

# 1 LESSON PLAN

## Lesson Topic

**EXTREME SPORTS**

Subject	Class	Curriculum Links
English	8 <sup>th</sup>  14- year - old students  B1	English!!! National curriculum!!!!!!  ICT  Biology  Psychology  PE

## Context

<b>Project Name</b>	<b>Creating an Innovative Platform of Communication and Teaching in a Digital Society</b>
<b>Links with <i>previous</i> lesson(s)</b>	Short description of favourite free time activities, healthy lifestyle, favourite sport and its representatives  Debating: listening and speaking
<b>Links with <i>future</i> lesson(s)</b>	Creative writing - review  Discussion-emotional intelligence, stress????  Vocabulary related to extreme sports
<b>Cross curricular links <i>before</i> the lesson</b>	Digital skills  Psychology  Biology  PE
<b>Cross curricular links <i>after</i> the lesson</b>	Vocabulary related to sports, rules ,achievements  Biology

	<p>PE</p> <p>Psychology</p> <p>Period of the class teacher</p>
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<b>Learning Objective:</b>
<p>Sharing opinions and ideas about what sport gives</p> <p>Our body needs care and movement</p> <p>Feeling free to express personal preferences and emotions</p> <p>Developing critical and analytical skills – winner or loser, which is</p> <p>Topic related vocabulary</p> <p>What happens when we are challenged? - Our behaviour is directed by some very powerful chemicals flooding our brains.</p>

<b>Learning Outcomes:</b>
<p>Express their understanding of CHALLENGE and DANGER in general</p> <p>Learn new topic related vocabulary</p> <p>Develop skills in debating, analysing people's values</p> <p>What happens when we take up a sport?- Our behaviour is directed by some very powerful chemicals flooding our brains.</p>

<b>Pre Lesson Preparation</b>	<b>ICT Resources</b>
<p>Song</p> <p>Materials-some sport quotes to challenge discussion</p> <p>5-minute quiz</p>	<p>Projector, screen, laptop</p>

<b>Prior Learning / Assessment to inform planning</b>
<p><b>For example:</b></p> <p>Being able to exchange information on matters within my fields of interest</p> <p>Sustaining opinions in a discussion by providing relevant explanations, arguments and</p>

comments

### Key Vocabulary

#### Vocabulary related to:

**Extreme sports-** adrenaline rush, danger, challenge, ride a wave, bird's eye view, harness, ladder, etc.

**Appearance-** body, height, build, muscle, strength, diet, workout, etc.

**Personal qualities-** competitive, miserable, moderate, prominent, etc.

### Key competencies development:

1. Communicating in a mother tongue: ability to express and interpret concepts, thoughts, feelings, facts and opinions both orally and in writing.
2. Communicating in a foreign language: as above, but includes mediation skills (i.e. summarizing, paraphrasing, interpreting or translating) and intercultural understanding.
3. Mathematical, scientific and technological competence: sound mastery of numeracy, an understanding of the natural world and an ability to apply knowledge and technology to perceived human needs (such as medicine, transport or communication).
4. Digital competence: confident and critical usage of information and communications technology for work, leisure and communication.
5. Learning to learn: ability to effectively manage one's own learning, either individually or in groups.
6. Social and civic competences: ability to participate effectively and constructively in one's social and working life and engage in active and democratic participation, especially in increasingly diverse societies.
7. Sense of initiative and entrepreneurship: ability to turn ideas into action through creativity, innovation and risk taking as well as ability to plan and manage projects.
8. Cultural awareness and expression: ability to appreciate the creative importance of ideas, experiences and emotions in a range of media such as music, literature and visual and performing arts.

