

Урок английского языка в 9 классе

**Учитель Зенькова Н.А.
ГБОУ школа №643
Московского района**

План урока

**Развитие навыков чтения, аудирования и коммуникации
по теме «Страхи и фобии» (Fears and phobias)**

Цели

**урока:
Обучающие:**

1. Освоение во всех видах речевой деятельности новых лексических единиц по теме, связанной с проявлениями эмоций в экстремальных ситуациях.

2. Обучение использованию идиоматических выражений (для выражения эмоций) для развития умения прогнозировать последствия критических ситуаций.

3. Обучение навыкам умения извлекать необходимую информацию при

восприятии текста на слух, при поисковом чтении и использовать полученную

Развивающие:

- 1. Развитие ключевых компетенций при изучении иностранного языка.**
- 2. Развитие личностных качеств учащихся.**
- 3. Развитие общекультурного кругозора, связанного с особенностями реакции человека на чрезвычайные ситуации.**
- 4. Развитие креативного мышления.**

Воспитательные:

- 1. Воспитание толерантности по отношению к межкультурным и межличностным различиям в проявлении чувств других людей.**

Практические задачи урока:

Освоение знаний учащимися по теме «Страхи и фобии»

- 1. Усвоение лексики – названий чувств, а также их проявлений, вызванных страхом в критической ситуации, употребления их в речи для высказывания своего мнения по данному вопросу.**
- 2. Смысловое чтение и аудирование для поиска и извлечения особой информации и развития критического мышления.**
- 3. Употребление в речи идиоматических выражений, связанных с выражением чувств, в зависимости от возникающих жизненных ситуаций.**
- 4. Развитие навыков говорения с использованием нового лексического материала.**

7a Reading & Vocabulary

Reading

- 1 Look at the pictures. Which of them make you:

- scream? • freeze? • sweat?
- shake like a leaf? • run away?

▶ Snakes make me freeze.

- 2 Read the title and the first sentence of each paragraph of the text. What do you expect to read about? Read and check.

- 3 **LINE** Read again and fill in the gaps with the phrases A-G. There is one phrase that you do not need to use. Check with your partner.

Vocabulary

- 4 Match the highlighted words/phrases with their synonyms below.

cause sth to start working

make sb feel shy/ashamed

shout, laughed at, sets off

disappear, not logical

- 5 Fill in: human, fight, public, shake, beats, scream, nervous, come. Then make sentences with the phrases.

- loudly
- like a leaf
- emotion
- system
- to our fears
- heart faster
- places
- fears true

- 6 Find all types of phobias mentioned in the text. What are they in your language?



Fears and Phobias



Idioms related to emotions

- 7a Fill in: scared to death, long face, bright red, over the moon, green with envy, through the roof, butterflies in her stomach.
- Samantha had before the first performance of the play.
 - Olga was when she saw the ghost.
 - Julia went when her teacher told her off for talking.
 - Liam was when he saw Jack's new car – he wanted one too!
 - Susan has got a very today. I think she's still upset about failing the exam.
 - Antony was when he found out that he had won the competition.
 - David went when he found out that his brother had taken his MP3 player without asking.



"Come on, get in quickly!" your friend shouts from inside the lift that should take you up to the top floor of the department store. "Erm...I'll take the stairs and meet you up there!" you yell back. As the doors close, you feel very relieved. It's a long way up to the eighth floor. 1)

If the sounds like you, or perhaps heights turn your legs to jelly, you scream loudly if you see even the tiniest spider in the bath or you shake like a leaf if you have to answer a question in class, you're not alone! The truth is, most of us are at least a little afraid of something – bees and wasps, for example, the dark. 2)

So fear is a basic human emotion. In fact, we actually need it to survive. Whenever we meet danger or feel unsafe, the brain reacts, instantly sending signals to activate 3) the body's nervous system. As a result, we might shake or sweat and our heart starts beating faster in order to pump more blood to our muscles to get us ready for action. 4) This response is called 'fight or flight' and is only turned off when the brain gets enough information to be sure that there is no more danger. What is incredible is that all this can happen in just a few seconds!

