

LESSON PLAN

AUGUST 2019

EVERYBODY LOVES ATHLEISURE!



JUST ENGLISH MAGAZINE VOL.16 ISSUE 6
EVERYBODY LOVES ATHLEISURE!

UPPER INTERMEDIATE

Stages	Procedure	Time		
Objectives	1. To practice a. guessing meaning of words in context b. sequencing c. skimming for the main idea of a paragraph			
Warmer/ Lead-in	·			
Pre-reading	 Teacher arranges the students into pairs. Teacher distributes Task 1. In pairs, students discuss the definition of each word and complete Task 1A. Teacher checks answer. In pairs, students complete Task 1B. Teacher checks answer. 			
While-Reading	 Teacher distributes Task 2 and asks students to number the paragraphs in the article. There should be a total of 18 paragraphs. Teacher explains that the statements in the right column are events which are jumbled up. In pairs, students discuss and complete Task 2. Teacher checks answer. 			
Post-reading	1. Teacher distributes Task 3 . 2. Teacher asks students to use skimming skills and discuss. 3. In pairs, students complete Task 3 . 4. Teacher checks answer.			
Wrap	 Teacher does concept check and asks What's your favourite activewear brand? Would you feel motivated to exercise when you wear gym clothes? 	5 mins		

TASK 1

A.	Match the word	to the correct meaning.			
	1. durable	.	•	a.	able to allow sweat to evaporate

2. comfortableb. popular and current fashion trend

3. stretchable **c.** easy and relaxing to wear

4. girly **d.** able to withstand multiple uses and last long

5. fashionable **e.** able to stretch and return to its original shape

6. breathable **In a contract of the contract**

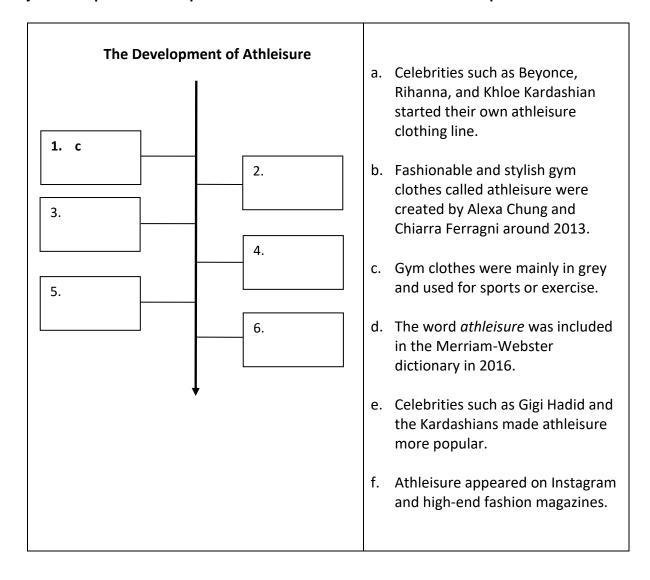
B. Fill in the blanks with the correct word in the box.

	comfortable	giriy	breathable	stretchable	tasnionable	durable	
1.	John needs a _		T-shiı	rt because he s	sweats a lot wh	nen playing so	occer.
2.	Women love to put on full-face makeup and wear clothes to exclusive events.						ies to
3.	During summe lots of floral de	-	_	love to wear		dresse	s with
4.	Athletes need		shoo	es for training	so that their fe	et won't hui	rt.
5.	People prefer _		pant	s when they d	lo yoga.		

6. Gym clothes must be ______ so that they can last long.

TASK 2

Read the events on the development of athleisure in the right column. The sequence is jumbled up. Write the alphabet in the flowchart box in the correct sequence.



TASK 3

Read the main idea statements below and write the paragraph number where they can be found.

Main Idea Statements						
A. The first reason why athleisure is popular is convenience. People can wear it in the office and in the gym.	13					
B. Nowadays, activewear is paired with full-face makeup and perfect hairstyles.						
C. The third reason is technological advancement has made activewear more comfortable and yet stylish.						
D. People used to not think too much when putting on activewear.						
E. It is still uncertain if athleisure will actually encourage more people to go to the gym.						
F. The second reason for its popularity is the change in dress codes.						

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ANSWERS

Task 1A

- 1. d
- 2. c
- 3. e
- 4. f
- 5. b
- 6. a

Task 1B

- 1. breathable
- 2. fashionable
- 3. girly
- 4. comfortable
- 5. stretchable
- 6. durable

Task 2

- 1. c
- 2. b
- 3. e
- 4. f
- 5. a
- 6. d

Task 3

- A. 13
- B. 8
- C. 15
- D. 2
- E. 17
- F. 14