



Colegio "Villa de las Flores" S.C.
"Ofreciendo una formación integral para toda la vida"
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RG-ING-02-03
VERSIÓN 6

PLAN DE CLASE/NOTA TÉCNICA (CLASS PLAN/ TECHNIQUE NOTE) **NIVEL: JUNIOR HIGH B2**

NOMBRE DEL PROFESOR/ TEACHER: ILSE STEPHANIE LÓPEZ GÓMEZ

ASIGNATURA/ ASIGNATURE: ENGLISH

TRIMESTRE/ TRIMESTER: 1ST

SEMANA/ WEEK: 5 DE SEPTIEMBRE AL 9 DE SEPTIEMBRE

TIEMPO/ TIME: 10 HRS

TEMA/ TOPIC: Wake up your senses!

APRENDIZAJE ESPERADO/ EXPECTED LEARNING:

CONTENIDOS TEMÁTICOS/ CONTENT: UNIT 1 Wake up your senses!

present tenses comparative forms: adjectives and adverbs

RECURSOS/ RESOURCES:

LIBRO

CUADERNO

PLUMAS

LAPIZ

EVALUACIÓN/ EVALUATION:

- **ACTITUDINAL/ ATTITUDINAL: PARTICIPACION EL CLASE**
- **CONCEPTUAL/ CONCEPTUAL: TRABAJOS EN CUADERNO Y LIBRO**

IMPLEMENTACIÓN DE ACCIONES DEL P.E.M.C./P.E.M.C. ACCION IMPLEMENTATION: EN ESPERA DE APROBACIÓN



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**INGLÉS
JUNIOR HIGH B2
MONDAY , SEPTEMBER 5TH**

INICIO

EXPRESSIONS OF THE DAY

STOP SAYING "YOU'R WELCOME"

-you got it

Don't mention it

It's alright

I'm happy to help

It was nothing

My pleasure

Anytime

I'm glad to help

VERBS EXAM

DESARROLLO

-Tell students some things you enjoy doing (for example, reading books, cooking, playing tennis). Put students into small groups to list some of their favourite activities. Then ask someone from each group to report their lists to the class. Collate their results on the board and ask students: Which of these activities would you like to try? Which would you not like to try? Encourage students to give reasons. Tell students that the topic of this lesson is trying new activities

- Ask students to look at the photo. Elicit a description of what the person is doing. Students then discuss these questions in pairs. 1 How do you think the person feels? 2 Would you enjoy the experience? 3 What would the challenges be? Elicit responses from the class.

-Ask students to compare the photo with the photo on page 7 and discuss the questions in pairs. Elicit a few responses.

Write a challenge on the board and elicit the meaning of the word (*something that is difficult to try or do*). Ask students to read the title and introduction to the blog on page 8 and ask: What do you think the 7 Day Challenge is? Check understanding of step out of our comfort zones (do something that we would not normally do because it is difficult, or outside our experience).

-Ask students to read the rest of the blog to check their ideas. Give them a time limit of 1–2 minutes depending how strong your class is. Tell them that some sentences are missing from the blog (gaps 1–6), but they should ignore these for the moment. *The 7 Day Challenge is a challenge in which you encourage your friends to try activities they've never tried before.*

Explain this exam task to the class. Six sentences are removed from a text and they have to choose which ones are missing from a list of seven (including one that they do not need). If your class is strong ask: What do you think can help you find the right sentences? Then read through the first part of the exam tip with the class (not the final section yet). Check if any students had the right ideas. Give examples of referencing clues (time words such as before, after, then, later, etc. and pronouns such as it, she, he, them, etc.). Explain that as well as looking for these referencing clues in the gapped text, they should also look for them in the list of sentences. Ask students to read through sentences A–G in Ex 4 and underline any referencing clues. Ask them to work with a partner to decide which sentence fits gap 1. Elicit the sentence they chose and the reasons why.



Put students into pairs to find the words and phrases in the blog. For weaker students, you could divide the list in half and ask different pairs to check for either the first five or the second five items. Elicit answers from the class. 1 cosy 2 dull 3 nerve-racking 4 overwhelming 5 willing 6 reluctantly 7 pretty 8 worthwhile 9 pigeonhole 10 dismiss

1 Wake up your senses!

READING

Power up

- 1 Look at the photo and discuss the questions.
 - 1 What kind of person do you think each activity would suit?
 - 2 Which activity appeals to you the most? Why?
 - 3 Which activity would you find most challenging and why?

Read on

- 2 Read the title of the blog post. What do you think 'The 7 Day Challenge' is? Read the blog post and check your answer.
- 3 Read the exam tip and complete the task.

exam tip: gapped text

Look at the words before and after the gap. The sentence you choose will need to make sense with the information that follows it, as well as what comes before. Look for referencing clues in the text which will help you match the sentence with the correct paragraph, for example, time words, pronouns, names, etc.

Read the second paragraph of the blog again and find the sentence from A-G in 5a-4 which fits in gap 1. What referencing clues are there to show the sentence fits in this gap?