Needless to say, fear is not always a good thing! People who have a phobia such as agoraphobia (fear of being in crowded public spaces such as a busy market or a bus), claustrophobia (fear of enclosed spaces like lifts or tunnels),

arachnophobia (fear of spiders) or even something unusual like ablutophobia (fear of washing) are extremely afraid of something. This may have developed after a very scary experience. A teenager who was bitten by a dog as a young child, for example, may now be too afraid to walk to school with his friends in case he sees a dog. This is because his brain has 'remembered' the fear that he felt when the dog bit him. 4) This may embarrass him, cause him to miss out on spending time with his friends or even to be teased by them.

Between 5 and 10% of the population have phobias but there are ways to fight our fears. First of all, it's important to stop avoiding the scary situation. It may help to make a list of fears from the least to the most scary 6) This will not be easy, but when we see that our worst fears didn't come true, we will realise that they are irrational and there's no real reason to be afraid. Then, we will change how we respond to them 6)

- and then face them one by one.
- or taking exams.
- and eventually our fears will melt away.
- so now even just thinking about seeing a dog triggers the same fear reaction.
- but you don't care – anything to get out of going in a lift!
- which will help you to find out the reason for your fear.
- such as running away or fighting.

- b Which of the emotions below is/was each person in Ex. 7a feeling? Make sentences, as in the example.

sadness/depression, embarrassment, nervousness, anger, fear, jealousy, happiness/joy

- 1 nervousness ▶ Samantha was feeling nervous.

- 8 How would you be feeling if:

- you forgot the words of a song while singing in a concert?
- you got stuck in a lift?
- someone told a lie about you?
- you had to give a speech in front of the whole school?
- you won first prize in a competition?

Tell your partner.

Speaking

- 9 Read again and make notes under the headings. Use your notes to give the class a summary of the text.

- what fear is
- what phobias are
- how to overcome phobias

Writing

- 10 Portfolio: Write a short summary of the text. Read it to your partner.

Оснащение урока:

УМК «Spotlight 9» (V.Evans, J.Dooley, N. Bykova),
интерактивная доска, проектор, ноутбук, интернет,
раздаточный материал.

Ход урока:

1. Организационный момент.
2. Актуализация лексического материала по теме.

Разминка. Учащиеся смотрят на картинки и
высказываются на тему чувств, которые они вызывают.
(*Ex.: Snakes make me freeze. The dark make me sweat. The
thunderstorms make me shake like a leaf. The spiders make
me scream.*)

Fears & Phobias





Common fears

Heights

Thunderstorms

The dark

Spiders

Bees, wasps & snakes

Flying

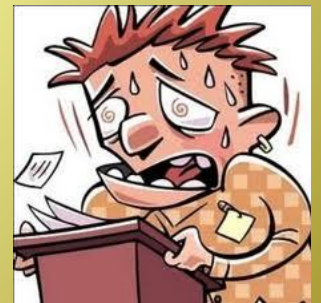
Going to the dentist

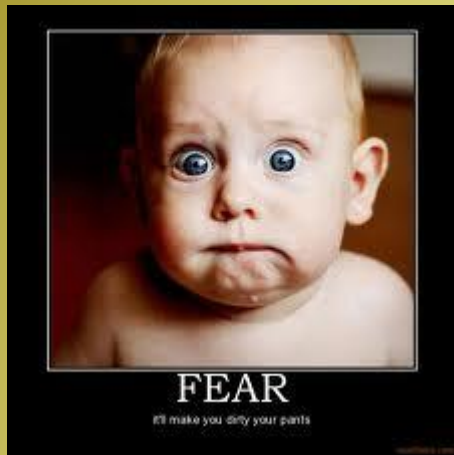
Needles (injections)

Being alone

Taking exams

Making public speech





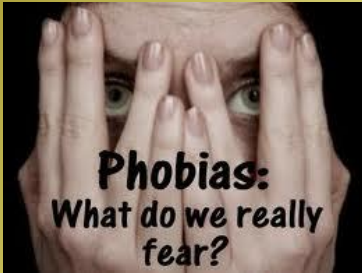
What is Fear?

Fear is one of the most basic human emotions. We need it to survive.

