# 江苏省 XY 中等专业学校 2022-2023-2 教案

编号:

| 备课 组别    | 英语组                                          | 所在<br>年级<br>一年级           | 主备         |  |
|----------|----------------------------------------------|---------------------------|------------|--|
| 授课       | 授课                                           | 授课                        | 授课         |  |
| 教师       | 系部   II-:40 II-                              | 班级                        | 日期         |  |
| 课题       |                                              | alth and Fitness          | · (1)      |  |
|          | Warming up & Listening and Speaking (1)      |                           |            |  |
| 教学       | 1. ss can understand some conversat          |                           | ms<br>     |  |
| <br>  目标 | 2. ss can describe some illness symp         |                           |            |  |
| H 1.2    | 3. ss can give some treatment sugges         | stions for health probler | ns<br>     |  |
| 重点       | ss can communicate different health problems |                           |            |  |
| 难点       | ss can skillfully give medical advice        | on health problems        |            |  |
| 教法       | Task-based Teaching Method. Situ             | national learning.        |            |  |
| 教学<br>设备 | Multi-media .CD                              |                           |            |  |
| 教学 环节    | 教学活动内容及组织                                    | 织过程                       | 个案补充       |  |
|          | Step1: Lead in                               |                           |            |  |
|          | 1.Students use actions to                    | express physical          | I agus tha |  |
|          | discomfort. Other students gue               | ss and say relevant       | Learn the  |  |
|          | words.                                       | vocabularies              |            |  |
| ابد      | 2. Provide pictures for studer               | about different           |            |  |
|          | words.                                       | illness.                  |            |  |
| 教学内容     | Step2: Warming Up                            |                           |            |  |
| 内        | 1. Think and match                           |                           |            |  |
| 容        | (1) Brainstorm: Students t                   |                           |            |  |
|          | health problems and the teach                |                           |            |  |
|          | pictures to arouse their attentio            |                           |            |  |
|          | allergy                                      | toothache                 |            |  |
|          | fever                                        | stomachache               |            |  |
|          | under pressure                               |                           |            |  |
|          |                                              |                           |            |  |

教学内容

2. Tick and discuss

(1)ss look at the pictures and know about the key words and phrases.

Sings of unwellness: feel tired. Feel worried

Have a sore throat. Lose your temper

Your suggestion: see a doctor. Drink plenty of water

Have a good rest. Ask others for help.

You may ask:

You don't look well, what's wrong with you?

┨...

-You should...

(2) Group work: Students work in pairs and ask each other about their symptoms and give advice.

Step 3: Listening

1. Listen and tick.

Look at the pictures and let students predict the content of the listening. Then play the listening.

2. Listen and decide.

Before playing the listening, ask students to pay attention to the key points. Then get the right key points.

Use sentence patterns to talk about illness and therapeutic method.

Understand the treatment methods of different disease.

|        | Stpe4: New words and expressions         |
|--------|------------------------------------------|
|        | temper 脾气                                |
|        | symptoms 症状                              |
| 教<br>学 | pressure 压力                              |
| 内容     | worse 糟糕的                                |
|        | have a sore throat 嗓子发炎                  |
|        | toothache 牙疼                             |
|        | Step5: Conclusion                        |
|        | 1. make a summary about key words and    |
|        | phrases.                                 |
|        | 2. 结合教材听说部分的配套微课,总结本课所学。                 |
|        | Step 6: Homework                         |
|        | make a dialogue about ask about symptoms |
|        | and give solutions.                      |
|        |                                          |
| 板      | Unit2 Health and Fitness                 |
| 书设     | Warming up and listening and speaking    |
| 计      | New words and expressions                |
|        |                                          |