- 4 Read the blog post again and choose which sentence (A-G) fits each gap (2-6). You do not need one of the sentences.
 - A Once there, I kind of mix into it and my initial reservations start to disappear.
 - B Rob doesn't actually get a part, but at least he's brave enough to go through with it!
 - C OK, I know it's early days, but so far I've found our challenge fun and actually a bit of an eye-opener.
 - D It definitely hasn't turned out how I expected and I feel a bit annoyed with Rob and Sophia.
 - E She had a point as we never sign up for anything new.
 - F For someone who loves his creature comforts, it's not an idea with huge appeal.
 - G It hasn't actually been that difficult as, despite being close friends, we have very different interests!

The 7 Day Challenge

Summer's over and you've slipped back into your cosy, comfortable routine. Wait, not for me and my friends, Rob and Sophia. This year we've decided to take on 'The 7 Day Challenge' and step out of our comfort zones. Not sure what I mean? Read on...

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It all started with me, Rob and Sophia chatting one evening in my room. We're always complaining about being bored but that evening Sophia interrupted our whinging and said, 'Instead of just moaning about our life being dull, let's do something about it!' I..... After a few searches on the internet, we came across this '7 Day Challenge'.

The idea of 'The 7 Day Challenge' is to encourage your friends, over the course of a week, to do activities they normally shy away from. We each come up with an activity we enjoy, but that the other two friends haven't tried before. *..... We've been doing the challenge for a few days and let's say it's had its ups and downs!

OK, need to say one - audition for something! Clearly not one of my suggestions as the mere idea of performing in front of people sends me into a cold sweat! It's Sophia's turn and she's challenged Rob and me to audition for a play at her local theatre group. So we're standing in the dark, looking at a lit stage and it's nerve-racking. The director calls my name first and suddenly it's too overwhelming. I leg it. My first challenge and I've fallen at the first hurdle. *

Not wanting to lose face I agree to carry on with the challenge. It's Rob's turn and he's invited us to go 'wild camping'. My first question is 'What is wild camping?' To be honest I'm a bit put off by the word 'wild'. Basically, it means not pitching your tent anywhere near a toilet or hot shower. *..... But it's only for one night so I'm willing to give it a go.

So how does challenge two compare with my first disaster? Well, I reluctantly turn up at our local woods with a huge rucksack on my back. My gut feeling is that this is not my thing at all. After a few wrong turns (it seems Rob doesn't have a great sense of direction) we arrive at this stunning lake and pitch our tents. *..... We cook our food on an open fire and chat into the night and I must admit, I love the sense of freedom of being away from everything.

It's my turn now and I've chosen baking. I love it and I'm pretty good at it. Sophia and Rob, however, are not exactly looking forward to it, but you know what? They might just surprise themselves! So is 'The 7 Day Challenge' a worthwhile experience? Definitely. *..... My advice is next time you say to yourself, 'no thanks, it's not really me', stop and give it a chance. It's often too easy to pigeonhole yourself and dismiss things without even trying them.

Sum up

- 5 Find the words or phrases in the blog post that mean the following.
 - 1 warm and comfortable (adj) (para 1)
 - 2 boring (adj) (para 2)
 - 3 stressful or terrifying (adj) (para 4)
 - 4 affecting you very strongly, and you don't know how to deal with it (adj) (para 4)
 - 5 really (adj) (para 5)
 - 6 not really wanting to do something (adj) (para 6)
 - 7 quite or very (adv) (para 7)
 - 8 useful or important enough to spend time on (adj) (para 7)
 - 9 to have an idea of what type someone or something is (v) (para 7)
 - 10 reject (v) (para 7)

Speak up

- 7 Work in groups and discuss the questions.
 - 1 Do you like to get yourself challenged? Why? Why not?
 - 2 What kind of activities would require you to step out of your comfort zone?
 - 3 How have you ever tried something new and been surprised by how you felt about the experience?

11 If it doesn't challenge you, it doesn't change you.

CIERRE

Give students a chance to check some other unfamiliar phrases from the blog. Put students into small groups. Write these phrases on the board: 1 shy away from 2 take on 3 come across 4 put off by Students find the items in the blog and discuss what each one means by looking at the context they appear in. Monitor and help where necessary. Elicit answers from the class (1 avoid because of difficult; 2 accept or agree to do something; 3 find by chance; 4 to be discouraged).

EVALUACION

(we need challenges to be able to progress, change or move forward). Ask students to give their own examples of something difficult they have done, which has changed them for the better.



HOMEWORK

Complete the text with these words.

= cosy

= dismiss

= dull

= overwhelming

= pigeonhole

= pretty

= reluctant

= willing

= worthwhile

Is life feeling 1 _____ and boring right now? Are you 2 _____ to get out and try something new? Then change. But this doesn't mean taking on huge challenges that become 3 _____. The key to shaking up your routine is to start small. Look for ways of changing the stuff you do every day: take a different route to school or college, download a song by a band you've never heard before, talk to a student you don't normally mix with. These things might sound 4 _____ basic but don't 5 _____ them. For one thing, they help to make day-to-day life a bit more fun. And they really can be 6 _____ because they make you start to think differently. It's easy to 7 _____ yourself with fixed roles and routines. Making a change every day helps you escape in a risk-free way. And if you're 8 _____ to step out of your 9 _____ routine in small ways, you're much more likely to take on bigger challenges.