Planeación semanal

Módulo 1, Semana 2: Hábitos Saludables
Componentes de lenguaje o habilidades

- Listening
- Speaking
- Reading
- Writing

Objetivos de aprendizaje

- Understand vocabulary related to healthy habits
- Discuss personal routines focusing on health
- Read and comprehend texts about healthy living
- Write a short paragraph describing healthy habits

Vocabulario

- exercise
- balanced diet
- nutrition
- hydration
- rest
- physical activity
- mental health
- well-being
- hygiene

- routine

Recursos o materiales para la semana

- Audio: Daily Healthy Habits
- Article: The Importance of Hydration
- Worksheet: My Healthy Week
- Infographic: Balanced Diet

Posibles dificultades
Dificultad:
Students may struggle with vocabulary pronunciation.
Recomendaciones para acompañar a los estudiantes:
Conduct a pronunciation drill using flashcards and repetition exercises.
Dificultad:
Difficulty in understanding fast speech from audio materials.
Recomendaciones para acompañar a los estudiantes:
Use transcripts/enabling pausing for discussion to enhance comprehension.
Evaluación informal
Recomendaciones para evaluar:

- Conduct quick oral quizzes at the end of each class
- Use thumbs up/down feedback after practice activities

Aspectos a observar:

- Correct use of vocabulary in sentences
- Participation in class discussions about routines
- Ability to identify key information in reading texts

Referencias
Resources adapted from British Council and American English resources.
Let's Talk About Health
Descripción:
Start with a brainstorm session about what it means to be healthy.
Duración aproximada:

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10 minutes
Tipo de interacción:
Whole Class
Componentes de lenguaje o habilidades:

- Speaking
- Listening

Recursos o materiales para la actividad:

- Whiteboard
- Markers

Fuente:
Teacher Generated
Paso a paso:

- Ask students: 'What does being healthy mean to you?' and write their answers on the board.
- Guide students to categorize their responses into physical, mental, and social health.
- Prompt students to think of examples for each category.

Recomendaciones de ajuste por nivel de inglés:

- Ask beginners to mention any word relating to health they know already.

Audio: Daily Healthy Habits
Descripción:
Listen to an audio on healthy habits, focusing on daily routines.
Duración aproximada:
20 minutes
Tipo de interacción:
Whole Class
Componentes de lenguaje o habilidades:

- Listening
- Discussion

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Recursos o materiales para la actividad:

- Audio: Daily Healthy Habits

resources:

- ...

Fuente:
Official
Paso a paso:

- Play the audio about daily healthy habits focusing on routines.
- Pause after each segment to discuss key vocabulary.
- Ask comprehension questions to the class as they listen.

Recomendaciones de ajuste por nivel de inglés:

- For advanced students, ask them to take notes on what they learn.

Read: Importance of Hydration
Descripción:
Read an article emphasizing the importance of staying hydrated.
Duración aproximada:
30 minutes
Tipo de interacción:
Pairs
Componentes de lenguaje o habilidades:

- Reading
- Discussion

Recursos o materiales para la actividad:

- Article: The Importance of Hydration

resources:

- ...

Fuente:
Official
Paso a paso:

- Provide students with the article and ask them to read silently.
- Pair students up to discuss the article's main points and vocabulary.
- Encourage pairs to create a visual representation of key concepts.

Recomendaciones de ajuste por nivel de inglés:

- Provide highlighted key points for beginners to simplify the reading process.

Wrap-Up: What Did We Learn?
Descripción:
Quick review of the day's input activities and key takeaways.
Duración aproximada:
10 minutes
Tipo de interacción:
Whole Class
Componentes de lenguaje o habilidades:

- Speaking

Recursos o materiales para la actividad:

- Whiteboard

Fuente:
Teacher Generated
Paso a paso:

- Conduct a group discussion asking students to volunteer main ideas from the audio and article.
- Summarize key points on the whiteboard for visualization.
- Ask students to share one new thing they learned about healthy habits.

Recomendaciones de ajuste por nivel de inglés:

- Beginners can use their notes to aid memory recall.

Additional Reading
Descripción:
Read a short story about a healthy morning routine.
Duración aproximada:
15 minutes
Tipo de interacción:
Independent
Componentes de lenguaje o habilidades:

- Reading

Fuente:
Teacher Generated
Paso a paso:

- Distribute the story and allow students to read independently.
- Highlight any new or challenging words before reading.
- Have students summarize the story's main events.

Recomendaciones de ajuste por nivel de inglés:

- Advanced students can write a short paragraph about their own morning routines.

Healthy Habits Recap
Descripción:
Quick recall of previously learned healthy habits vocabulary.
Duración aproximada:
10 minutes
Tipo de interacción:
Whole Class
Componentes de lenguaje o habilidades:

- Speaking
- Listening

Recursos o materiales para la actividad:

- Flashcards

Fuente:

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Teacher Generated
Paso a paso:

- Use flashcards to prompt students to recall and pronounce vocabulary.
- Encourage volunteers to create sentences using the vocabulary.
- Highlight new words students remembered from previous lessons.

Recomendaciones de ajuste por nivel de inglés:

- For beginners, offer sentence starters to facilitate sentence creation.

Collaborative Project: My Healthy Poster
Descripción:
Students work together to create a poster of healthy habits.
Duración aproximada:
30 minutes
Tipo de interacción:
Small Groups
Componentes de lenguaje o habilidades:

- Speaking
- Writing
- Creativity

Recursos o materiales para la actividad:

- Poster paper
- Markers
- Magazines for clippings

Fuente:
Teacher Generated
Paso a paso:

- Divide students into small groups and assign each a topic (e.g., exercise, nutrition).

- Explain the task: create a poster that highlights the importance of their assigned healthy habit.
- Guide students to research and include new information from previous lessons.

Recomendaciones de ajuste por nivel de inglés:

- Assign specific roles within each group to ensure participation from all levels.

Presentation Practice
Descripción:
Groups present their healthy posters to the class.
Duración aproximada:
30 minutes
Tipo de interacción:
Whole Class
Componentes de lenguaje o habilidades:

- Speaking
- Listening

Fuente:
Teacher Generated
Paso a paso:

- Each group presents their poster to the class.
- Encourage them to use key vocabulary and concepts introduced during the week.
- Allow time for questions and feedback from other students.

Recomendaciones de ajuste por nivel de inglés:

- Provide presentation frameworks for beginners to help organize their thoughts.

Reflect and Share
Descripción:
Class reflection on the collaborative activity and week topics.
Duración aproximada:
10 minutes
Tipo de interacción:

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Whole Class
Componentes de lenguaje o habilidades:

- Speaking
- Metacognition

Fuente:
Teacher Generated
Paso a paso:

- Ask students to share what they enjoyed about the collaborative project.
- Discuss which healthy habits they find most important and why.
- Reflect on any new perspectives learned about healthy living.

Recomendaciones de ajuste por nivel de inglés:

- Use structured reflection prompts to assist beginners in articulating their thoughts.

Homework Assignment
Descripción:
Write a reflection on a healthy routine you wish to start.
Duración aproximada:
15 minutes
Tipo de interacción:
Independent
Componentes de lenguaje o habilidades:

- Writing

Fuente:
Teacher Generated
Paso a paso:

- Assign students to write a paragraph about a new healthy habit they want to adopt.
- Encourage them to include reasoning and potential benefits.
- Share peer feedback next class to encourage accountability.

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Recomendaciones de ajuste por nivel de inglés:

- Provide a writing framework outlining paragraph structure for beginners.