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|-------|--------------------------------------------------|----------------------|-------------|----------------|-------------------|
|       |                                                  | 1                    |             |                |                   |
|       | 7, 1                                             | Unit2 He             | 1           | Fitness        |                   |
| 课题    | V                                                | Warming up & Li      | stening a   | and Speaking   | g (2)             |
| 教学    | 1. ss can unders                                 | stand some conversa  | tion about  | health proble  | ms                |
|       | 2. ss can descri                                 | be some illness symp | otoms by t  | hemselves      |                   |
| 目标    | 3. ss can give so                                | ome treatment sugge  | estions for | health probler | ns<br>            |
| 重点    | ss can communicate different health problems     |                      |             |                |                   |
| 难点    | ss can skillfully                                | give medical advice  | e on health | n problems     |                   |
| 教法    | Task-based Tea                                   | ching Method. Sit    | uational le | earning.       |                   |
| 教学 设备 | Multi-media .CD                                  |                      |             |                |                   |
| 教学 环节 | 教学活动内容及组织过程                                      |                      |             | 个案补充           |                   |
|       | Step1: Lead i                                    | n                    |             |                |                   |
|       | 1) Introduce                                     | the background o     | f the con   | versation.     | Listen and answer |
|       | 2) Review th                                     | e new words and      | dexpress    | sion in last   | the questions.    |
| 盐     | class.                                           |                      |             |                |                   |
|       | Step2: leaning .listening and underline          |                      |             |                |                   |
|       | 1) Listen and answer.                            |                      |             |                |                   |
| 教 学   | Listen the recording twice. Pay attention to imi |                      |             |                |                   |
| 教学内容  | tate the voice tone of the recording.            |                      |             |                |                   |
|       | At the first time let students answer What m     |                      |             |                |                   |
|       | edical condition does he have?" At the second    |                      |             |                |                   |
|       | time, present some detailed questions What a     |                      |             |                |                   |
|       | dvice did the                                    | doctor give?"        |             |                |                   |

2) Read and underline.

Read the dialogue after the recording to underline the sentences about disease. Then check the answers.

3) Language points analysis.

Analyze the important words and phrases of the dialogue:appointment number, have a sore throat, have a terrible cough, have a bad cold, take medicine, have a good rest, heavy food, do more exercise, avoid, recover

1. appointment number 预约号

eg:If you can't remember your number, write it

in code in an appointment book.

- 2. have a sore throat 喉咙痛 eg:You sound that you have a sore throat.
- 3. have a terrible cough 严重的咳嗽 eg:I have a terrible cough
- 4. have a bad cold 重感冒eg:I'm sick. I have a bad cold.
- 5. take medicine 吃药 eg:Please don't forget to take medicine.

Follow the recording and finish the task.

- 6. have a good rest 有良好的休息 eg:The heavy food unsettled his stomach.
- 7. heavy food 难消化的食物 eg:The heavy food unsettled his stomach.
- 8. do more exercise 做更多的锻炼 eg:You should do more exercise.
- 9. avoid 避免 eg:I had to swerve to avoid a cat.
- 10. recover 恢复 eg:I sincerely hope you will soon recover

Step 3: Speaking

1.Imitate and practice.

Practice imitating the doctor's visit with a partner.

Information: under pressure(don't look well, busy all the time, stay up late, tired, find help from a team),toothache(like sweet food, have a decayed tooth, brush teeth twice a day)

The ss discuss activity 6 and some important sentences. ss discuss the two pictures

What's happening?

What can you see from the picture?

What other symptoms do you know?

2)Make own dialogue using the information above, then act it out in front of the class.

Understand the
treatment method
of different
diseases and give
suggestions
according to their
needs.

