

READING – SUMO WRESTLERS

I can summarise a text.



Vocabulary
Food categories and school meals



Language
Expressing likes and dislikes



Skills
Listening, Speaking and Pronunciation



LEARNING OBJECTIVES (SMART)

By the end of the lesson, pupils will be able to:

- 1 Identify at least four key ideas from the reading text accurately.
- 2 Complete the summary using all five correct words from the word box.
- 3 Express one personal opinion about the lifestyle of sumo wrestlers using simple English.



SUCCESS CRITERIA

- ✓ I can identify the main ideas.
- ✓ I can complete the summary.
- ✓ I can share my opinion.



LESSON FOCUS

Main Skill: Reading

Sub Skill: Summarising a text

Language Focus:

Daily routine, food vocabulary and healthy lifestyle

21st Century Skills:

Communication • Critical Thinking
• Collaboration



KEY VOCABULARY



Food

- chankonabe
- meat
- fish
- rice
- eggs



Daily Routine

- mornings
- afternoons
- sleep
- train
- vitamins



Other Words

- healthy
- exercise
- lifestyle
- enormous
- bowl

SUGGESTED TEACHING FLOW



1 RECALL / SET INDUCTION

- Display the picture of the sumo wrestler.
- Ask questions:
 - Who is he?
 - What do you know about sumo wrestlers?
 - Do you think they are healthy? Why?



2 ACTIVITY 1 – READING FOR GIST

- Pupils read the interview silently.
- Identify the topic and the main idea.
- Highlight unfamiliar words.



3 ACTIVITY 2 – EXERCISE 1

- Match the questions with the correct paragraphs.
- Discuss answers with a partner.
- Check answers as a class.



4 ACTIVITY 3 – EXERCISE 2

- Read the summary.
- Complete it using the correct words.
- Compare answers with a partner.



5 ACTIVITY 4 – VOCABULARY PLUS

- Find the words in blue.
- Use a dictionary to check their meanings.
- Share meanings with the class.



6 ACTIVITY 5 – USE IT!

- Discuss the questions.
- Encourage pupils to answer in complete sentences.



7 CLOSURE / EXIT TICKET

Pupils write:

- one new word learnt today;
- one fact about sumo wrestlers;
- one opinion about their lifestyle.



DIFFERENTIATION STRATEGY



Support

- Highlight key sentences.
- Allow pair discussion before answering.
- Provide vocabulary support.



Core

- Complete all textbook activities.
- Explain answers using evidence from the text.



Extend

- Write two additional sentences summarising the article.
- Compare a sumo wrestler's lifestyle with your own.

LEARNING APPROACH



Student-Centred Learning



Inquiry-Based Learning



Collaborative Learning



Communicative Language Teaching (CLT)



Visual Learning



TEACHER'S QUICK GUIDE

- Introduce basic information about sumo wrestling before reading.
- Encourage pupils to skim first, then read for details.
- Ask pupils to identify keywords before completing the summary.
- Focus on understanding the main ideas, not translating every word.
- Encourage complete sentences during the discussion activity.



READING STRATEGY

How to Summarise a Text

- 1 Read the whole text first.
- 2 Underline important information.
- 3 Ignore repeated details.
- 4 Focus on the main ideas.
- 5 Use keywords to complete the summary.



TEACHER'S READING FOCUS

Reading Skill: Summarising

Encourage pupils to identify the main idea and key details instead of translating every sentence. Guide them to locate keywords before completing the summary.



I can summarise a text.

AT A GLANCE



Vocabulary
Food categories
and school meals



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1 THINK! – BACKGROUND INFORMATION

About Sumo Wrestling

Sumo wrestling originated in Japan.

In a sumo match, wrestlers try to force their opponent out of the ring or make any part of the opponent's body (except the soles of the feet) touch the ground.



Teacher Prompts

- Where did sumo wrestling originate?
- What do you notice about the wrestler's body size?
- Why do you think sumo wrestlers are so big?
- Do you think sumo wrestling is an easy sport? Why?



2 EXERCISE ANSWER KEYS

Exercise 1

Question	1	2	3	4
Answer	C	A	D	B

Exercise 2

Blank	1	2	3	4	5
Answer	isn't	healthy	eat	afternoons	after



3 LANGUAGE SUPPORT

Asking About the Text

- What is the text about?
- Where do sumo wrestlers come from?
- What do they usually eat?
- Why do they train every day?
- Do you think their lifestyle is healthy?

Model Answers

- The text is about the lifestyle of sumo wrestlers.
- They come from Japan.
- They eat a lot of healthy food.
- They train every day to become stronger.
- I think their lifestyle is interesting because they work very hard.



4 SUGGESTED COLLABORATIVE ACTIVITY

Jigsaw Reading

- 1 Divide the text into four sections.
- 2 Each group reads one section.
- 3 Groups identify:
 - main idea
 - new vocabulary
 - interesting facts
- 4 Each group presents its section.
- 5 Together, complete the summary of the text.

Possible Group Roles



Reader
Reads the text aloud.



Summariser
Finds the main ideas.



Vocabulary Finder
Finds new words.



Presenter
Presents the summary to the class.



5 EXTENSION ACTIVITY



Compare Our Lifestyle

In pairs, compare the following:

- food
- daily routine
- exercise
- sleeping habits

Then write **three similarities** or **three differences** between your lifestyle and a sumo wrestler's lifestyle.



6 TEACHER'S TIPS

- ✓ Activate pupils' prior knowledge using the picture before reading.
- ✓ Encourage pupils to skim the text first before reading for details.
- ✓ Ask pupils to underline keywords before answering.
- ✓ Encourage complete English sentences during discussion.
- ✓ Focus on the main idea rather than translating every sentence.



7 COMMON PUPIL ERRORS

- | | |
|--|---|
| ✗ Copying whole sentences from the passage. | → Encourage pupils to identify only the key information. |
| ✗ Writing too many details. | → Remind pupils that a summary contains only the main ideas. |
| ✗ Giving opinions without referring to the text. | → Ask pupils to support their answers with evidence from the passage. |
| ✗ Not using the vocabulary correctly. | → Review meanings and practise using the vocabulary in context. |



8 MODEL SENTENCES

- Sumo wrestlers are very big and strong.
- They eat a lot of healthy food such as rice, fish and vegetables.
- They train every day to be stronger.
- Healthy food and regular training help them become stronger.
- Their lifestyle is hard but it helps them win matches.



TEACHING REMINDER

Remind pupils to identify the main idea before looking for details.
Encourage them to answer using their own words instead of copying directly from the text.

