

LESSON PLAN

AUGUST 2019

EVERYBODY LOVES ATHLEISURE!



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EVERYBODY LOVES ATHLEISURE!

UPPER INTERMEDIATE

Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. guessing meaning of words in context b. sequencing c. skimming for the main idea of a paragraph 	
Warmer/ Lead-in	<ol style="list-style-type: none"> 1. Teacher shows the class the picture of a celebrity wearing activewear/gym clothes. 2. Teacher asks the class <ol style="list-style-type: none"> a. Can you wear this to your graduation, a wedding, or to university? 3. Teacher leads into the topic of the day. 	5 mins
Pre-reading	<ol style="list-style-type: none"> 1. Teacher arranges the students into pairs. 2. Teacher distributes Task 1. 3. In pairs, students discuss the definition of each word and complete Task 1A. 4. Teacher checks answer. 5. In pairs, students complete Task 1B. 6. Teacher checks answer. 	10 mins
While-Reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 2 and asks students to number the paragraphs in the article. There should be a total of 18 paragraphs. 2. Teacher explains that the statements in the right column are events which are jumbled up. 3. In pairs, students discuss and complete Task 2. 4. Teacher checks answer. 	10 mins
Post-reading	<ol style="list-style-type: none"> 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. 	10 mins
Wrap	<ol style="list-style-type: none"> 1. Teacher does concept check and asks <ol style="list-style-type: none"> a. What's your favourite activewear brand? b. 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. comfortable | ■ | ■ b. 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 | ■ | ■ f. young and feminine |

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

comfortable	girly	breathable	stretchable	fashionable	durable
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1. John needs a _____ T-shirt because he sweats a lot when playing soccer.
2. Women love to put on full-face makeup and wear _____ clothes to exclusive events.
3. During summer, young ladies and girls love to wear _____ dresses with lots of floral designs in bright colours.
4. Athletes need _____ shoes for training so that their feet won't hurt.
5. People prefer _____ pants when they do 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.

The Development of Athleisure	
<div style="text-align: center;"> </div>	<ol style="list-style-type: none"> a. Celebrities such as Beyonce, Rihanna, and Khloe Kardashian started their own athleisure clothing line. b. Fashionable and stylish gym clothes called athleisure were created by Alexa Chung and Chiara Ferragni around 2013. c. Gym clothes were mainly in grey and used for sports or exercise. d. The word <i>athleisure</i> was included in the Merriam-Webster dictionary in 2016. e. Celebrities such as Gigi Hadid and the Kardashians made athleisure more popular. f. Athleisure appeared on Instagram and high-end fashion magazines.

TASK 3

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

Main Idea Statements	Paragraph Number
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.	

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