**TIPS FOR A HEALTHY HEART**

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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: **Intake, Portion, Stroke, Diagnosis, Devastating, Pump, Take a heavy toll (on sb/sth), By heart**  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:  **Intake, Portion, Stroke, Diagnosis, Devastating, Pump, Take a heavy toll (on sb/sth), By heart** |
| 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:  **It’s time + for + O + to + V-infinitive.** | Can conduct extended spoken exchanges using targeted grammar | **Grammar** | Structure:  **It’s time + for + O + to + V-infinitive.** |
| 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:***

- Teachersneed 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 question** | *- To start our lesson, I would like you to* ***answer the given question:***   * ***What causes heart disease?*** | **Answer the given question** | ***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:*  ***Tips for a healthy heart*** | ***30 seconds*** |  |  |
| Speak up  ***7 minutes*** | **Students answer a question** | To warm up the atmosphere and get students ready to learn. | - Ask students to **answer the given question** | *- Now, I would like you to* ***answer the given question:***  ***In your opinion, what are some good nutrition tips to keep a healthy heart?*** | ***1 minute*** | - **Answer the given question** | ***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, andask each student to repeatall 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 torepeat all of them.*  *- Now,define one of the words, and make a sentence using one of the words.*  *- Definitions of words:*   1. ***Intake (n)*** */ˈɪnteɪk/* *the amount of food, drink, etc. that you take into your body* 2. ***Portion (n)*** */ˈpɔːrʃn/* *an amount of food that is large enough for one person* 3. ***Stroke (n)*** */stroʊk/* *a sudden serious illness when a blood vessel (= tube) in the brain bursts or is blocked, which can cause death or the loss of the ability to move or to speak clearly* 4. ***Diagnosis (n)*** */ˌdaɪəɡˈnoʊsɪs/* *the act of discovering or identifying the exact cause of an illness or a problem* 5. ***Devastating (adj)*** */ˈdevəsteɪtɪŋ/* *causing a lot of damage and destruction* 6. ***Pump (v)*** */pʌmp/ to flow in a particular direction as if it is being forced by a pump*   *-Example:*  *She should reduce her daily* ***intake*** *of salt.* | ***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 some idioms | To learn some idioms and make sentences with them | - Ask students to look at the definition of the given idioms and make a sentence using one of the given idioms | *-After learning some vocabularies, we learn some related* idioms  *- Firstly, look at the meanings of the* idioms. *Then, make a sentence using one of the given* idioms.  *+* ***Take a heavy toll (on sb/sth)***  *to have a bad effect on somebody/something; to cause a lot of damage, deaths, suffering, etc.*  *+* ***By heart***  *using only your memory*  ***Examples****:*   * *Illness* ***has taken a heavy toll on*** *her.* * *She's learnt the whole speech off* ***by heart.*** | ***30 seconds*** | - Look at the definition of the given idioms and make a sentence using one of the given idioms | ***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:*  ***It’s time + for + O + to + V-infinitive.***  *-Next, make a sentence using the given structure.*  *-Example:*  ***It’s time for him to change his eating habits to have a healthy heart.*** | ***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 “Some tips for a healthy heart” with your partner.*** | ***1 minute*** | - Work in pairs to discuss with your partnerthe 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 gain  ***1 minute*** | Put things together | Let students know what they learnt in the lesson | - Summarize the knowledge learnt in the lesson;  - Remind students to do homework.  - Remind students: "Finally, I kindly request you guys to finish homework by opening the Outline and clicking on the link on page 9."  **Link:**  <https://lmsvo.topicanative.edu.vn/u/login/?next=/activities/lesson/by-resource/5ae1ea971ce68552e12b5ac5/> | *- 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. |  |