | Make a conversation on the topic | To let students talk about the topic | - Discuss the given topic | *- Now, you have learnt useful vocabulary and structures; let’s use them to have a conversation.*  ***In 180 seconds, discuss “How to deal with sleeplessness” with your partner.*** | ***1 minute*** | - Work in pairs to discuss with your partner the topic.  - Try to use the vocabularies and useful structures learnt in the lesson in their conversations. | ***180 seconds/ pair*** |
| Assessment  ***3 minutes*** | Assess students’ performance | Let students know their progress after each lesson | - Give comments on students’ pronunciation, grammar, vocabulary;  - Ask if students have any questions related to the lesson. | *-Write short comments on the assessment form* | ***3 minutes*** | - Take note of the teacher’s comments;  - Ask the teacher if there is any question. |  |
| What we gained  ***1 minute*** | Put things together | Let students know what they learnt in the lesson | - Summarize the knowledge learnt in the lesson;  - Remind students: "Finally, I kindly request you guys to finish homework by opening Outline and clicking link on page 9."  Link:  <https://lmsvo.topicanative.edu.vn/activities/lesson/by-resource/59b0053b1ce6852530ab615e/> | *- So, let’s have a look at the board for what we learnt today and take notes if necessary.* | ***1minute*** | - Remember what they learnt and do homework. |  |