GLOBAL ACADEMY OF LIFELONG LEARNING · 全球银龄学院

Intermediate English Course

中级英语课程 · Lesson Plan - 8 Sessions 课程计划(共 8 课)



You already know basic English. This course turns it into real conversation. Across eight live online sessions you will tell your story, travel with confidence, handle health and money matters, stay close to family, and finish with a talk that is entirely yours.

您已经掌握了基础英语,这门课帮您把它变成真正的交流能力。八次在线直播课:讲人生故事、自信旅行、从容就医与消费、与家人保持联系,最后完成一次完全属于您自己的演讲。

8	60 min	Online	A2-B1
Sessions 课时	Per session 每课时长	Live, small group 在线直播小班	Level 水平(初级完成)

Who this course is for / 适合人群: Learners who have finished the Beginner course - or who can already introduce themselves, ask simple questions, and talk about daily life - and who now want longer, warmer, more confident conversations. 已完成初级课程,或能自我介绍、提简单问题、谈日常生活的学习者。

How each session runs / 每课流程: Every 60-minute session follows the same gentle rhythm: a warm-up, new language built together, plenty of speaking in pairs, and a short polish at the end. No tests, no pressure - progress you can hear. 热身,学新句型,双人大量开口,总结提升。没有考试,只有听得见的进步。

COURSE AT A GLANCE

Eight sessions, one journey / 八课一览

Each session stands on its own theme, and together they build one skill: holding a real conversation from the first hello to a warm goodbye.

#	Session 课题	You will be able to... 学完能做到
1	**Telling Your Story** 讲述你的故事	Tell a two-minute life story in the past tense
2	**Conversations That Flow** 让对话流畅起来	Keep a conversation going for five minutes
3	**Travel English in Action** 旅行英语实战	Handle airports, hotels, directions, and problems
4	**Health and Wellbeing** 健康与就医	Describe symptoms and understand the doctor
5	**Money, Shopping and Services** 消费、购物与服务	Compare, buy, return, and get help by phone
6	**Family, Friends and Staying Connected** 家人朋友	Write messages, invite, and enjoy long video calls
7	**Opinions, News and Stories** 表达观点	Give opinions with reasons and examples
8	**Showcase Day** 展示日	Give a three-minute talk and celebrate

By the end of the course / 结课时您将能够

- Hold a five-to-ten-minute conversation without switching languages. 坚持五到十分钟全英语对话。
- Tell stories about your past and plans for your future. 讲述过去的故事与未来的计划。
- Travel, shop, and see a doctor in English with confidence. 自信地用英语旅行、购物与就医。
- Write warm, correct messages and short emails. 写出亲切、正确的短信与邮件。
- Give your opinion - and your reasons - on everyday topics. 就日常话题表达观点并说明理由。

What you need / 您需要准备: A phone, tablet, or computer; a notebook you like; and fifteen quiet minutes on practice days. Recordings and word lists are shared after every session, so missing a class never means falling behind. 一部手机、平板或电脑;一个喜欢的笔记本;练习日留出十五分钟。每课后分享录像与词汇表,缺课也不掉队。

How to use this plan / 使用说明: Each of the next eight pages is one complete session - goal, key language, vocabulary, a timed class plan, a model dialogue, practice lines, a teacher tip, and light homework. Print one page per week, or keep the whole plan beside you as you teach. 后面八页每页是一课的完整计划,可逐周打印使用。

SESSION 1 / 第 1 课

Telling Your Story

讲述你的故事

Goal / 目标: Talk about your life in the past - where you lived, worked, and travelled - in a clear two-minute story. 用过去时清楚地讲一段两分钟的人生故事。

KEY LANGUAGE / 重点句型

- Past tense, regular and common irregular verbs: *lived, worked, went, met, had*
- Time words that order a story: *first, then, after that, finally*
- Linking words: *because, so, but*

WORDS TO KNOW / 词汇

hometown 家乡 · career 职业 · retired 退休 · memory 回忆 · journey 旅程 · celebrate 庆祝

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** the teacher tells a one-minute life story; learners catch the time words.
- **Build (15 min):** draw a simple life timeline - born, school, work, family, today - and add two verbs to each step.
- **Talk (25 min):** in pairs, tell your timeline story; partners ask two questions each.
- **Polish (10 min):** the class collects the best story openers on screen.

Listen and repeat - model dialogue / 示范对话

A: Where did you grow up?
B: I grew up in a small town near the mountains. First I went to school there, then I moved to the city for work.
A: What is one memory you love?
B: The day I met my husband. We met at a bookshop, and we talked for two hours.

Say it with confidence / 大声说:

"When I was young, I lived in a small town."
"After that, I worked as a teacher for thirty years."
"One memory I love is the day my daughter was born."

