



Автор: КАРАБАЕВА ИНДИРА АЙБАРОВНА

Пән: Ағылшын тілі

Сынып: 10-сынып

Бөлім: Capabilities of human brain

Тақырып: Describing the symptoms of stress and giving advice on how to reduce stress

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| Оқу мақсаттары (оқу бағдарламасына сілтемеу): | 10.C6 organize and present information clearly to others 10.L2 understand specific information in unsupported extended talk on a wide range of general and curricular topics, including talk on a limited range of unfamiliar topics 10.L5 recognise the attitude or opinion of the speaker(s) in unsupported extended talk on a wide range of general and curricular topics, including talk on a limited range of unfamiliar topics 10.R1 understand main points in extended texts on a range of unfamiliar general and curricular topics 10.W5 develop with support coherent arguments supported when necessary by examples and reasons for a wide range of written genres in familiar general and curricular topics 10.C9 use imagination to express thoughts, ideas, experiences and feelings |
| Сабақтың мақсаты: | All learners will be able to: □ Understanding specific information and recognize speaker's opinion while listening with 60% □ Find out main idea while reading with 60%; □ Recall 6 expressions with "take"; □ Write an advice column for a magazine following assessment-criteria Most learners will be able to: □ Understanding specific information and recognize speaker's opinion while listening with 80% □ Find out main idea while reading with 80%; □ Recall 8-9 expressions with "take"; □ Write an advice column for a magazine following assessment-criteria, proving the examples Some learners will be able to: □ Understanding specific information and recognize speaker's opinion while listening with 90% □ Find out main idea while reading with 100%; □ Recall all the expressions with "take"; Write an advice column for a magazine developing coherent arguments |
| Бағалау критерийлері: | Listening: • Task 1/ L2: 3 out of 4 symptoms are defined correctly • Task 2/ L5: 5 out of 7 opinions identified correctly Writing: 1. Write about 150-180 words 2. Follow Clear paragraphing 3. Use appropriately linking words 4. Use at least 3 expressions with "take" Support all provided arguments/ methods with examples and reasons |
| Пәнаралық байланыс: | Cross-curricular links with Psychology, Biology |

Сабақ барысы

| Сабақ кезеңдері | Жоспарланған іс-әрекет | Ресурстар |
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| Сабақтың басы | • (W)Introduction of Learning and Lesson Objectives • (W) Class Organization: Let's check your homework for answering the questions which an English teacher send on Whats.app.kz What is Multiple intelligence? What is being creative? What kind of human brain capabilities do you know? What do you know about Multiple intelligence? | |

| Сабақкезеңдері | Жоспарланған іс-әрекет | Ресурстар |
|-----------------|--|-----------|
| Сабақтың ортасы | <p>(G/W) Warm up: Sts are sitting in 3 groups. Each group is given a set of cards; they have to find what all these words have in common, and all together guess the topic of the lesson Set 1: symptoms of stress Set 2: causes of stress Set 3: therapy of stress (P/G/W) Pre-listening: Think-pair-share Ask learners a question: How do you feel while passing exams? (FA/I) Listening: Sts listen to therecording two times and complete 2 tasks: Name Date: ___ Assessment-criteria 1.Task 1: 3 out of 4 symptoms are defined correctly 2. Task 2: 5 out of 7 opinionsidentified correctly L2/ Task 1: Listen to Jack talking about his stressfulexperiences. Tick the symptoms which are mentioned. <input type="checkbox"/> Tiredness <input type="checkbox"/> Depression <input type="checkbox"/> Aching in his body <input type="checkbox"/> Panic attacks <input type="checkbox"/> Insomnia <input type="checkbox"/> Skin problems <input type="checkbox"/> Colds and flu <input type="checkbox"/> Headaches <input type="checkbox"/> Stomach problems <input type="checkbox"/> Anxiety L5/ Task 2: Listen and define the speakers' opinions. Put J if it's Jack's opinion, and P if it's presenter's one. 1. ___misunderstood symptoms of stress with poor eating 2. ___anxiety and stressare usual difficulties that students face during exams 3. ___an extreme anxietywas the reason of staying at home 4. ___stress is a common feeling of everyperson 5. ___if you have a small amount of worry you are better focused onyour work, however, too much anxiety destructs you 6. ___ knows how to dealwith the stress 7. ___ stress is a body response to changes that happen aroundus Answers: Task 1: tiredness, colds and flu, headache, anxiety. Task 2: 1J, 2P,3J, 4P, 5P, 6J, 7P. (W)Pre-reading: Answer the question: - In what case stress canbe beneficial for our health, and when it can damage? (I/I/G) Jigsaw Reading: Getstressed, Stay young Main idea of the 1st paragraph A) Being in traffic jam isbad for our health B) Some people think that not all kinds of stress are bad forus C) Doctors don't agree how we can reduce our levels of stress Main idea ofthe 2nd paragraph A) Young people suffer more from stress than older people.B) Alzheimer's is one of the illnesses many old people suffer from C) Good stressstops us from getting ill Main idea of the 3rd paragraph A) Situations whichproduce good stress are always short term B) Some stress can make our cellsstronger C) Too much protein can make us ill Main idea of the 4th paragraph A)We need some stress to exercise our cells' self-repair mechanism B) Doingphysical exercise makes us feel less stressed C) Packing your suitcase in a hurryis an example of good stress BREAK (G) Vocabulary: Let's revise all expressionswith "take"! Ist group To take something for granted is to assume that it willhappen. In a democratic system, we take many things for granted. Take it as itcomes To take things as they come is to deal with them in order. Take it lyingdown To take it lying down is to suffer insult without protesting. • She is anindependent woman. Don't expect her to take it lying down. IInd group Take iton the chin To take it on the chin is to boldly accept a difficult or bad situationwithout complaining. • Although her latest book was panned by critics, she tookit on the chin and started working on the next. Take it out on someone To take itout on someone is to give vent to your frustration by being unpleasant tosomeone. • If he has a bad day at work, he will take it out on his wife. IIIrd groupTake one's breath away If something takes your breath away, it is extremelybeautiful. • Her beauty took his breath away. Take someone to the cleaners Totake someone to the cleaners is to deprive them of their money or valuables. •They took me to the cleaners. • Take someone for a ride To take someone for aride is to deceive them. • I lent him \$100 without realizing that he was takingme for a ride.</p> | |
| Сабақтың соңы | <p>(FA/I) Writing: Bizarre and interesting ways of relieving stress. An advice column is a column traditionally presented in a magazine or newspaper, but can also be delivered through other news media such as the internet and broadcast new media. The advice column format is question and answer: a (usually anonymous) reader writes to the media outlet with a problem in the form of a question, and the media outlet provides an answer or response. Write an advice column answering the question: What are some bizarre and interesting ways of relieving stress? Task: Describe or act out2-3 methods of relieving stress, try to convince your readers that your advice really works! Assessment criteria 1. Write about 150-180 words 2. Follow Clear paragraphing 3. Use appropriately linking words 4. Use at least 3 expressions with "take" 5. Use clearly intonation and show feeling emotion correctly. Support all provided arguments/ methods with some statements.</p> | |