| Complete consultation and answer on health proble ms and talk with peers according to needs. 重点句型: Here is my appointment number. How long have you been like this? I'm afraid you have What else should i pay attention to?  Step5:Homework Imitate activity 6 and the dialogue you have made in class to make up another one  Unit2 Health and Fitness Here is my appointment number. How long have you been like this? I'm afraid you have What else should i pay attention to? | with peers according to needs.  appointment number.  ave you been like this?  ou have  avoid i pay attention to?  ework  atty 6 and the dialogue you have made in  e up another one  and Fitness  appointment number.  ave you been like this?  ou have |    | Step4: Role play.                                    |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------------------------------------------------------|--|--|--|
| 重点句型: Here is my appointment number. How long have you been like this? I'm afraid you have What else should i pay attention to?  Step5:Homework Imitate activity 6 and the dialogue you have made in class to make up another one  Unit2 Health and Fitness Here is my appointment number. How long have you been like this? I'm afraid you have                                                                                                                                   | appointment number.  ave you been like this?  ou have  nould i pay attention to?  ework  rity 6 and the dialogue you have made in  e up another one  n and Fitness  appointment number.  ave you been like this?  ou have  nould i pay attention to?    |    | Complete consultation and answer on health proble    |  |  |  |
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| I'm afraid you have What else should i pay attention to?  Step5:Homework Imitate activity 6 and the dialogue you have made in class to make up another one  Unit2 Health and Fitness Here is my appointment number.  How long have you been like this? I'm afraid you have                                                                                                                                                                                                         | ou have  nould i pay attention to?  ework  rity 6 and the dialogue you have made in  e up another one  n and Fitness  appointment number.  ave you been like this?  ou have  nould i pay attention to?                                                  |    | Here is my appointment number.                       |  |  |  |
| What else should i pay attention to?  Step5:Homework Imitate activity 6 and the dialogue you have made in class to make up another one  Unit2 Health and Fitness Here is my appointment number.  How long have you been like this?  I'm afraid you have                                                                                                                                                                                                                            | ework  Fity 6 and the dialogue you have made in the up another one  In and Fitness appointment number.  Fave you been like this?  Four have  Found i pay attention to?                                                                                  |    | How long have you been like this?                    |  |  |  |
| Step5:Homework Imitate activity 6 and the dialogue you have made in class to make up another one  Unit2 Health and Fitness Here is my appointment number.  How long have you been like this? I'm afraid you have                                                                                                                                                                                                                                                                   | ework  Tity 6 and the dialogue you have made in the up another one  In and Fitness Interpointment number. The ave you been like this? The ou have The ould i pay attention to?                                                                          |    | I'm afraid you have                                  |  |  |  |
| Imitate activity 6 and the dialogue you have made in class to make up another one  Unit2 Health and Fitness Here is my appointment number.  杨                                                                                                                                                                                                                                                                                                                                      | rity 6 and the dialogue you have made in the up another one and Fitness appointment number. The ave you been like this? The sou have In a pay attention to?                                                                                             |    | What else should i pay attention to?                 |  |  |  |
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| Unit2 Health and Fitness Here is my appointment number.  杨                                                                                                                                                                                                                                                                                                                                                                                                                         | n and Fitness appointment number. ave you been like this? ou have hould i pay attention to?                                                                                                                                                             |    | Step5:Homework                                       |  |  |  |
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| Here is my appointment number.  村 How long have you been like this?  I'm afraid you have                                                                                                                                                                                                                                                                                                                                                                                           | appointment number.  ave you been like this?  ou have  nould i pay attention to?                                                                                                                                                                        |    |                                                      |  |  |  |
| 板 书 设 How long have you been like this?   计 I'm afraid you have                                                                                                                                                                                                                                                                                                                                                                                                                    | ave you been like this?  ou have  nould i pay attention to?                                                                                                                                                                                             |    | Unit2 Health and Fitness                             |  |  |  |
| 书 设 How long have you been like this?<br>计 I'm afraid you have                                                                                                                                                                                                                                                                                                                                                                                                                     | ou have nould i pay attention to?                                                                                                                                                                                                                       | 1  | Here is my appointment number.                       |  |  |  |
| 计 I'm afraid you have                                                                                                                                                                                                                                                                                                                                                                                                                                                              | nould i pay attention to?                                                                                                                                                                                                                               | 枚书 | How long have you been like this?                    |  |  |  |
| What else should i pay attention to?                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                         |    | I'm afraid you have                                  |  |  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 教后札记                                                                                                                                                                                                                                                    |    | What else should i pay attention to?                 |  |  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 教后札记                                                                                                                                                                                                                                                    |    |                                                      |  |  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                         |    | 教后札记                                                 |  |  |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                         |    |                                                      |  |  |  |