### Non-formal methods applied in the lesson:

List the methods and games you will use

A game "JUMP IN"

**LESSON STRUCTURE & DETAILED PLAN OF ACTIVITIES**

<b>Time</b>	<b>Link to Learning Outcome number</b>	<b>Teacher Activity</b> Objectives & Outcomes, Teaching Activities, Revisiting Outcomes & Consolidation	<b>Learner Activity</b> Identify the techniques used to differentiate for ALL Learners	<b>Assessment Strategies</b> Used to Ensure Progress of All Learners	<b>Resources</b> e.g. TEL, Other Adults, Materials and Equipment
5min		Energizer			*see Appendix 1
3min		Lead-in "Do you practice any sport? What sport would be a challenge for you?"	Sharing answers in small groups	Reporting to the whole group what has been discussed	Teacher
5-7min		Complete the song  Fill in the blanks with provided topic-related words 'Being challenged is like an adrenaline rush..'	Sharing answers in small groups	Reporting to the group what has been discussed and showing results on screen	*see Appendix 2 Appendix 4 Teacher, writing material, laptop, projector
10 min		Read the article and match the sports with the photos and answer the questions			
15min		Divide the students into 2 groups and encourage discussion, opinion exchange on 2 opposing view points	One group defends being a winner is better, the other one-failure strengthens the	Group work and reporting to the whole group	Teacher, 2 photos provided, laptop, projector

			character		
5min		5-min quiz			*see Appendix 3  Teacher, writing material, laptop, projector
2min		HW explanation			

### Home Learning/Homework

1. Create a short video of people experiencing an extreme sport .
  2. Write a letter to your friend, sharing what extreme sport you have experienced.
  3. Choose a quote and analyse it in a paragraph. (Quotes given in advance in Appendix 4)
- Students' own choice.

## 2 LESSON EVALUATION

**What was successful / not so successful? What was the impact of this on student progress?**

Lesson Topic	Subject
EXTREME SPORTS	English

Evaluator
English Department

Evaluation
<p><b>Pupil Learning &amp; Progression</b></p> <p>Most of the students achieved the learning outcomes and the teacher can see it in their writings and opinion exchange</p>
<p>Progress is measured by the new vocabulary used in debates and the students' eagerness to share their points of view in discussions and essays</p>
<p><b>Teaching &amp; Classroom Management</b></p> <p>The teacher created an environment where students are relaxed, motivated to participate in an easy-going discussion</p>
<p><b>Planning &amp; Subject Knowledge</b></p> <p>How could you further develop pedagogy to address errors and misconceptions in your planning?</p> <p>How could you develop imaginative and creative approaches to further match individual needs and interests?</p>

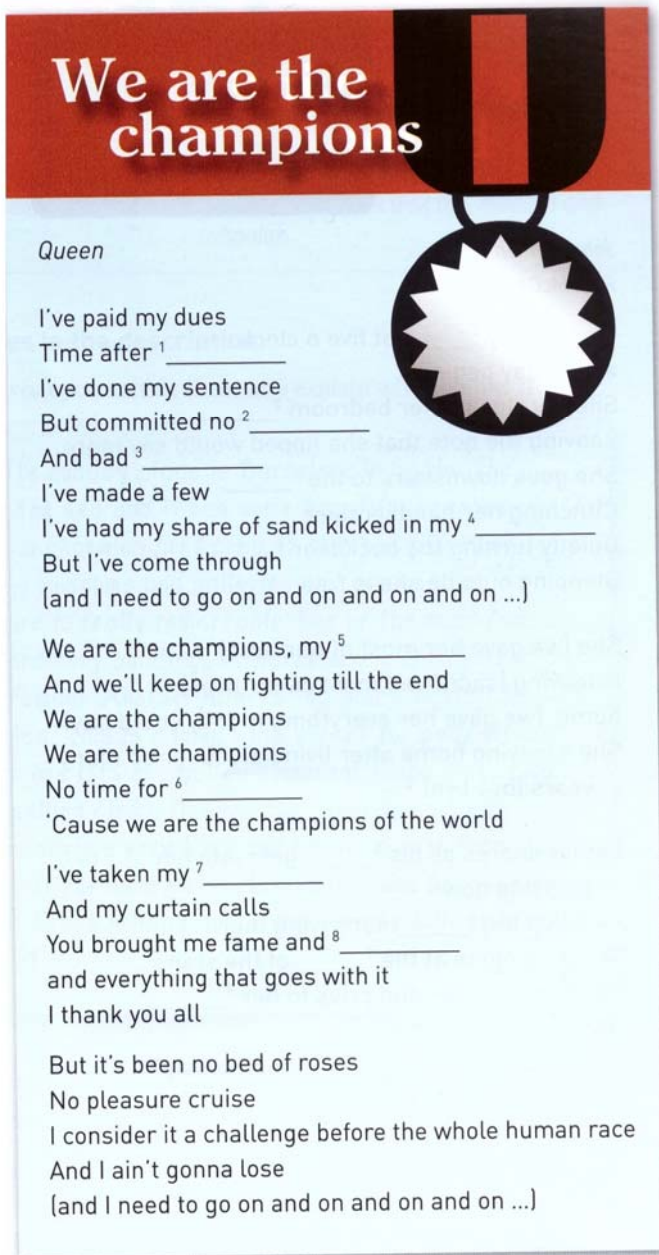
Next Steps in Learning
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**APPENDIX 1**

