

Caminar

Introducción

En esta microactividad, aprenderá cómo hacer que los estudiantes recarguen su energía levantándose de la silla y caminando.



Esta es una actividad útil que se puede llevar a cabo con alumnos de manera remota quienes pasan largos períodos de tiempo sentados en su escritorio. La actividad ayuda a liberar estrés y ansiedad, así como, a estimular la circulación de la sangre, además provee un contexto para iniciar una corta actividad de expresión oral.

Referencia de duración del seminario web: 13:30 – 15:17

Nivel: Cualquier edad o nivel.

Duración: De 10 a 15 minutos.

Objetivo: Recargar la energía de los estudiantes.

Preparation:

- None

Procedure:

- When you feel your students are low on energy, ask them to stand up and walk to their door or window.
- Ask them to look outside once they get there and try to remember what they can see.
- Tell them to count the number of steps.

- When the students get back to the computer, ask them to describe what they saw. Note: You could put the students into groups to do this.
- Next, ask them to find someone who is nearer to their door/window and someone who is further. Note: They'll need to compare the number of steps.
- Find out who is nearest and who is farthest from their door/window.

Additional resources

Teaching pathways: Skills for remote teaching

- In this practical five-week course, you will develop the skills you need for remote teaching and reflect on how they relate to your learners' learning. You will learn about different approaches to remote teaching and consider what factors make the transition from the physical to online classroom successful.

<https://www.teachingenglish.org.uk/article/teaching-pathways-skills-remote-teaching>

Remote teaching tips

- This publication offers a range of practical tips and advice for remote teaching in all contexts.

<https://www.teachingenglish.org.uk/article/remote-teaching-tips>

Getting started with online teaching

- Many classes and school systems all over the world are taking steps to offer lessons online. However, stepping into the digital world overnight can be challenging for many teachers. This guide is useful for teachers and teacher educators who have little experience of online teaching and need some advice on where to start.

<https://www.teachingenglish.org.uk/article/getting-started-online-teaching>

Lesson planning for teaching live online

- While there are many similarities between face-to-face lessons and virtual lessons, there are a lot of differences too. Take a look at these ideas for structuring live online lessons.

<https://www.teachingenglish.org.uk/article/lesson-planning-teaching-live-online>

Total physical response – TPR

- This is an introduction to the teaching approach known as total physical response.

<https://www.teachingenglish.org.uk/article/total-physical-response-tpr>

Stirrers and settlers for the primary classroom

- In this article, Sue Clarke looks at teaching in the primary classroom and the amount of energy children have! Knowing how to channel this energy, or when to 'stir' and when to 'settle' children, will help you achieve balanced lessons without children becoming over-excited on the one hand or bored on the other.

<https://www.teachingenglish.org.uk/article/stirrers-and-settlers-primary-classroom>