

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Název školy:	ZŠ Brno, Měšťanská 21, Brno -Tuřany		
Název práce:	Body clock - Listening		
Pořadové číslo:	II_2-01-16	Předmět:	Anglický jazyk
Třída:	9. AC	Téma hodiny:	Biologické hodiny
Vyučující:	Mgr. Milena Polášková	Cíl hodiny:	Doplnit chybějící slova podle poslechu.
Pomůcky:	Psací potřeby, pracovní list, CD s nahrávkou, CD přehrávač		
Zdroje:	HUTCHINSON, Tom. <i>Project 5</i> . 3. Vyd. Oxford: Oxford University Press, 2008. ISBN 9780194764186. s. 22.		
Počet příloh:	2	Název příloh:	II_2-01-16_Body clock-Listening.doc II_2-01-16_Body clock-Listening-řešení.doc

**Pro žáky:**

- Samostatně si nejdříve přečtou celý text a zamyslí se nad chybějícími slovy.
- Podle poslechu doplňují chybějící slova.
- Kontrola ve dvojicích, poté s celou třídou a vyučujícím.
- Čtení a překlad vět.

**Pro učitele:**

- Rozdat pracovní list.
- Stanovit čas na přečtení textu před poslechem (5 minut).
- 1. poslech – bez doplňování, žáci pouze poslouchají
- 2. poslech - s doplněním
- Kontrola ve dvojicích.
- 3. poslech
- Kontrola s celou třídou.
- Čtení textu s překladem.

**Řešení:**

- Jako řešení slouží příloha II\_2-01-16\_Body clock - Listening - řešení.doc

**Zhodnocení hodiny:**

Cílen hodiny není pouze doplnit neznámá slova, ale zároveň věnovat pozornost správnému psaní slov.

Žáci v hodině pracovali, většinou již po 2. poslechu stihli všichni doplnit správně chybějící slova. Překlad textu dělал některým žákům potíže.

**Závěr:**

Hodina byla odučena 5. 1. 2012 (9. AC)

Pracovní list: **BODY CLOCK** (Listening)

Why do you \_\_\_\_\_ in the morning and go to sleep at night? The answer is that we all have a body clock. Your \_\_\_\_\_ produces hormones, like melatonin and adrenaline, which control the way your body \_\_\_\_\_. The body clock controls the production of these hormones, so that your body produces more at some times of the day and less at other times. As a result, you wake up and feel sleepy at \_\_\_\_\_ times of the day.

When \_\_\_\_\_ hits your \_\_\_\_\_ in the morning, your brain switches off the sleep hormone, melatonin, your temperature rises and you wake up. In the evening, when it's \_\_\_\_\_, your \_\_\_\_\_ starts to produce melatonin again, and your body gets ready to go to sleep.

If you don't get enough sleep, you will feel \_\_\_\_\_ the next day. According to a recent survey, most teenagers say that they don't get enough sleep. They need about \_\_\_\_\_, but they \_\_\_\_\_ only get about seven hours. However, teenagers say that they go to bed at about \_\_\_\_\_ or \_\_\_\_\_ in the evening and they get up at \_\_\_\_\_ or \_\_\_\_\_. That's nine hours, so why don't they get enough sleep?

The problem is that the body clock \_\_\_\_\_ the same all through your \_\_\_\_\_. When you're a child, your body clock wakes you up naturally at about 7 o'clock, but when you \_\_\_\_\_ a teenager, your body clock \_\_\_\_\_. The natural time for a teenager to wake up is 9 o'clock in the morning and the natural time to go to sleep is \_\_\_\_\_. When you \_\_\_\_\_ an \_\_\_\_\_, the body clock will go back to the \_\_\_\_\_ time again. Scientists don't really \_\_\_\_\_ why this happens, but it does.

Dennis, 14, is one of the teenagers in the survey. „I go to bed at 10.15 every night, but I don't get nine hours sleep,“ says Dennis. „I know that I won't go to sleep if I switch the light off straightaway. So, I normally read and listen to music or the radio till about \_\_\_\_\_. My parents don't \_\_\_\_\_. When I'm awake in the evening, they say, „Go to \_\_\_\_\_.“ Then at 7.30 in the morning when I'm asleep, they say, „Get up.“

\_\_\_\_\_ teenager in the survey, Anita, says: „It's \_\_\_\_\_ for me in England. I start school at 9 o'clock, but it's \_\_\_\_\_ for my friend, Suzie, in the USA. She starts school at 7 o'clock!“

Řešení: **BODY CLOCK** (Listening)

Why do you wake up in the morning and go to sleep at night? The answer is that we all have a body clock. Your brain produces hormones, like melatonin and adrenaline, which control the way your body works. The body clock controls the production of these hormones, so that your body produces more at some times of the day and less at other times. As a result, you wake up and feel sleepy at different times of the day.

When light hits your eyelids in the morning, your brain switches off the sleep hormone, melatonin, your temperature rises and you wake up. In the evening, when it's dark, your brain starts to produce melatonin again, and your body gets ready to go to sleep.

If you don't get enough sleep, you will feel tired the next day. According to a recent survey, most teenagers say that they don't get enough sleep. They need about nine hours, but they normally only get about seven hours. However, teenagers say that they go to bed at about 10 or 10.30 in the evening and they get up at 7 or 7.30. That's nine hours, so why don't they get enough sleep?

The problem is that the body clock doesn't stay the same all through your life. When you're a child, your body clock wakes you up naturally at about 7 o'clock, but when you become a teenager, your body clock changes. The natural time for a teenager to wake up is 9 o'clock in the morning and the natural time to go to sleep is midnight. When you become an adult, the body clock will go back to the early time again. Scientists don't really understand why this happens, but it does.

Dennis, 14, is one of the teenagers in the survey. „I go to bed at 10.15 every night, but I don't get nine hours sleep,“ says Dennis. „I know that I won't go to sleep if I switch the light off straightaway. So, I normally read and listen to music or the radio till about midnight. My parents don't understand. When I'm awake in the evening, they say, „Go to bed.“ Then at 7.30 in the morning when I'm asleep, they say, „Get up.“

Another teenager in the survey, Anita, says:“It's bad for me in England. I start school at 9 o'clock, but it's worse for my friend, Suzie, in the USA. She starts school at 7 o'clock!“