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|----------|------------------------------------------------------------|-----------------------|---------------------|--|--|
| 授课教师     | 授课 系部                                                      | 授课<br>班级              | 授课<br>日期            |  |  |
| 课题       | Unit2 Health and Fitne                                     | ess Reading and wri   | ting (1)            |  |  |
| 教学       | ss can read articles about health                          | n issues and the imp  | ortance of exercise |  |  |
|          | ss can follow the prompts to co                            | omplete the reply abo | out health          |  |  |
| 目标       | ss can get information from the text and finish the poster |                       |                     |  |  |
| 重点       | Master the vocabulary and sent                             | ence to describe hea  | alth problems       |  |  |
| 难点       | Use the knowledge learned to o                             | complete the reply a  | bout health website |  |  |
| 教法       | Task—based Teaching Method Situational learning            |                       |                     |  |  |
| 教学 设备    | Multi-media CD                                             |                       |                     |  |  |
| 教学<br>环节 | 教学活动内容及组织                                                  | 织过程                   | 个案补充                |  |  |
|          | Step 1 Warming Up                                          |                       |                     |  |  |
|          | Lead in:                                                   |                       |                     |  |  |
|          | How long can you take a walk every day?                    |                       |                     |  |  |
|          | How many hours do your gl                                  | Use sentence          |                     |  |  |
| 教学内容     | every day?                                                 | patterns to           |                     |  |  |
|          | Step 2 Pre-reading                                         | discuss your          |                     |  |  |
|          | 1. Think and discuss.                                      | healthy habit.        |                     |  |  |
|          | Group discuss:                                             |                       |                     |  |  |
|          | (1) What are the benefits of exercise                      |                       |                     |  |  |
|          | (2) Health problems you've encountered around              |                       |                     |  |  |
|          | you                                                        |                       |                     |  |  |

- 1. Read and choose.
- 1) Students scan the text and understand the points of every sentence.
- (2) Students scan the text and find out the key sentences and choose the main idea.
  - A.list the health problems modern people have.
- B.Complain that people are less active nowadays.
  - C. Explain the benefits of exercise.

### 2. Read and complete

- (1) The teacher lead the students to read and skim the text.
- (2) Students try to finish the blanks and check them.
- 3. Read and decide
- (1)Many people are burning off more energy because their life is busier than before.
- (2)Modern health problems may include being overweight, moving around less and having too much work pressure.

(3) Exercise is one of the best ways to keep people away from modern health problems.

### 4.Read and reorder

Rank the following sentences about health according to the text.

A. First exercise can reduce people s chances to develop heart disease or cancer.

B. What is more, exercise can reduce people's risk of suffering from stress and depression.

C. Exercise can help people lead a healthier and life despite their age.

D. All in all, exercise would be one of the best medicines ever invented to increase people's life quality.

E. Second, exercise can boost people's self-respect, mood, sleep quality and energy.

|     | Conclusion.                                          |  |  |
|-----|------------------------------------------------------|--|--|
|     | The teacher make a summary about the text.           |  |  |
|     | According to task 11 and 13, try to conclusion the   |  |  |
|     | problems and solutions about modern health.          |  |  |
| 学内容 |                                                      |  |  |
|     | Step5: Homework                                      |  |  |
|     | 1. According to task, try to conclusion the problems |  |  |
|     | and solutions about modern health.                   |  |  |
|     | 2. Ss collect information about health problem.      |  |  |
|     | 3. Write a brief diary, about your health problems   |  |  |
|     | and how to improve them.                             |  |  |
|     |                                                      |  |  |
|     |                                                      |  |  |
| 板 书 | Unit2 Health and Fitness Reading and writing(1)      |  |  |
| 书设计 | Phenomenon reason solution benefit                   |  |  |
|     | <b>】</b> 数后札记                                        |  |  |
|     |                                                      |  |  |
|     |                                                      |  |  |
|     |                                                      |  |  |

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