Teacher tip / 教学提示: Timelines work because learners already know the content - only the English is new. Keep stories to five timeline steps so two minutes feels achievable, not daunting.

Practice at home / 课后练习 (15 min): Record a one-minute voice message telling one happy memory. Bring one old photo to describe next time. 用手机录一段一分钟语音,讲一个美好回忆;带一张老照片来。

SESSION 2 / 第 2 课

Conversations That Flow

让对话流畅起来

Goal / 目标: Keep a conversation going for five minutes - ask follow-up questions, show interest, and agree or disagree politely. 让对话持续五分钟:追问、回应、礼貌地表达同意或不同意。

KEY LANGUAGE / 重点句型

- Follow-up questions: *Really? What happened next? How did you feel?*
- Showing interest: *That sounds wonderful. I see what you mean.*
- Polite opinions: *I agree. I am not sure, because...*

WORDS TO KNOW / 词汇

weekend 周末 · weather 天气 · neighbourhood 社区 · hobby 爱好 · news 新闻 · opinion 看法

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** conversation ball - answer a question, then pass it on with a question of your own.
- **Build (15 min):** the three-step pattern - answer, add a detail, ask back.
- **Talk (25 min):** small-talk stations - weekend, weather, hobbies, neighbourhood news.
- **Polish (10 min):** repair phrases for when you get stuck, practised until they feel easy.

Listen and repeat - model dialogue / 示范对话

A: Did you have a good weekend?
B: Yes, we visited our grandson. He is learning the piano.
A: That sounds wonderful. How long has he been learning?
B: For two years. And you - what did you do?

Say it with confidence / 大声说:

"What did you do last weekend?"
"That sounds lovely. Who did you go with?"
"Excuse me, could you say that more slowly, please?"

Teacher tip / 教学提示: Teach the ask-back as kindness, not grammar: a question is a gift to your partner. Time the final station at five full minutes so learners feel the target being met.

Practice at home / 课后练习 (15 min): Have one five-minute English conversation this week - with a classmate, a family member, or by voice messages. 本周完成一次五分钟英语对话。

SESSION 3 / 第 3 课

Travel English in Action

旅行英语实战

Goal / 目标: Handle the full travel day - airport, hotel, directions, and small problems - without switching languages. 独立应对旅行全程:机场、酒店、问路和处理小问题。

KEY LANGUAGE / 重点句型

- Requests: *Could I have...? Is it possible to...?*
- Problems: *Excuse me, there is a problem with...*
- Directions: *How do I get to...? Is it far from here?*

WORDS TO KNOW / 词汇

boarding pass 登机牌 · luggage 行李 · check in 办理入住 · reservation 预订 · platform 站台 · delayed 延误

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** read a departure board together; find your flight, gate, and time.
- **Build (15 min):** hotel check-in dialogue, line by line, with polite requests.
- **Role-play (25 min):** three stations - airport help desk, hotel front desk, asking directions in a new city.
- **Polish (10 min):** survival phrases for delays, lost luggage, and missed connections.

Listen and repeat - model dialogue / 示范对话

A: Excuse me, I think I am lost. How do I get to the museum?
B: It is not far. Go straight, then turn left at the park.
A: About how long does it take?
B: Ten minutes on foot. Enjoy your visit!

Say it with confidence / 大声说:

"Excuse me, my flight is delayed. What should I do?"
"I have a reservation under the name Hu."
"Could you write that down for me, please?"

Teacher tip / 教学提示: Run the role-plays twice: once with the script open, once with it closed. The second, braver run is where confidence is built.

Practice at home / 课后练习 (15 min): Plan a dream trip in five English sentences: where, when, how, who with, and one thing you want to see. 用五句英语写一个梦想之旅。



SESSION 4 / 第 4 课

Health and Wellbeing

健康与就医

Goal / 目标: Describe symptoms clearly, understand the doctor's questions, and follow instructions about medicine. 清楚描述症状,听懂医生的问题,理解用药说明。

KEY LANGUAGE / 重点句型

- Describing symptoms: *I have a headache. It started yesterday. It hurts here.*
- Time and degree: *for two days, since Monday, a little, very*
- Instructions: *Take one tablet twice a day after meals.*

WORDS TO KNOW / 词汇

appointment 预约 · symptom 症状 · fever 发烧 · prescription 处方 · pharmacy 药房 · insurance 保险

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** body and symptom review with picture cards.
- **Build (15 min):** the doctor's five questions - what, where, when, how long, how bad.
- **Role-play (25 min):** a doctor visit and a pharmacy visit, with a real medicine label to read.
- **Polish (10 min):** asking for repetition and checking you understood correctly.