**JUMP IN , JUMP OUT GAME**

1. Form a circle, holding hands, facing in to the centre.
2. Announce that you want the group to – “SAY WHAT I SAY, AND DO WHAT I SAY.”
3. Practice this skill with one of four commands – “JUMP IN,” “JUMP OUT,” “JUMP LEFT” or “JUMP RIGHT.”
4. Call out a series of ‘Jump’ commands, one after another for 20 seconds.
5. Re-form the circle, and announce that you now want the group to – “SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY.”
6. Continue with a series of ‘jump’ commands, one after another for 20 seconds, or until the circle breaks up too much.

APPENDIX 2



**We are the champions**

*Queen*

I've paid my dues  
Time after <sup>1</sup> \_\_\_\_\_  
I've done my sentence  
But committed no <sup>2</sup> \_\_\_\_\_  
And bad <sup>3</sup> \_\_\_\_\_  
I've made a few  
I've had my share of sand kicked in my <sup>4</sup> \_\_\_\_\_  
But I've come through  
(and I need to go on and on and on and on ...)

We are the champions, my <sup>5</sup> \_\_\_\_\_  
And we'll keep on fighting till the end  
We are the champions  
We are the champions  
No time for <sup>6</sup> \_\_\_\_\_  
'Cause we are the champions of the world

I've taken my <sup>7</sup> \_\_\_\_\_  
And my curtain calls  
You brought me fame and <sup>8</sup> \_\_\_\_\_  
and everything that goes with it  
I thank you all

But it's been no bed of roses  
No pleasure cruise  
I consider it a challenge before the whole human race  
And I ain't gonna lose  
(and I need to go on and on and on and on ...)

KEY APPENDIX 2

1. Time
2. Crime
3. Mistakes
4. Face
5. Friends
6. Losers
7. Bows
8. Fortune



# EXTREME SPORTS QUIZ

For each question choose one of the multiple answers then click done to check your results.

# 1. When did extreme sports gain popularity?

- A. During 90s
- B. During 70s
- C. During 80s

## 2. When was the X Games founded?

- A. 1994
- B. 1995
- C. 1992

### 3. How often are the X Games carried out?

- A. Annually
- B. Biannually
- C. Monthly

## 4. Who holds the world's record for mountain speed on snow?

- A. Simone Origone
- B. Max Stöckl
- C. Eric Barone

## 5. What is Xpogo?

- A. Performing tricks on pogo sticks
- B. Surfing
- C. Flying Paragliders

# Right answers

- 1. During 90s
- 2. 1995
- 3. Annually
- 4. Eric Barone
- 5. Performing tricks on pogo sticks

Identify the sports in the picture using the names given on the left.

# EXTREME SPORTS



a. extreme skiing

b. extreme canoeing

c. hydro speed

d. big jump

e. base jump

f. building

g. paragliding

h. big wall

i. cascade climbing

Now match the definitions to the picture.

