**LESSON PLAN**

**THE NEGATIVE EFFECTS OF STAYING UP LATE**

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| **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:* | **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:* **The negative effects of staying up late** *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**: **Fill in the blanks with suitable words from the box**  **KEYS:**  **1. life**  **2. longest**  **3. sleepwalkers**  **4. kill**  **5. falling**  **6. regularly** | **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 you do to prepare yourself for sleep?**  => If students do not have any experiences in the situation, the teacher can give some suggestions:   * **I make my breathing slower (like it is when you're sleeping), get myself in a calm, peaceful state of mind (I refuse to think of things I have to do, work, etc.), and with every breath I inhale and exhale I count.** * **Do something that I really don't like, such as read a text book, intending to learn it all, until it gets me so drowsy that I can do nothing but sleep. I must admit that it is a very quick process.** * **I work really hard during the day and try to keep my life as stress free as possible, making it easier to lay down and go to sleep when it is time.** | **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*: ***In your opinion, why do we need to sleep?***  => If students do not have any experiences in the situation, the teacher can give them some suggestions:   * **Sleep is a natural part of everybody's life.** * **Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation.** * **Our body needs rest, if we stay up all day and all night that will be very unhealthy.** | **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. |  |

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|  |  | **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  **Suggestions:**  A:  - Your brain is not getting enough oxygen when you over sleep.  - You must make yourself stay awake and active longer. No more than 8 hours sleep a day.  - You must go jogging and build it up to other exercise.  **B:**  Duration of sleep depends on many factors:  1. Age (younger the age more the sleep)  2. Sex (males need more)  3. Physical stress (more work more sleep)  4. Mental Stress (more stress more sleep)  5. Disease presence (reduces the sleep)  You can decide accordingly.  In general daily continuous of 7-8 hours is sufficient. | **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/5a05d3c81ce685128c2bdd57/](https://lmsvo.topicanative.edu.vn/activities/lesson/by-resource/5a05d3c81ce685128c2bdd57/" \t "_blank)* | **30 seconds** | Listen to the teacher. |  |