Listen and repeat - model dialogue / 示范对话
Doctor: What seems to be the problem?
Patient: I have had a cough since Monday, and I feel very tired.
Doctor: Do you have a fever?
Patient: A little, in the evening. Should I take any medicine?

Say it with confidence / 大声说:
"I have had a sore throat for three days."
"Should I take this before or after meals?"
"Let me check I understood: twice a day, is that right?"

Teacher tip / 教学提示: The checking phrase - Let me check I understood - is the most valuable sentence in this session. Practise it until every learner says it without thinking.

Practice at home / 课后练习 (15 min): Read one real medicine label at home and find: the dose, the times, and one warning. 读一份真实药品标签,找出剂量、时间和一条注意事项。

SESSION 5 / 第 5 课

Money, Shopping and Services

消费、购物与服务

Goal / 目标: Compare prices, ask about quality, return something politely, and get help by phone. 比较价格、询问质量、礼貌退货,并能通过电话寻求帮助。

KEY LANGUAGE / 重点句型

- Comparisons: *bigger, cheaper, better than, the most comfortable*
- Shopping: *Do you have this in a larger size? Can I try it on?*
- Returns and help: *I would like to return this. There is a charge I do not understand.*

WORDS TO KNOW / 词汇

price 价格 · discount 折扣 · receipt 收据 · refund 退款 · bill 账单 · warranty 保修

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** price quiz - which is cheaper, and by how much?
- **Build (15 min):** comparison sentences using real shop adverts.
- **Role-play (25 min):** buying shoes, returning a jacket, and one phone call about a bill.
- **Polish (10 min):** numbers clinic - prices, dates, and phone numbers at natural speed.

Listen and repeat - model dialogue / 示范对话
Customer: Excuse me, I would like to return this jacket.
Assistant: Of course. Is there a problem with it?
Customer: It is smaller than I expected. Here is my receipt.
Assistant: No problem. Would you like a refund, or a larger size?

Say it with confidence / 大声说:
"This one is more comfortable than that one."
"I bought it last week. Here is my receipt."
"Could you explain this charge, please?"

Teacher tip / 教学提示: Numbers deserve their own ten minutes: prices and phone numbers at natural speed are where intermediate learners most often freeze. Slow, repeated listening fixes it.

Practice at home / 课后练习 (15 min): Compare two real products online or in a shop and write three comparison sentences. 比较两件真实商品,写三句比较句。

SESSION 6 / 第 6 课

Family, Friends and Staying Connected

家人朋友,保持联系

Goal / 目标: Write friendly messages, invite people warmly, and enjoy a long video call with family. 写亲切的短信和邮件,热情发出邀请,与家人愉快地视频通话。

KEY LANGUAGE / 重点句型

- Invitations: *Would you like to join us? We would love to see you.*
- Messages: warm openings and closings for emails and texts
- Celebrations: *Congratulations! Happy anniversary! We are so proud of you.*

WORDS TO KNOW / 词汇

grandchildren 孙辈 · invitation 邀请 · celebration 庆祝 · proud 骄傲 · miss 想念 · visit 拜访

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** read three short messages - which is warmest, and why?
- **Build (15 min):** build a perfect invitation - what, when, where, and one kind sentence.
- **Talk (25 min):** video-call role-play - family news round-up, three updates each.
- **Polish (10 min):** proud-family phrases for good news, exams, and new babies.

Listen and repeat - model dialogue / 示范对话
Grandma: Hello, my dear! It is so good to see you.
Granddaughter: Hi Grandma! I have news - I passed my exam!
Grandma: Congratulations! We are so proud of you. Tell us everything.
Granddaughter: It was hard, but my teacher helped me a lot.

Say it with confidence / 大声说:
"We would love you to join us for dinner on Sunday."
"We are so proud of you. Tell us everything!"
"I miss you all. Let us talk again next week."

Teacher tip / 教学提示: Let learners draft their real homework message in class, with help. A message actually sent is worth ten exercises - it turns English into family connection.

Practice at home / 课后练习 (15 min): Write one real message in English to a family member or friend - a thank-you, an invitation, or just hello. 用英语给家人或朋友写一条真实消息。



SESSION 7 / 第 7 课

Opinions, News and Stories

表达观点,谈论新闻与故事

Goal / 目标: Give your opinion with reasons, talk about a news story or photo, and describe hobbies in real depth. 有理有据地表达观点,谈论新闻或照片,深入聊爱好。

KEY LANGUAGE / 重点句型

- Opinions with reasons: *In my opinion... because... For example...*
- Agreeing and adding: *That is true, and also...*
- Describing a photo or story: *In this photo I can see... It reminds me of...*

WORDS TO KNOW / 词汇

opinion 观点 · reason 理由 · local 本地的 · event 活动 · experience 经历 · recommend 推荐

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** agree or disagree - take a position and defend it in one sentence.
- **Build (15 min):** the opinion sandwich - view, reason, example.
- **Talk (25 min):** news and photo talk in small groups; hobby deep-dive interviews.
- **Polish (10 min):** recommending phrases - books, films, restaurants, places.