1. \_\_\_\_\_: to glide down iced walls from a high altitude.
2. \_\_\_\_\_: to go down dangerous waters and jump from over 15 metre-high waterfalls.
3. \_\_\_\_\_: to jump off high mountains.
4. \_\_\_\_\_: fifteen second free falls at 120 km per hour from a helicopter or a balloon.
5. \_\_\_\_\_: considered the most risky sport in the world, jumpers choose high cliffs and throw themselves off; then wait until the last moment to open the parachute.
6. \_\_\_\_\_: to climb high walls, sometimes higher than 2000 metres
7. \_\_\_\_\_: to go down dangerous rivers with nothing but a small board.
8. \_\_\_\_\_: to climb waterfalls which have become frozen because of extreme cold.
9. \_\_\_\_\_: to climb high buildings or monuments in cities; besides the danger of falling, there's always the risk of getting arrested, as it is illegal.



Identify the sports in the picture using the names given on the left.

# EXTREME SPORTS



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Now match the definitions to the picture.

1. Extreme skiing to glide down iced walls from a high altitude.
2. Extreme canoeing: to go down dangerous waters and jump from over 15 metre-high waterfalls.
3. Paragliding: to jump off high mountains.
4. Big Jump: fifteen second free falls at 120 km per hour from a helicopter or a balloon.
5. Base Jump: considered the most risky sport in the world, jumpers choose high cliffs and throw themselves off; then wait until the last moment to open the parachute.
6. Big Wall: to climb high walls, sometimes higher than 2000 metres
7. Hydro speed: to go down dangerous rivers with nothing but a small board.
8. Cascade jumping: to climb waterfalls which have become frozen because of extreme cold.
9. Building: to climb high buildings or monuments in cities; besides the danger of falling, there's always the risk of getting arrested, as it is illegal.



## EXTREME SPORTS

If you find activities like jumping off cliffs, rafting, climbing, or scaling vertical rock faces very thrilling to you, then you are lucky. Your hobby of extreme sports will not only make you happy and excited, but also give benefits to your whole being.

What these sports have in common is the risk of uncertainty. It's somehow more dangerous than common exercise and activities, but it allows you to rely in yourself and leave your comfort zone. From here we can see that these extreme sports can actually improve our self esteem and increase our confidence. Extreme sports can give positive effects to your mental and physical health.

1.....

Extreme sports can push you to your physical and mental limits. When it happens, it's easy to mind, but that can lead to dangerous mistakes. People who regularly perform extreme sports actually can change the chemical makeup of their mind. When this happen, you become more capable of staying calm and focus during stressful situations. In your life, you will find that you are wiser in managing your stress or problems.

2.....

Extreme sports are actually stress relievers. The dopamine chemical, which is induced by the brain, will help keep you happy. While doing extreme sports such as wall climbing or jumping off a plane you are able to see the world in a different point of view, which also makes you feel a rush of contentment.

3.....

This seems like a no-brainer, because extreme sports really require you to work your body out. The bonus point is that extreme sports are way more fun than regular exercises. An hour of rafting can burn up to 500 calories, which is a great exercise if you want to stay in shape.

4.....

Extreme sports require your muscles to move in an unusual way than your daily activities. Yes, it can cause soreness after, but actually it is good for your overall physical fitness. When you embrace an extreme sport, you will begin working different muscles, and this will be a positive thing for your health.

5.....

Studies and researches have shown that those who take active vacations have very less chances of having a heart attack. Studies and researches have shown that those who take active sports have very less chances of having a heart attack. Also when you are active, you are reducing stress and anxiety, which in turn lessens the blood pressure.

6.....

Having a sense of humility is important for all of us. This makes us more relatable to others, and it can help to avoid the development of a negative reputation. With extreme activities, you have to embrace the fact that you are not perfect. In doing that, you must learn how to use safety equipment properly and be willing to listen to your instructor's directions.

