

《高中英语（上外版）》选择性必修第三册 Unit 1 Fighting Stress

课时：第 4 课时

课题：Dealing with School Stress

课型：视听课

设计者：复旦附中 李祯

一、教学设计与说明

1. 教学目标

本课为本单元的第 4 课时，核心目标为引导学生在视听任务中学会提取关键词获取主要信息，理解并能描述应付压力的方法。

2. 设计思路

Listening Practice 是一篇说明文，该文章讲述了休息对于青少年的重要性以及青少年应该如何应付压力，适合精听。Viewing Practice 是一篇演讲，演讲者在演讲中介绍了某个研究发现，并指出虽然压力对人有危害，但是压力所带来的破坏性的影响是可以避免的，适合泛看。教学中要关注学生需要习得积累的主题词汇（如 break, relax, stress, resilience），也要关注语篇中的一些生词、词组如：escape into another world, retain, unwind, transform, stress-related increase in dying 等。

教学从 Listening Practice 入手，帮助学生了解青少年对于压力的理解；以“我是怎么缓解压力”为线索，转向 Viewing Practice；分析演讲语篇的情境语境，关注听力关键词，获取语篇关键信息，分享对于压力的理解，讨论缓解压力的意义及方法。课后基于所学，复习处理压力的方式和意义，继而继续深入学习，让学生探讨放松的方法及原因，制作介绍这些方式的 PPT，并辅以表格，视频，照片等视觉资料，从基本理解到深入理解，最终综合运用。

整个教学遵循从“听”到“看”的基本过程，以教师—语篇—学生形成三者之间的互动为基本方法，通过把握语篇模式，掌握语篇结构与内容要素，在学习活动中促使学生习得语言形式、迁移语言运用、把握语篇模式、分享传承意义。在整个教学过程中，渗透多元评价，采用线上线下“混合式”学习。

3. 教学重点及难点

视听的过程通过关注说话人重音、语速等来获取关键信息；

Lesson Plan

By the end of the period, Ss will be able to:

1. grasp the key information of the audio Dealing with School Stress
2. understand and integrate the information the Video clip *How to Make Stress Your Friend* and figure out how to deal with stress
3. share the understanding of how to deal with stress

Procedures:

I. Lead-in

* Interactive Task 1: Review and brainstorm

*Teacher: Ask Ss to define stress.

*Students: Answer the T's questions.

Purpose: To activate the Ss' previous knowledge

Guided Questions:

1. *What is stress?*
2. *What makes you feel stressed?*
3. *Could you brainstorm the effects of stress?*
4. *How to cope with stress?*

II. While-listening and interactions

* Interactive Task 4: Listen and take notes.

*Teacher: Play the clip and guide Ss to listen.

*Students: Listen for the 1st time, take notes for the key information mentioned, pays attention to topic related words and figure out the elements they heard.

Purpose: To get the main idea of the clip..

Guided Questions:

1. *What is the recording mainly about?*
2. *Why is it important to take break ?*

*Interactive Task 5: Listen, discuss and interact

*Teacher: Play the clip again and guide the Ss to do the exercises on the textbook.
*Students: Listen for the 2nd time, do the exercises and discuss how to cope with school stress
Purpose: To grasp the key information and self-evaluate one's stress level.

Guided Questions:

1. *Do you feel stressed?*
2. *What makes you feel stressed?*
3. *What symptoms do you have when feeling stressed?*
4. *How often do you feel stressed?*

III. While-viewing and interactions

*Interaction Task 2: View and interact

*Teacher: Ask Ss to guess what the video clip is about.
*Students: Guess the content of the video clip by guessing the meaning of the title.
Purpose: To get the main idea of the video.

Guided Questions:

1. *Could you predict what the video clip is about?*
2. *What does "make stress your friend" mean?*

*Interaction Task 3: View, discuss and interact

*Teacher: Play and guide the Ss to pay attention detailed information.
*Students: Take notes and complete the chart.
Purpose: To get more detailed information about the speech.

Guided Question:

What is the study mainly about?

IV. Post-viewing interactions

*Interactive Task 6: Discuss and share

*Teacher: Guide the students to discuss your understanding of the speech
*Students: Discuss and share their understanding of the speech.
Purpose: To share understanding of speech.

Guided Questions:

How do you understand the sentence "make stress your friend"?

*Interaction Task 7: Discuss and interact

*Teacher: Guide the discussion on the ways to relax.

*Students: Discuss and report the ways to relax.

Purpose: To encourage students to use the languages and the pattern learnt accordingly with creativity.

Guided Questions:

1. *Do you agree with the speaker? Why or why not?*
2. *What do you think are the ways to relax?*

V. Assignments

Make a presentation in groups and you can:

- ◆ Form in the groups of 4 on your own.
- ◆ Tell us how you guys would like to relax
- ◆ Make a plan and distribute tasks to each group member.
- ◆ Surf online for references to enrich your content
- ◆ Organize your presentation with visual aids like vivid pictures and graphs, using words and phrases learnt. You can make it very interesting and attractive.

Remember, everyone should be in charge of part of the presentation.