**LESSON PLAN**

**7 REASONS WHY YOU SHOULD TRY YOGA TODAY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Slide** | **Aims** | **Teacher** | | | **Students** | |
| **Action** | **Suggestions** | **Timing** | **Performance** | **Timing** |
| **Introduction (7 minutes)** | To let students get to know each other and their teacher | Teacher:  - Reveal some personal information. - Ask all students to introduce themselves based on the information on the slide | *Welcome class! My name is... I’m … years old and I’m your teacher for this class. Now I would like you guys to take turn and introduce yourselves using the following information.  Name: Age: Job:*  *Address: Hobby:* What is your favorite leisure activity?Câu trả lời mẫu Well, in my spare time, I frequently take part in playing sports in the park with my friends. Recently, I’ve ***taken up*** swimming. You probably know that swimming is one of the healthiest sports because it strengthens all of the muscles equally. In addition to this I really get into the feeling that I can***float***as free as a fish when I’m in the water. What did you enjoy doing in your free time when you were a child?Câu trả lời mẫu When I was a little girl, playing baby dolls with my friends was one of my recreational activities that I loved most. Once in blue moon we went to the park together to play hide and seek or tug of war Do you prefer spending your leisure time with other people or alone?Câu trả lời mẫu Obviously spending spare time with my family or friends is much more interesting than alone. I live far from my family and friends because I ***have moved***to the city for four years for my job. Therefore, I ***take advantage of*** my free time to come back home and visit them. | **40 seconds** | Introduce yourself using the following information.  Name:  Age: Job:  Address:  Hobby: | **1 minute/student** |
| To introduce the lesson | - Teacher introduces the lesson | *The topic for the discussion today is:* **7 reasons why you should try yoga today** *and I hope after today’s lesson you will be able to express your ideas related to the topic fluently.* | **20 seconds** |  |  |
| **Class rule (30 seconds)** | To let students understand the class rules | - Teacher reads three rules and makes sure the students understand all those rules. | *Before starting today's lesson, here are three rules I want you guys to follow:  - Use English only - Practice speaking about a topic under the guidance of the teacher - Don’t do personal things in the class* | **30 seconds** | Listen and follow the class rules |  |
| **Teacher - Student (16 minutes)** | To let students review the previous lesson and express their ideas about the topic with their teacher. | **Question 1:** Teacher explains the game, extends to the students some sentences using these words. | **Vocabulary game**: How good or bad are these things for the mind and body? Complete this table with the teacher.  **Key:**  **Yoga: cheap, flat stomach, help in attention, focus, enhance personal power**  **Hiking: interesting, reduce your risk of heart disease, burn calories but vulnerable**  **Shopping: entertained but costly**  **Praying: relieve the soul, peaceful**  **Jogging: strengthen muscle, healthier but time-consuming**  **Golf: entertained, costly, time-consuming** | **1 minute** | List words and phrases | **1 minute/student** |
| **Question 2:**  Teacher explains the given question(s) to the students  Teacher can cut in politely students if they go off the topic. | **What do most people do to keep fit your country? What do you do to stay healthy?**  => If students do not have any experiences in the situation, the teacher can give some suggestions:   * **Playing sport: soccer, jogging, tennis** * **It depends on your age and where you live.** * **Gym and yoga**   If you are regularly physically active, you may:   * reduce your risk of a heart attack * manage your weight better * have a lower blood cholesterol level * lower the risk of type 2 diabetes and some cancers * have lower blood pressure * have stronger bones, muscles and joints and lower risk of developing osteoporosis * lower your risk of falls * recover better from periods of hospitalisation or bed rest * feel better – with more energy, a better mood, feel more relaxed and sleep better. | **1 minute** | Students apply the vocabulary, structures they have learned to answer the question(s)  (from 3 to 5 sentences) | **1 minute/student** |
| Teacher corrects students’ mistakes. | You will correct mistakes (grammar, vocabulary, pronunciation) which are related to the topic. | **2 minutes** | Listen and take note of teacher’s comments. |  |
| **Student - Student (21 minutes)** | To let students express their ideas related to the topic | **Question 3**: Teacher:  - Let students work in pairs  - Stop students politely when they speak more than the allowed amount of time. - Give suggestions if necessary (write in chat box). | *Ok let's start with question 3: you guys will work in pairs .* **“Have you ever tried to practice yoga? Is yoga a sport? Why?”**  => If students do not have any experiences in the situation, the teacher can give them some suggestions:   * **This isn't sport - this is just stretching.** * **It's a kind of meditation.** * **Yoga is not a sport, it's a workout form.** * **It isn't a sport because you don't compete in it.** * **Yoga is a form of exercise and all exercise is a form of sport so therefore yoga is a sport.** | **45 seconds** | Have a short conversation with a partner. | **1 minute 30 seconds /student** |
| - Correct the most common mistakes |  | **45 seconds** | Listen and take note of teacher’s comments. |  |
| **Question 4:** Role-play: students will apply the knowledge they have learned and act in the context. Teacher:  - Explain the situation. - Let students practice with their partner/classmate. - Give suggestions if necessary - Correct the most common mistakes | *In the last question, you guys will also work in pairs. Let’s choose one role and act it out with your partner in 3 minutes.* - Read the situation for students   * **You should do yoga** * **Yoga helps improve your flexibility** * **Builds muscle strength** * **Perfects your posture** * **Ups your heart rate** * **Makes you happier** | **1 minute 30 seconds** | Do the requirements of the lesson.  Listen and take note of the teacher’s comments | **1 minute 30 seconds /student** |
| **Wrap-up**  **(30 seconds)** | Put things together | Let students have an overview of the aspects related to the topic they have discussed. | *- So, in today’s lesson, we have discussed …*  *- Finally, I kindly request you guys to open the Outline and click on the link on page 5 to practice more at home.*  *Link:*  [*https://lmsvo.topicanative.edu.vn/activities/lesson/by-resource/5a2ff3c11ce6852bbbe5edf0/*](https://lmsvo.topicanative.edu.vn/activities/lesson/by-resource/5a2ff3c11ce6852bbbe5edf0/) | **30 seconds** | Listen to the teacher. |  |