READ THE TEXT AND CHOOSE THE BEST TITLE FOR EACH PARAGRAPH

1. **Gain a sense of humility**
2. **Healthy muscles**
3. **Ability to stay centered**
4. **Healthier heart**
5. **Stress reliever**
6. **Weight loss**

## **KEY**

- 1. Ability to stay centered**
- 2. Stress reliever**
- 3. Weight loss**
- 4. Healthy muscles**
- 5. Healthier heart**
- 6. Gain a sense of humility**

“Age is no barrier. It’s a limitation you put on your mind.”

“A trophy carries dust. Memories last forever.”

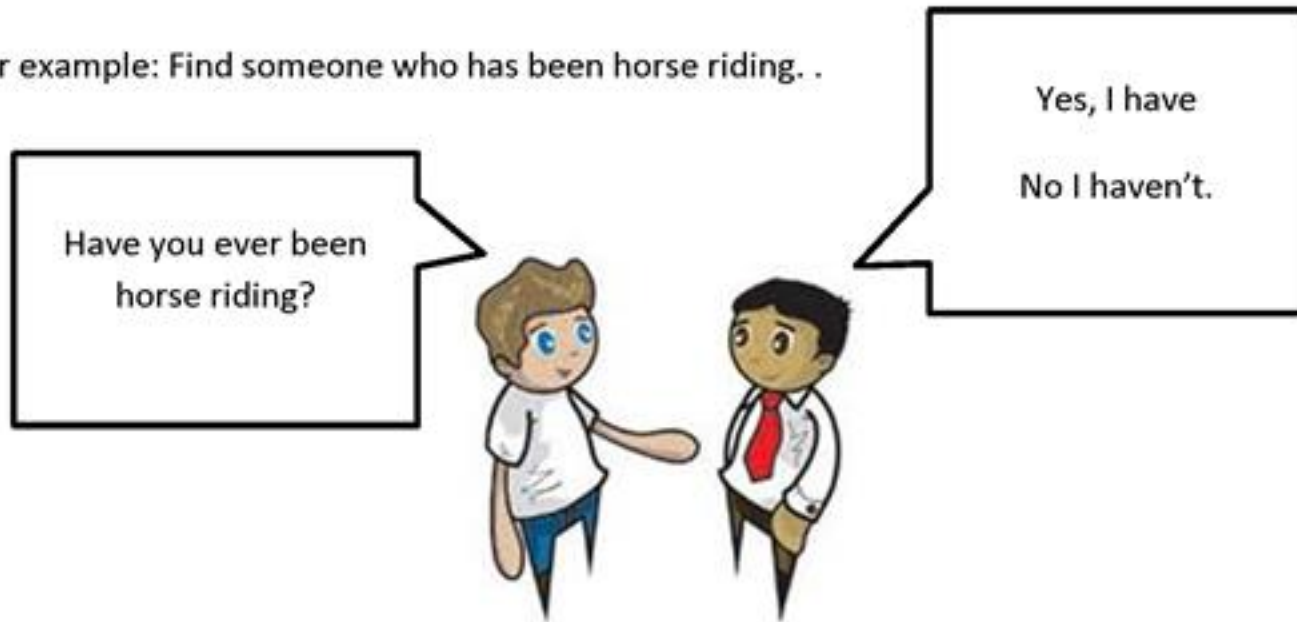
“It's not whether you get knocked down; it's whether you get up.”

“Make sure your worst enemy doesn’t live between your own two ears.”

“If you can’t outplay them, outwork them.”

# Find someone who:

For example: Find someone who has been horse riding. .



e.g. Has been horse riding. Sasha has been horse riding.

1. Has swum with dolphins.
2. Has climbed a mountain.
3. Has jumped off a bridge.
4. Has climbed a tree.
5. Has seen a shark.
6. Has been on a jet ski.
7. Has been skiing.
8. Has been skateboarding.
9. Has been SCUBA diving.
10. Has done a bungee jump.