Fear helps protect us. It can be like a warning, a signal for us to be careful.

The brain reacts instantly on danger, sending signals that activate the nervous system.

Blood pumps to muscle groups to prepare the body for physical reaction – ***Fight or flight***

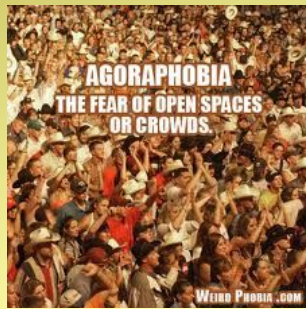


What is a phobia?

A phobia is an intense fear reaction to a particular thing or situation.

Some phobias develop when someone has a scary experience and every time a strong fear reaction is triggered.

Having a phobia isn't a sign of weakness or immaturity. It's a response of the brain In an attempt to protect the person.



• Fears and Phobias

- Agoraphobia
- Claustrophobia
- Acrophobia
- Mysophobia
- Xenophobia
- Arachnophobia
- Aviophobia
- Brontophobia



Agoraphobia



Agoraphobia is a fear of being in crowded places or open spaces



Claustrophobia



Claustrophobia is a fear of being in enclosed spaces



Aviophobia



Aviophobia is a fear of flying



Acrophobia



Brontophobia

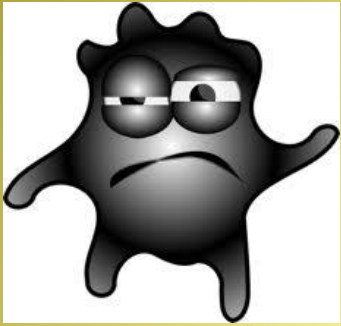




Arachnophobia

Arachnophobia is
a fear of spiders





Mysophobia



Mysophobia
Is a fear of being
contaminated



Xenophobia



Xenophobia
Is a fear of
strangers



Overcoming phobias



People can learn to overcome phobias by gradually facing the fears .

As somebody gets used to a feared object or situation, the brain adjusts how it responds and the phobia is overcome.

4. После просмотра презентации учащиеся активизируют новую лексику в речи – высказываются на тему рассмотренных ситуаций.

Ex.

- 1. *Every time I see a mouse, I scream loudly and run away.***
- 2. *When my friend went into the lift, she was so afraid, that she began to shake like a leaf.***
- 3. *Fear is a natural human emotion that warns us of danger.***
- 4. *When we are afraid, our nervous system reacts.***
- 5. *If we want to fight our fears, we need to face them.***
- 6. *My heart beats faster and I start to breathe quicker whenever I go into the lift.***
- 7. *My cousin has a fear of public places and she rarely goes out of the house.***



Перевести

Нет

Home

Listen & Watch

Grammar & Vocabulary

Fun & Games

Business & Work

Writing

IELTS

Apps

Home > Stories and Poems >

A Serious Case

My friend is afraid of spiders. This isn't very unusual; a lot of people are afraid of spiders. But my friend isn't just afraid of spiders, she is totally, completely and utterly terrified of them....



Instructions

Do the Preparation task first. Then go to Text and read the poem or story (you can also listen to the audio while you

User login

Username or e-mail *

Password *

[Create new account](#)

[Request new password](#)

Log in

Search

Search

Tags in Admin

Audio

Drag and drop

A serious case

Before reading the text, see if you know the meaning of the words at the top by placing them in the correct sentences below.

terrified

hypnotise

faint

subconscious

scream

mind

rid

beetle

severe

phobia

shiver

furry

The word describes something that has a lot of hair, like a cat or a rabbit.

