

STYLING THE PERFECT FIGURE - Scénario pédagogique

<u>Classe de</u>	•1e Littéraire
<u>Niveau</u>	•B1 EO ➤faire un bref exposé sur un sujet que je connais bien à condition d'avoir préparé avant CO ➤comprendre les points principaux des programmes télévisés sur des sujets familiers IO ➤participer activement et sans préparation à toute discussion sur un thème qui m'est familier.
<u>Durée de la séquence</u>	•4 séances + évaluation
<u>Objectifs:</u>	• <u>Méthodologiques</u> présentation orale d'un projet technique ; argumentation • <u>Culturels:</u> JO de Londres athlètes célèbres : Jessica Ennis ; Mo Farah ; personnage célèbre : Daniel Craig • <u>Linguistiques :</u> lexique de l'anatomie ; lexique de la salle de sport • <u>Grammaticaux :</u> donner des consignes claires et précises ; justifier ses choix
<u>Documents :</u>	•Powerpoint « Training for a reason » •vidéos : Jessica Ennis training: http://www.youtube.com/watch?v=iAGxNfbqzrg Mo Farah 5000m: http://www.youtube.com/watch?v=KEyt3Ijt50E + training: http://www.youtube.com/watch?v=fenQOEcGlfU •vocabulary charts : the human body ; musculature anatomy chart •worksheet for listening comprehension
<u>Tâche finale :</u>	•Préparer un projet de musculation pour une vedette ou sportif célèbre dans le but d'un entraînement spécifique et le présenter à l'oral.

DEROULEMENT DE LA SEQUENCE

ACTIVITES	OBJECTIF DIDACTIQUE	TRAVAIL ELEVE
<p>Appetizer -hangman «sport »</p> <p>Pairwork "our sporting portrait".</p> <p>Watch powerpoint "Training for a reason" Watch powerpoint a second time and identify gender differences. Report back and reformulate.</p> <p>Body part chart</p>	<p>Announce the overall framework.</p> <p>Setting the scene for next 3 weeks.</p> <p>Visual overview of threads of chapter. Focus on specific male/ female issues in bodybuilding</p> <p>Preparing necessary vocabulary</p>	<p>Class activity</p> <p>Interview partner to find out about their sport habits and report back to class.</p> <p>Watch, take notes, report back. Watch and complete the table "styling the perfect figure</p> <p>Match up the vocab at the bottom to the arrows on the body; race to see who finishes first.</p> <p>Hwk: What is the women's heptathlon? Name the events and the order in which they are performed.</p>
<p>Check hwk.</p> <p>Watch video Jessica Ennis: http://www.youtube.com/watch?v=iAGxNfbqzrg</p> <p>Pairwork "2012 Olympic Games -Jessica Ennis". Fill the table and be prepared to comment on the development of the competition from beginning to end.</p> <p>Groupwork; designing a specific training program.</p>	<p>Recognizing an international sporting star.</p> <p>Learning detailed information about an Olympic victory</p> <p>Think about the specific training requirements for a given athlete.</p>	<p>Watch and take notes; what sort of preparation is she doing?</p> <p>Find the missing information by asking the precise questions.</p> <p>Imagine that you are Toni Minichiello, Jessica Ennis' trainer. Prepare her training program in preparation for the Olympics</p>
<p>Listening comprehension. Watch video Mo Farah 5000m: http://www.youtube.com/watch?v=KEyt3ljt50E Exchange ideas and notes. Watch again and complete worksheet. Class feedback on Mo Farah's achievements.</p>	<p>Meeting an international sporting star.</p> <p>Listening for specific information.</p>	<p>Watch and take notes; be prepared to report back.</p> <p>Listen and complete gapfill activity.</p>

<p>Groupwork; designing a specific training program then report back to class.</p> <p>Watch Mo Farah training video and say what surprises you: http://www.youtube.com/watch?v=fenQ0EcGlfU</p>	<p>Think about the specific training requirements for a given athlete.</p> <p>Observing innovative training approaches; thinking about the specific training requirements.</p>	<p>Imagine a training programme for Mo Farah in preparation for the Olympics (5000m and 10 000m)</p> <p>Watch and take notes; be prepared to report back.</p> <p>Hwk. Write up a training program for Jessica Ennis or Mo Farah.</p>
<p>Computer room. Work in groups of three. Find information about Daniel Craig and the character he plays in the 007 movies.</p> <p>Interaction: group confrontation and assessment.</p>	<p>Think about the specific training requirements for an actor; transferring knowledge of sport requirements to aesthetic domain.</p> <p>Listening to another point of view on the same activity; practicing presentation skills; listening to others in order to self-assess.</p>	<p>You are Daniel Craig's fitness trainer. Design a training program in preparation for his appearance as James Bond in <i>Skyfall</i>. Think about the types of exercise, the amount of time or number of repetitions for each one, the muscles you are focusing on and why, the number of days weeks it will take to achieve and why.</p> <p>Listen to the other group presenting Daniel Craig's training program; comment on their assessment of the exercise.</p>
<p>Final task. Oral presentation in groups.</p>		<p>Work in groups of three to prepare an oral presentation of 5-8 minutes. Choose a famous actor, model or sportsperson and present their training program. You can use a powerpoint to illustrate your program if you wish.</p> <ol style="list-style-type: none"> 1. Who are they? their sport /films, origins, age....; past successes; future projects. 2. Training program their overall objective, how to achieve it. <p><i>This can be fictitious (invented but plausible) if you can't find the precise information!</i></p>