

Lesson Plan

Topic: *The Body's Limits – Physical and Mental Endurance*

Book: *Solutions Intermediate 3rd Edition*

Unit: 3C – *The Body's Limits*

Lesson Duration: 90 minutes

Main Skill: Reading + Vocabulary (physical and mental endurance)

Teacher: Suiunbekova Aiperi

Competencies developed ----

PO 1 -- Владеет тремя языками: государственным и официальным на уровне B1, иностранный язык – на уровне B2 для социального общения и усовершенствования самообразования

OK1. Уметь организовать собственную деятельность, выбирать методы и способы выполнения профессиональных задач, оценивать их эффективность и качество;

ПК1. Знает фонетику, грамматику и лексику изучаемого языка

ПК4. Владеть всеми четырьмя видами речевой деятельности (говорение, чтение, письмо и аудирование). Умеет вести монологическую и диалогическую речь на иностранном языке;

Lesson Objectives

By the end of the lesson, students will be able to:

1. Understand and discuss the topic of physical and mental limits.
2. Learn and use new vocabulary related to the human body and endurance.
3. Practice reading for gist and for detail.
4. Develop speaking skills through pair and group discussions.

Materials

- *Solutions Intermediate 3rd edition* (Unit 3C pages 32–33)
- Projector / board
- Worksheets (if needed)
- Audio recording (optional, from teacher's resources)

Lesson Stages

Warm-up (10 minutes)

Aim: Activate students' background knowledge and introduce the topic.

Procedure:

- Ask: "What physical or mental challenges can you think of?"
 - Show photos of athletes, mountain climbers, marathon runners, etc.
 - Brief discussion: "What do you think are the limits of the human body?"
- Interaction:** Whole class
Language focus: Elicit words like *strength, exhaustion, pain, limit, endurance*.

Vocabulary Pre-teaching (15 minutes)

Aim: Pre-teach key words from the text.

Write or show the following on the board:

exhausted, stamina, endure, dehydrated, collapse, recover, push yourself, challenge.

- Students match words with definitions or pictures.
- Practice pronunciation.
- Do a short gap-fill activity in pairs.

Interaction: Pair work

Reading – Gist (10 minutes)

Aim: Understand the main idea of the text "The Body's Limits."

Students read the text quickly (page 32–33) and answer:

What is the main idea?

Who are the people described in the text?

What challenges did they face?

Interaction: Individual → Pair check → Whole class feedback

Vocabulary Practice (10 minutes)

- Matching exercise: words → synonyms/definitions
 - Example sentences: Students complete or create their own.
- Example:
When you are dehydrated, you need to...
To improve stamina, you should...

Speaking Activity (15 minutes)

Aim: Develop speaking and critical thinking skills.

- In small groups, discuss:

1. What is the hardest physical or mental challenge you have faced?
 2. How did you overcome it?
 3. Do you agree that "The mind gives up before the body"? Why or why not?
- Encourage use of new vocabulary.

Interaction: Group work → Class discussion

Grammar Focus

Aim: Review use of modals of ability and possibility (can, could, be able to, manage to).

Procedure:

- Elicit sentences from the text using modals.
- Short practice: fill-in-the-gap or sentence transformation.

Wrap-up and Homework (5 minutes)

- Quick quiz: teacher says definitions → students recall vocabulary.
- Homework:
 - Write a short paragraph : *"A time when I reached my physical or mental limit."*
 - Review vocabulary from Unit 3C.