Listen and repeat - model dialogue / 示范对话

A: In my opinion, every town needs a good library. It is a place for everyone.
B: That is true, and also, libraries are wonderful for children.
A: Exactly. For example, my grandson learned to love reading at ours.
B: Then we agree - libraries matter.

Say it with confidence / 大声说:

"In my opinion, walking is the best exercise, because it is free and gentle."
"This photo reminds me of my first trip abroad."
"If you visit Florida, you must try this restaurant."

Teacher tip / 教学提示: Insist on the because. An opinion with one reason is a complete intermediate skill, and learners feel genuinely proud the first time a whole group listens to theirs.

Practice at home / 课后练习 (15 min): Choose one news story, photo, or hobby topic and prepare five sentences with your opinion. 选一个话题,准备五句带观点的句子。

SESSION 8 / 第 8 课

Showcase Day: My Story, My Trip

展示日:我的故事,我的旅行

Goal / 目标: Give a three-minute talk - your life story or your dream trip - and celebrate how far your English has come. 做一个三分钟演讲——人生故事或梦想之旅——庆祝自己的进步。

KEY LANGUAGE / 重点句型

- Presentation openers: *Today I would like to tell you about...*
- Signposting: *First... Next... Finally...*
- Warm closings: *Thank you for listening. I am happy to answer questions.*

WORDS TO KNOW / 词汇

present 演讲 · audience 听众 · journey 旅程 · achievement 成就 · certificate 证书 · continue 继续

IN CLASS / 课堂活动 (60 MIN)

- **Warm-up (10 min):** voice and smile warm-ups; how to open strongly.
- **Rehearse (15 min):** talks in pairs, with one kind suggestion each.
- **Showcase (25 min):** every learner gives their three-minute talk to the class.
- **Celebrate (10 min):** certificates, an online class photo, and your next step - the Advanced course.

Listen and repeat - model dialogue / 示范对话

Speaker: Today I would like to tell you about my hometown.
First, let me tell you about the river. Next, the old market street.
Finally, the food - you must taste our noodles!
Thank you for listening. I am happy to answer questions.

Say it with confidence / 大声说:

"Today I would like to tell you about a trip I dream of."
"First, let me tell you where it begins."
"Thank you for listening. English has opened a new door for me."

Teacher tip / 教学提示: Record the showcase talks with permission and share them with the class. Hearing their own fluent three minutes is the strongest motivation to continue to the Advanced course.

Practice at home / 课后练习 (15 min): Keep going: fifteen minutes of English a day - one song, one story, one conversation. 坚持每天十五分钟英语:一首歌、一个故事、一次对话。

Teaching notes / 教学说明

Class size and pace. Keep groups small - six to ten learners - so everyone speaks in every session. Repeat key phrases twice and show new language on screen in large type while you say it.

Chinese support. Titles, goals, and word lists are bilingual. Use Chinese briefly to confirm a new pattern, then return to English for all practice. Understanding is checked by doing, never by translation tests.

Pair work online. Use breakout rooms or turn-taking on camera. Give pairs a visible task card and a time limit, and bring back one highlight from each pair.

Encouragement. Correct gently and late: teach common errors to the whole class without names. Praise specific progress - a new past-tense verb, a brave follow-up question - so learners hear their own growth.

Progress check, without tests / 无压力的进步评估

Moment 时机	How we check 如何评估
Session 2	Five-minute paired conversation: can the learner ask at least three follow-up questions?
Session 4	Doctor role-play: can the learner say what, where, since when, and how bad?
Session 6	A real written message sent in English - invitation, thank-you, or hello.
Session 8	The three-minute showcase talk: clear beginning, middle, and end.

Materials checklist / 材料清单

- ☐ Slide deck for each session, large type, key phrases highlighted
- ☐ Picture cards and real items: departure board, hotel form, medicine label, shop adverts, a bill
- ☐ Bilingual word list (PDF) and session recording shared after each meeting
- ☐ Showcase certificates with each learner's name, Session 8

Your next step / 下一步: Graduates are ready for the **Advanced English Course** - discussion, films, and fluent storytelling. Keep the habit: fifteen minutes of English every day. 完成本课程后,可进入高级英语课程。

"Now your English can go where your life goes - to airports, to family across the ocean, and to every new friend along the way." - 学院寄语

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