

《高中英语（上外版）》必修第三册 Unit 3 Healthy Lifestyle

课时：第 7 课时 课题：Health Habit Tracker

课型：Further Exploration 设计者：华东师范大学第一附属中学 蒋一洋

一、教学设计与说明

1. 教学目标

本课为本单元的第 7 课时，核心目标为帮助学生认知并运用习惯养成表格的文体、完成一张能适用于自己的健康习惯养成表格，以及引导学生认识到用实际行动培养健康习惯的必要性。

2. 设计思路

首先，教师通过分享网络上的健康习惯养成表和自己“健康打卡”的亲身经历，帮助学生认知表格这一文体的文本特征、语言特点、以及使用目的。之后，教师带领学生讨论健康习惯养成表的重要性，通过联系本单元中涉及的各种健康习惯，将“健康的生活方式”由概念转化为实际行动。接着，教师以自己的亲身经历为例，向学生示范如何填写健康习惯养成表。学生通过单独写作与小组内同学反馈两种方式，完成填写自己的健康习惯养成表。最后，用“画廊漫步”的活动形式组织所有学生展示自己完成的习惯表，并鼓励学生们互相写下评语和建议，全班票选出最切实际的健康习惯表。除此之外，教师还会在课后督促学生们按照自己所定计划填写习惯表，并在微信平台上分享自己培养健康习惯的过程。

3. 重点难点

教学重点：学生能理解健康习惯养成表的重要性和实践意义，养成培养健康习惯的长期意识。

教学难点：学生能认知“表格”也是一种可以运用于写作的文体，并且能运用表格进行写作。

Lesson Plan

By the end of the period, the students are expected to:

1. understand the purpose and features of health habit tracker;
2. understand how to perform peer-editing and give constructive feedback to their peers;

3. turn health awareness into health action with the help of the habit tracker.

Procedures:

I. Warm-up

- ✧ T: Share several images of health habit trackers that people (including teacher himself) post on social media.
- ✧ Ss: View the examples carefully, then discuss the features and purpose of health habit tracker as a whole class.
- ✧ T: Summarize the whole-class discussion, then introduce table/form as a genre that can be used for writing.

Purpose: To introduce health habit trackers to students; to show authentic examples of health habit trackers; to let students explore table/form as a genre.

Guided questions/Instructions:

1. What components do you see in these health habit trackers?
2. Why do people use health habit trackers?
3. Have you ever seen or filled out a table that looks like these health habit trackers?

II. Model how to fill out the habit tracker.

- ✧ T: Ask students to think about all the health habits they have encountered in Unit 3 and share with the whole class.
- ✧ Ss: Think about the health habits they have seen and name them to the teacher.
- ✧ T: Pick one health habit and model how to fill out the health habit tracker.
- ✧ Ss: Listen carefully and interact with the teacher to fill out the model habit tracker as a whole class.

Purpose: To review the health habits introduced throughout Unit 3; to model how to fill out a habit tracker.

Guided questions/Instructions:

1. Name at least 3 health habits that you have learned in Unit 3.
2. How can we fill out this part of the habit tracker? What are the reasons and benefits behind when choosing this specific habit?
3. What can we add to make this habit tracker more detailed? What are we missing?

III. Individual Practice of Creating Health Habit Tracker

- ✧ T: Give out printed health habit tracker and ask students to fill out the first half individually.
- ✧ Ss: Fill out the first half of the habit tracker by themselves and ask teacher if they have any questions.

Purpose: To let students brainstorm the health habit they want to build; To help students practice filling a habit tracker

Guided questions/Instructions:

1. What is the health habit that I need to build right now and why?
2. How can I break down the procedure of building a new habit?
3. What are some potential challenges and solutions related to my habit?

IV. Peer-editing in groups

- ✧ T: Have students share and improve on their health habit trackers in groups of 3.
- ✧ Ss: Work collaboratively to revise their habit trackers and give feedback to each other appropriately.

Purpose: To let students revise their habit trackers; to let students practice how to perform peer-editing and offer feedback to classmates

Guided questions/Instructions:

1. Every member in the group should share health habit tracker and give feedback to the rest of the group.
2. You should be respectful to your group mates by listening carefully and giving as much reasonable and constructive feedback as you can.
2. After the discussion, you should take time to revise your habit tracker.

3. Gallery Walk

- ✧ T: Ask students to discuss and pick out the best health habit tracker in their groups; Give one sticker to each student during discussion.
- ✧ Ss: Discuss briefly and select the best health habit tracker

Purpose: To help students practice how to do a Gallery Walk; To let students give feedback to their classmates' habit tracker and honor each group's work.

Guided questions/Instructions:

1. What do I like about my classmate's habit tracker? What comments can I give?
2. What can I learn from my classmates' work?
3. How can I further improve my own health habit tracker?

VI. Homework:

1. Review and reflect on Unit 3, then finish the self-assessment on page 49.
2. Fill out the habit tracker and share progress in Wechat group every week.