

SLEEP

Level: upper- intermediate (B1/B2)

Time: 45 minutes

Aims:

- To learn some facts about sleep
- To name different stages of sleep
- To read for detailed information
- To recognize some words connected with body rhythm
- To look for specific information in the internet (preparation for WebQuest)

Language items to be taught: words connected with sleep / body and its functions

Language functions:

- To describe body functions, problems
- To talk about sleep habits
- To read about sleep
- To find out about our body rhythm

CLIL: Biology and chemistry

Materials: Web pages / worksheet A

Introduction:

The lessons consist of a series of activities to help students discuss the idea of sleep as a process. The material used during the lessons covers the issues connected with biology and chemistry.

STAGE	AIMS	PROCEDURE	TIME	MATERIALS
Introduction	To start the lesson : The aim of this task is to get students interested in the topic and to get them to talk about their sleeping routines.	Teacher asks students how many hours per day they sleep, what time they go to bed and wake up.	2-3 min	
Warm-up activity - brainstorming	To brainstorm some ideas connected with sleep	After a short discussion (warm-up) Teacher asks students if they know why we sleep. Teacher writes down students' ideas on the board. Then asks students to go to page : http://www.bbc.co.uk/science/humanbody/sleep/ Next teacher asks students to find an article: Why do we sleep? And read this part (http://www.bbc.co.uk/science/humanbody/sleep/articles/whatisleep.shtml) Teacher asks students if they were right before reading this text and writes down some more answers on the board. Teacher tries to explain any vocabulary that was not clear to students.	10 min	Web pages: http://www.bbc.co.uk/science/humanbody/sleep/ http://www.bbc.co.uk/science/humanbody/sleep/articles/whatisleep.shtml

Main part of the lesson	To discuss some ideas To practice reading for detailed information To use web pages for webquest	1. Reading for specific information. Teacher asks students what would happen if we didn't sleep. Students work in pairs while trying to work out some answers. Next students compare their own ideas. Any new vocabulary that appears in this task should be clarified. Then students go to page: http://www.bbc.co.uk/science/humanbody/sleep/articles/whatissleep.shtml and read the text. Teacher checks if students know the meaning of the words, if not tries to explain them.	10 min	Web page : http://www.bbc.co.uk/science/humanbody/sleep/articles/whatissleep.shtml
		2. Reading for specific information 2 – pair work. The aim of this task is to read the text about different stages of our sleep. Teacher explains students that there are different stages of our sleep and asks them if they know it. If not Teacher puts the names on the board. Teacher gives students worksheet A and asks them to complete the missing information. When students are ready (about 5-6 minutes) Teacher checks the answers with students and explains any words students had problems with.	10 min	Worksheet A
		3.Questionnaire Teachers asks students to go to page : http://www.bbc.co.uk/science/humanbody/sleep/crt/ and do the questionnaire about their daily rhythm . Next students compare their results and discuss them.	6-7 min	http://www.bbc.co.uk/science/humanbody/sleep/crt/
Wrap-up	To summarize the lesson To check students reactions	Teacher asks students about some words which were used during the class and checks if students remember some facts from the lesson. Teacher explains how important is sleep for studying and concentration. To finish the topic students got to page : http://www.bbc.co.uk/science/humanbody/sleep/sheep/ and do the quiz : How fast are your reactions? If any time left, students can compare their results and try to improve their skills.	5 min	Web page : http://www.bbc.co.uk/science/humanbody/sleep/sheep/

Useful links:

<http://www.bbc.co.uk/science/humanbody/sleep/>

<http://www.bbc.co.uk/science/humanbody/sleep/sheep/>

<http://www.bbc.co.uk/science/humanbody/sleep/crt/>

<http://www.bbc.co.uk/science/humanbody/sleep/articles/whatissleep.shtml>