

Tarea 2. Plan de mejora de las competencias lectoras en la ESO.



- 1 Take off your watch.
- 2 Switch off your mobile phone.
- 3 Don't eat your breakfast on your feet – sit down and enjoy it.
- 4 Put on your most comfortable clothes.
- 5 Don't run after the bus – let it go.
- 6 Smell the roses.
- 7 Give up the gym
- 8 Fall in love.
- 9 Only switch on your television if there's something you really want to watch.
- 10 Throw away any clothes you haven't worn for the past two years.
- 11 Have a laugh.
- 12 Hang up your clothes when you take them off.
- 13 Spend ten minutes doing absolutely nothing.
- 14 Walk.
- 15 Only do the ironing if you love it.
- 16 Put on your favourite music and turn up the volume

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TÍTULO	
EDITORIAL	
AÑO	
PÁGINA	
ISBN	
TIPOLOGÍA	
SOPORTE	TEXTO IMPRESO
FORMATO	CONTÍNUO
TIPO	INSTRUCTIVO
USO	ACADÉMICO

ESTRATEGIAS DE LECTURA							
ANTES DE LA LECTURA	<p>Propósito de la lectura</p> <ul style="list-style-type: none"> - Uso del imperativo: take off, walk. - Conocer pautas que nos ayudan a “desestresarnos”. <p>Vocabulario</p> <p>Acciones que nos ayudan a sentirnos bien:</p> <p style="padding-left: 40px;">Fall in love Have a laugh Sleep</p> <p>Estrategias de lectura</p> <p>¿De qué trata el texto, según el título? ¿Por qué lo vamos a leer? Porque todos nos sentimos alguna vez estresados. ¿Qué dice el título? ¿Nos ayuda a entender lo que nos va a contar?</p>						
DURANTE LA LECTURA	<p>Lectura en voz alta de cada instrucción. Lectura individual reflexiva que nos ayude a contestar las cuestiones que se plantean. Deducir el vocabulario o expresiones desconocidas.</p>						
DESPUÉS DE LA LECTURA	<p>Valoramos con los alumnos si con las ideas que plantea el texto nos desestresaremos. Dialogamos sobre las ventajas que tiene realizar estas actividades para nuestra vida cotidiana. Proponemos que repitan aquellos consejos que más les han sorprendido.</p>						
PROCESOS LECTORES							
RECUPERAR - OBTENER INFORMACIÓN	1.	<p>According to the text, are the sentences TRUE or FALSE?</p> <ol style="list-style-type: none"> 1. It's relaxing to talk on your mobile when you're tired. 2. You feel better with the TV on. 3. Comfortable clothes are the best. 4. Going to the gym is a good way to de-stress. 5. Look at the time twice an hour. 6. You are fine if you are doing something all the time. 					
	Respuesta	<i>1. F - 2. F - 3. T - 4. F - 5. F - 6. F</i>					
	2.	<p>Find synonyms in the text for these words:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Smile</td> <td style="width: 50%;">4. Listen to music</td> </tr> <tr> <td>2. Stop doing something</td> <td>5. Turn off</td> </tr> <tr> <td>3. Relax</td> <td>6. Throw away</td> </tr> </table>	1. Smile	4. Listen to music	2. Stop doing something	5. Turn off	3. Relax
1. Smile	4. Listen to music						
2. Stop doing something	5. Turn off						
3. Relax	6. Throw away						

	Respuesta	<p>1. <i>Have a laugh.</i> 2. <i>Give up.</i> 3. <i>Spend time doing nothing.</i> 4. <i>Put on your favourite music.</i> 5. <i>Switch off.</i> 6. <i>Get rid of.</i></p>
COMPRENSIÓN GLOBAL	1.	What is the text about?
	Respuesta	<i>It's about things you can do to feel relaxed or de-stress.</i>
	2.	Does the writer involves the reader?
	Respuesta	<i>Yes, because he talks to you all the time imperatives: talk, don't run; possessive adjectives: your; pronouns: you.</i>
INTERPRETACIÓN INFERENCIAS	1.	Can you infer from the text different ways of showing suggestions or possibilities?
	Respuesta	<i>Give up the gym. Take off your watch. Walk. Fall in love.</i>
	2.	Write some orders and some suggestions.
	Respuesta	<i>Orders: Switch on your tv. Don't run after the bus. Don't eat your breakfast on your feet.</i> <i>Suggestions: Smell the roses. Fall in love. Let it go (the bus).</i>
VALORACIÓN - REFLEXIÓN FORMA	1.	Do the title and the text give the same kind of information?
	Respuesta	<i>Yes, because the text shows different ways to get less stressed.</i>
	2.	Rewrite some sentences using must or should:
	Respuesta	<i>You should give up the gym. You should walk. You mustn't run after the bus. You mustn't eat your breakfast on your feet.</i>
VALORACIÓN - REFLEXIÓN CONTENIDO	1.	Is the autor ironic?
	Respuesta	<i>Yes, because we may think the text shows the way British people behave themselves and there are expressions such as: "throw away the clothes you haven't worn in the last two years", or "do the ironing if you love it".</i>

	2.	Which do you think are the best ways to de-stress?
	Respuesta	<i>Student's own answer.</i>
PUESTA EN PRÁCTICA - OBSERVACIONES		