



Stages	Procedure	Time
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To practice               <ol style="list-style-type: none"> <li>a. scanning skills</li> </ol> </li> </ol>	
<b>Warmer</b>	<ol style="list-style-type: none"> <li>1. Teacher plays the video               <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=gihhzLRbF3g">https://www.youtube.com/watch?v=gihhzLRbF3g</a></li> </ul> </li> <li>2. Teacher recollects some poses and introduces the topic of the day.</li> </ol>	<b>5 mins</b>
<b>Pre-reading</b>	<ol style="list-style-type: none"> <li>1. Teacher goes through Glossary on page 40.</li> <li>2. Teacher distributes <b>Task 1</b>.</li> <li>3. Teacher elicits and does feedback.</li> </ol>	<b>5 mins</b>
<b>While-Reading</b>	<ol style="list-style-type: none"> <li>1. Teacher distributes <b>Task 2 (SKIMMING FOR MAIN IDEA)</b>.</li> <li>2. Teacher gets students to complete Task 2 while reading.</li> </ol>	<b>8 mins</b>
<b>Post-reading</b>	<ol style="list-style-type: none"> <li>1. Teacher elicits answers to Task 2.</li> <li>2. Teacher distributes <b>Task 3</b>. (Teacher reminds students to practice skimming, scanning and meaning in context techniques)</li> <li>3. Teacher checks answers.</li> <li>4. Teacher gets students to complete <b>Task 4</b>.</li> <li>5. Elicits answers.</li> </ol>	<b>12 mins</b>
<b>Wrap</b>	<ol style="list-style-type: none"> <li>1. Teacher gets students to do activity on page 41.</li> </ol>	<b>5 mins</b>

**TASK 1**

Use the words from the Glossary to fill in the blanks.

1. She was filled with \_\_\_\_\_ while waiting for her driving test.
2. I always \_\_\_\_\_ for twenty minutes before bed time to help me sleep better.
3. It was very \_\_\_\_\_ for the young boy to see his dog run over by a car.
4. The \_\_\_\_\_ of the final exam caused her to lose a lot of weight.
5. The \_\_\_\_\_ of the two groups led them to victory.

**TASK 2**

Match the following main ideas with the correct paragraphs.

Main Idea	Paragraph
1. Research shows that yoga can help to relieve anxiety.	
2. Yoga reduces pain from various causes such as arthritis, back pain and injuries.	
3. Yoga therapy helps women undergoing chemotherapy.	
4. Yoga is an ancient practice that brings together the mind and body.	
5. Regular yoga practice promotes better sleep.	

**TASK 3**

Answer the following questions
1. State three benefits of yoga?
2. How does yoga reduce stress?
3. Based on the article, how long does it take for yoga to help improve quality of life and mental health?
4. Name one symptom of chemo radiation.
5. Which group of people mainly benefit from yoga?

**TASK 4** Answer true (T) or false (F)

Statements	T/F
1. Yoga comes from Hindu spiritual discipline.	
2. Vomiting is a side effect of yoga.	
3. Yoga improves the mood of elderly patients.	
4. Yoga decreases the need for sleep medications.	
5. Yoga reduces the secretion of a hormone that regulates sleep and being awake.	

## ANSWERS

### Task 1

1. anxiety
2. meditate
3. traumatic
4. stress
5. union

### Task 2

1. Paragraph 2/3
2. Paragraph 6
3. Paragraph 4
4. Paragraph 1
5. Paragraph 8

### Task 3

1. - encourages relaxation and decreases stress
  - helps to relieve anxiety
  - improves quality of life
  - lowers pain from various causes
  - improves physical function
  - promotes better sleep
2. reduces the secretion of the stress hormone (P2 L4)
3. 10 weeks (P2 L16)
4. vomiting (P4 L8)
5. people who experience a lot of stress and anxiety in their lives, as well as people who suffer from poor sleep and chronic pain (P9 L4-9)

### Task 4

1. T
2. F
3. T
4. T
5. F