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Level 5

School lets students start lessons after lunch

13th May, 2014

<http://www.breakingnewsenglish.com/1405/140513-teenagers-5.html>



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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1405/140513-teenagers.html>

A high school in England will start a new policy for students to sleep longer in the mornings. The private Hampton Court House school is starting a 1.30 to 7pm timetable in September. It will be the only school in Britain to do this. Head teacher Guy Holloway said the new hours should help students get higher grades. He said research shows student productivity increases if they can sleep in the mornings. He added: "We want to get students into an environment where they can get quality sleep and their bodies are functioning well." He added: "It's about what works in our community."

The afternoon start is based on research by Oxford University. Researcher Dr Paul Kelley said: "You can't train your system to get up at a practical time." He said it's the same as having no control over our heartbeat and liver function. He added: "Anything you do to change the rhythmic systems of your body means your organs become desynchronised...and people get ill....There is no fixing it by giving someone an alarm clock." A student at the school welcomed the idea. He said students are tired all day, "but as soon as 10 o'clock hits, that's when we...do all our work".

Sources: <http://www.mirror.co.uk/news/uk-news/hampton-court-house-private-15k-a-year-3516750#ixzz31NqE6C90>
<http://news.sky.com/story/1259077/sixth-formers-given-stress-free-late-start>
<http://www.telegraph.co.uk/education/educationnews/10818678/School-introduces-no-mornings-policy-for-tired-teenagers.html>

MATCHING

From <http://www.breakingnewsenglish.com/1405/140513-teenagers.html>

PARAGRAPH ONE:

- | | |
|-------------------------|---------------------|
| 1. start a new | a. grades |
| 2. sleep | b. functioning well |
| 3. a 1.30 to 7pm | c. increases |
| 4. students get higher | d. longer |
| 5. student productivity | e. our community |
| 6. they can get quality | f. timetable |
| 7. their bodies are | g. sleep |
| 8. what works in | h. policy |

PARAGRAPH TWO:

- | | |
|------------------------|-------------------------|
| 1. based on | a. clock |
| 2. train | b. practical time |
| 3. get up at a | c. systems of your body |
| 4. having no control | d. research |
| 5. change the rhythmic | e. ill |
| 6. people get | f. your system |
| 7. an alarm | g. the idea |
| 8. welcomed | h. over our heartbeat |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1405/140513-teenagers.html>

A high school in England will (1) _____ for students to sleep longer in the mornings. The private Hampton Court House school is starting a 1.30 to 7pm timetable in September. (2) _____ school in Britain to do this. Head teacher Guy Holloway said the new hours should help students (3) _____. He said research shows student (4) _____ they can sleep in the mornings. He added: "We want to get students (5) _____ where they can get quality sleep and their bodies are functioning well." He added: "It's about what (6) _____."

The afternoon start is (7) _____ by Oxford University. Researcher Dr Paul Kelley said: "You can't (8) _____ to get up at a practical time." He said it's the same as having no control over our heartbeat (9) _____. He added: "Anything you do to change the rhythmic systems of your body (10) _____ become desynchronised...and people get ill....There is no fixing it by giving someone an alarm clock." A student at the school (11) _____. He said students are tired all day, "but as soon as 10 o'clock hits, that's when we...(12) _____".

TEENAGERS SURVEY

From <http://www.breakingnewsenglish.com/1405/140513-teenagers.html>

Write five GOOD questions about teenagers in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

FREE WRITING

From <http://www.breakingnewsenglish.com/1405/140513-teenagers.html>

Write about **teenagers** for 10 minutes. Comment on your partner's paper.