1

2

3

4

5

6

7

8

9

10

11

12

Transcript

Check Answer



Submit

Next

Reset

Tags in Teacher

Listening & Viewing Comprehension

Listening : identify gist

Reading & Viewing Comprehension

Reading : identify gist

Word Building

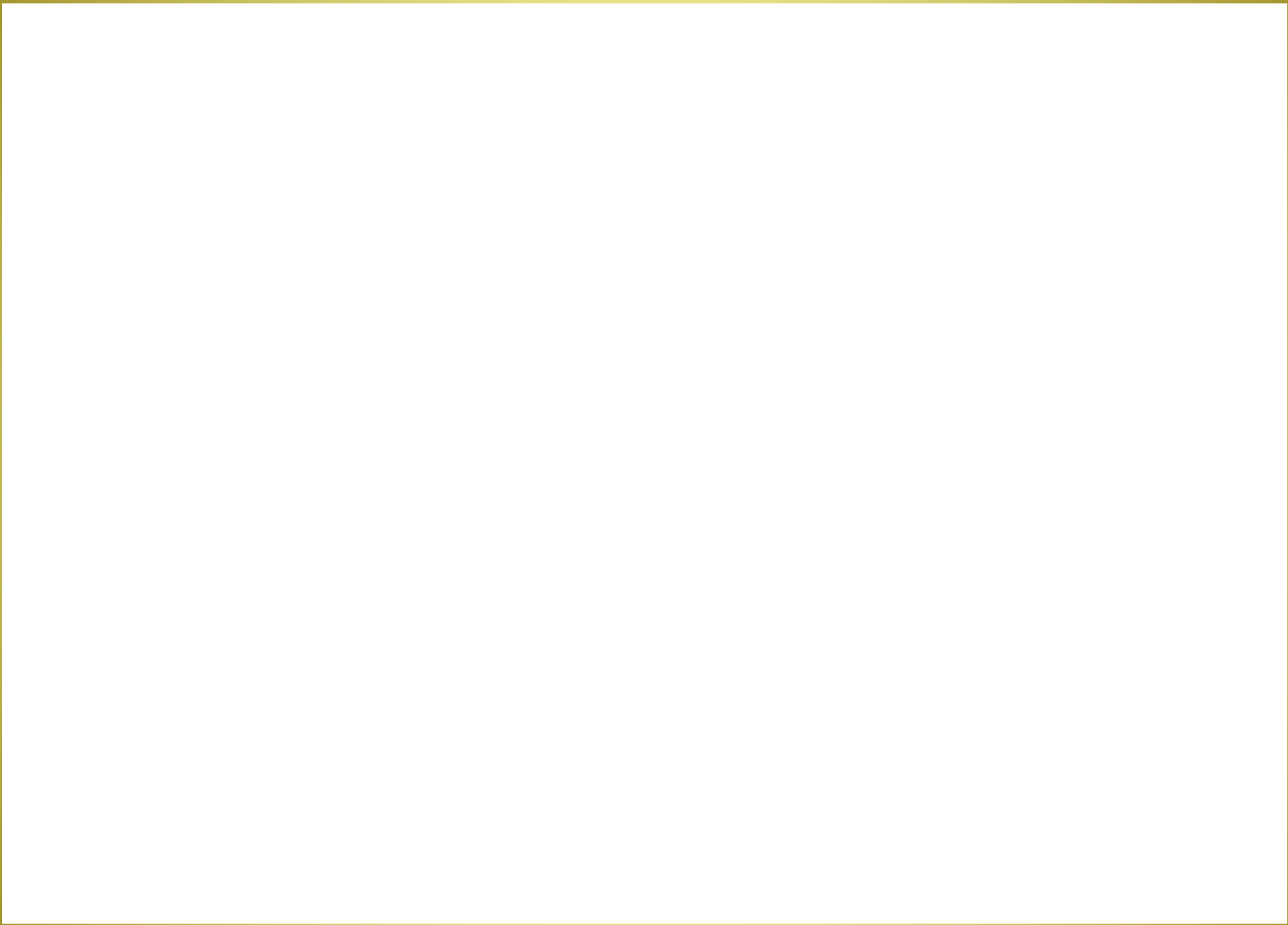
Vocabulary: definitions

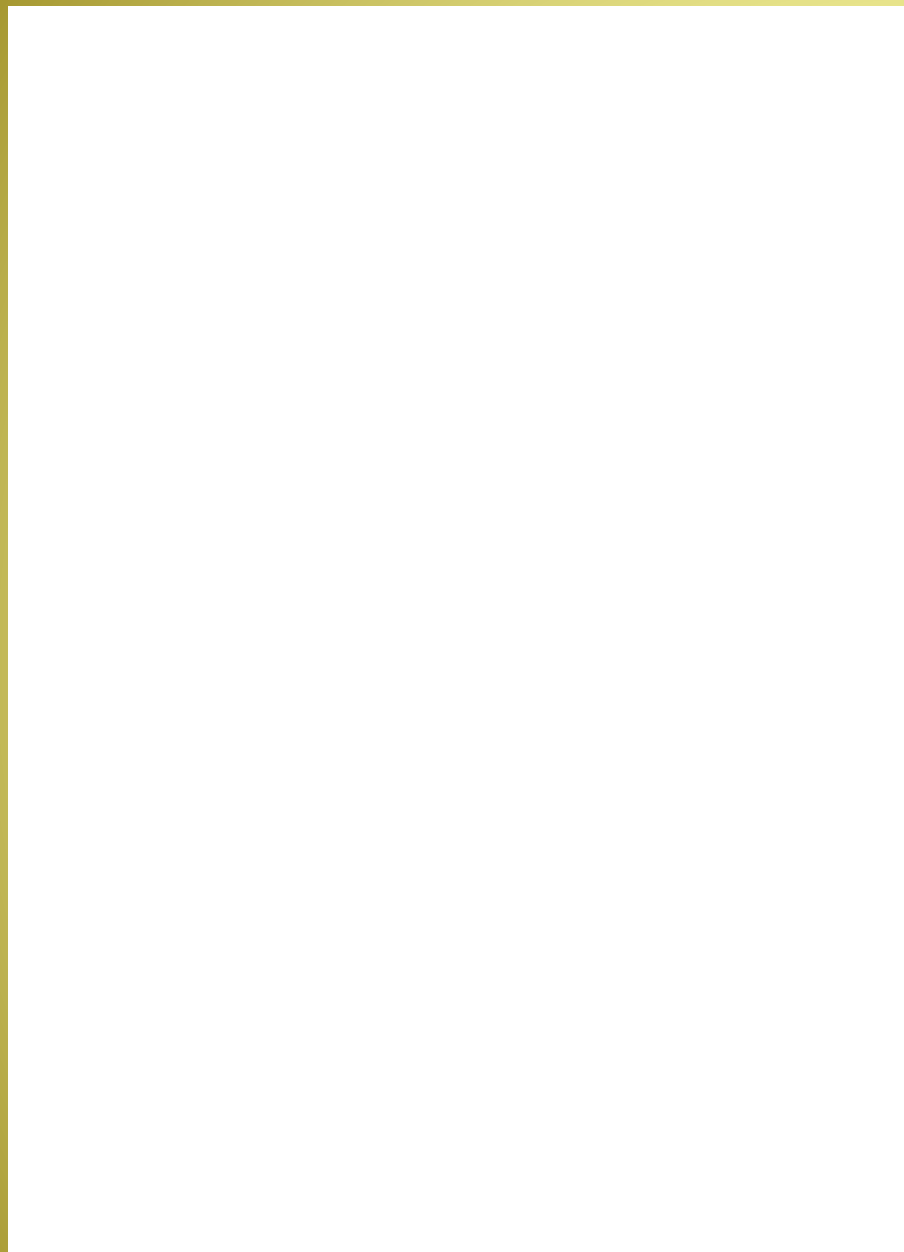
Pronunciation: consonants

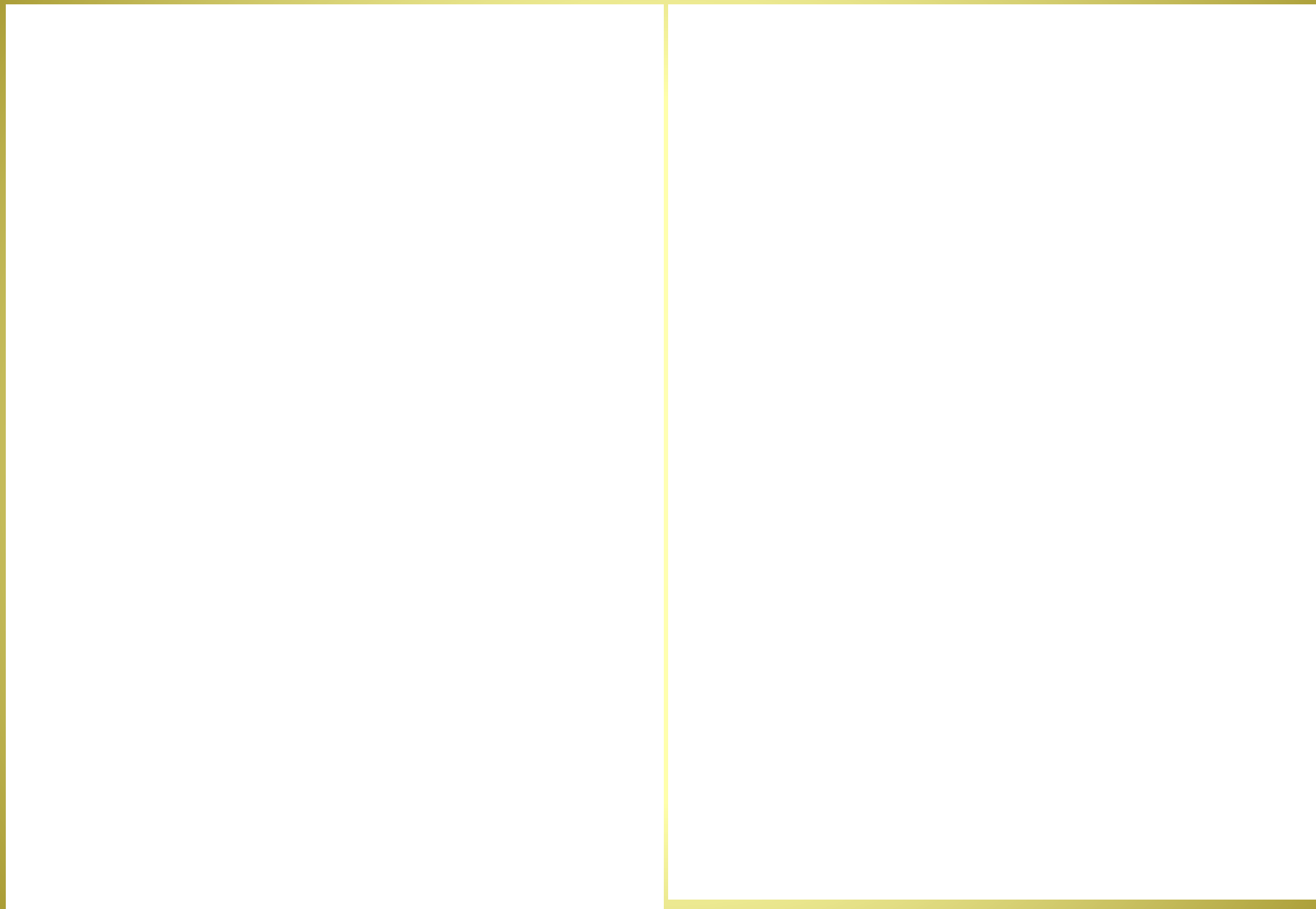
Navigation

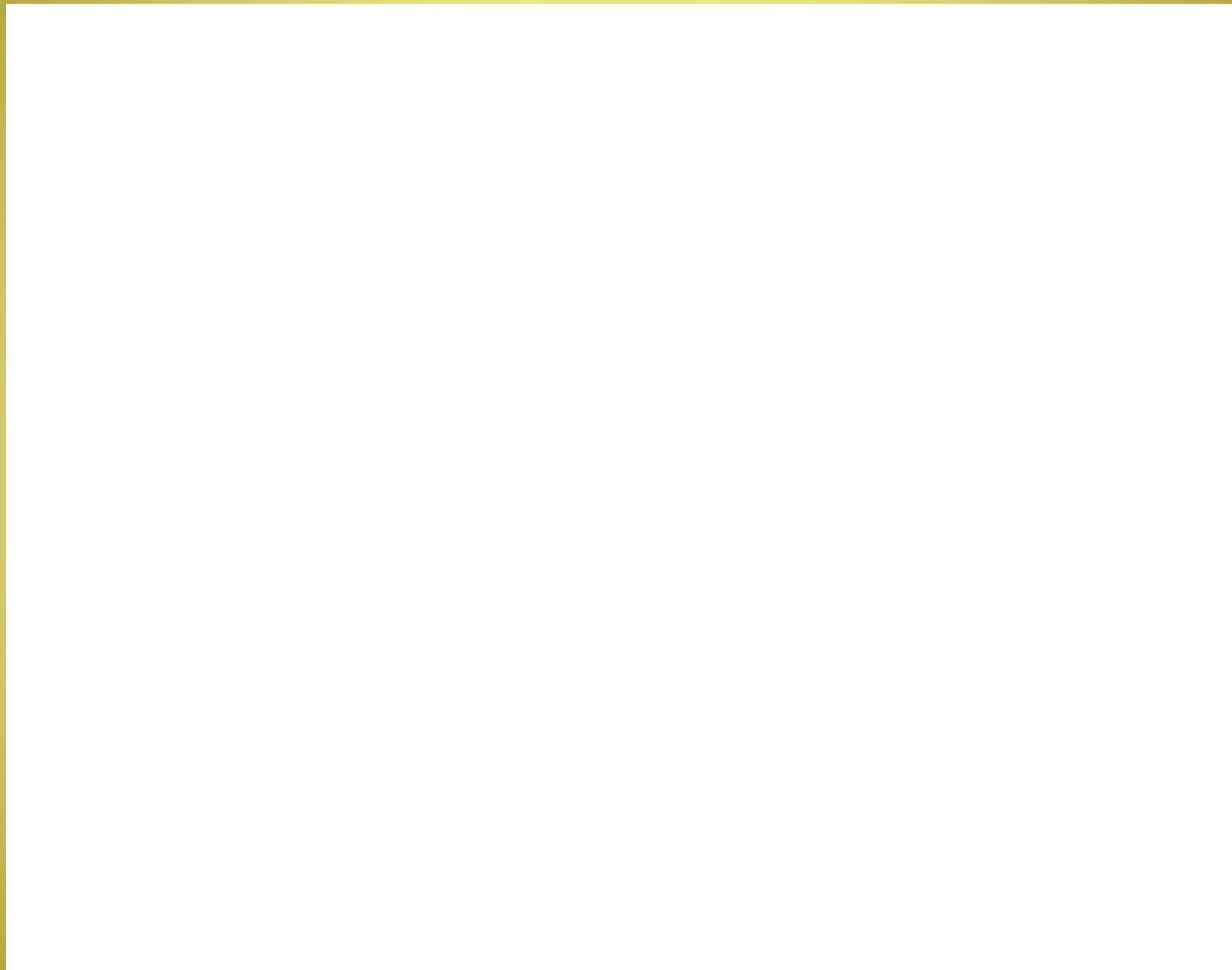
- Why register?
- How do I register?
- House Rules
- Contact us
- Glossary
- Glossary

Cambridge Dictionaries Online









6. После выполнения этих заданий проводится обсуждение сначала в парах, а затем в группе, личного опыта учащихся по поводу их отношения к паукам.

7. Знакомство с идиомами, выражающими личные эмоции.

To be scared to death – to be terrified

To have a long face – feel sadness/depression

To become bright red – to be embarrassed

To be over the moon – to feel happiness/joy

To be green with envy – to be envious, jealous

To go through the roof – to be extremely angry

To have butterflies in one's stomach – to be nervous

Учащиеся используют данные выражения в речи.

8. Обобщение материала.

Fear – a basic human emotion – helps alert us to danger – brain sends us signals to nervous system – body reacts, e.g. sweating, shaking, heart beats faster – more blood to muscles – prepares us for “fight or flight”

Phobias – extreme fears – can develop as a result of a scary experience, e.g. bitten by a dog in childhood – brain remembers the experience – now afraid of seeing any dog

How to overcome phobias – don't avoid scary situations – make the list of your fears, starting from the least serious – deal with them one at a time – Come to realise they can be overcome.

9. Домашнее задание

Write an opinion essay about fears and phobias