



# UTMACH

UNIDAD ACADÉMICA DE CIENCIAS SOCIALES

CARRERA DE CIENCIAS DE LA EDUCACIÓN MENCIÓN  
INGLÉS

THE USE OF WARM UPS TO MOTIVATE STUDENTS OF DR JOSE  
CORSINO CARDENAS HIGH SCHOOL IN PASAJE 2015 - 2016

LOAIZA AGUIRRE MARIELA BEATRIZ

MACHALA  
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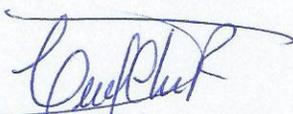
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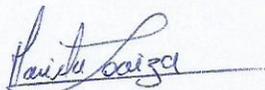
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## **DEDICATION**

This work is dedicated firstly to God for giving me my life and for let me be by the side of my beloved friends with the strength and brave to go on.

To my parents for being by my side guiding me to be someone better with their support and unconditional love. And to my friends and teachers that have guided me with the right words and the love to end my university career.

## **GRATITUDE**

For the educational institution that have taught us manners such as perseverance, honesty, respect and have also taught me how to be a professional. There aren't words to describe how thankful I am with this university for teaching me how to be a person able to fend for himself.

At the distinguished authorities and professors that have done their best participating and giving us their knowledge with efficient and warmth to motivate all of the students to archive an excellent academic performance.

And also an special thanks to my English professors that have been friends whose advice and support have guided me to become in a good professional, reaching all my goals because of them.

## **ABSTRACT**

This project talks about the use of warm up to begin the lesson not only to do the class fun but also according to the main topic of the lesson. Warm ups are useful tools to increase the energy in the students and to make them get into “English Mode” which is actually necessary to make the students use the English language.

To be able to see the importance of warm ups, it has been described a variety of warm ups applicable in class; also to reveal positive points for using warm ups and also negative points for not using them in the class.

Furthermore, this project has mentioned the advantages of using warm ups which are favorable for a good management of the class and to get an environment where it is possible to develop them in a properly and effectively way due to the fact that a lot of the students do not like the foreign language.

In the same way, it also has been described the disadvantages and how negative repercussions rises in the students’ performance in class producing discouragement, students do not pay attention, and low grades in English classes.

The production of this project let us name the importance of warm ups solving the written problems reaching the objectives that we have developed in this work and will be beneficial to get knowledge about the activities in the class called warm ups and the influence in students’ motivation of Dr. Jose Corsino Cardenas high school.

### **Key words**

Tools, warm ups, motivation, advantages, disadvantages.

## **RESUMEN**

Este trabajo habla sobre la aplicación de los warm up al iniciar la clase para no solo hacerla divertida sino también de acuerdo al tema principal de la clase. Los warm ups son útiles para elevar la energía de los alumnos y hacerlos entrar en modo de inglés el cual es, de hecho, necesario para hacer que los estudiantes empiecen a usar el lenguaje.

Para lograr ver la importancia de los warm up nos hemos planteado describir una serie de warm ups aplicables en clases además de revelar puntos favorables por usar warm ups y así mismo también puntos negativos por no usarlas.

Aquí en el trabajo hemos nombrado las ventajas del uso del warm up las cuales son favorables para el buen manejo de la clase y que esta tenga un ambiente favorable en el cual se pueda desarrollar de una manera adecuada y eficaz puesto que muchos estudiantes no les agrada el idioma extranjero.

De este mismo modo también nombramos las desventajas y como esto repercute de forma negativa en el desempeño que el alumno tiene en clase causando desinterés y por ende un bajo rendimiento en clase de inglés.

La realización de este trabajo permite nombrar la importancia de dichos warm ups resolviendo los problemas planteados y logrando los objetivos que hemos desarrollado en el trabajo y que serán beneficiosos para tener conocimiento acerca de las actividades en clases llamadas warm ups y su influencia en la motivación de los estudiantes del colegio Dr. José Corcino Cárdenas.

### **Palabras clave**

Herramientas, warm up, motivación, ventajas, desventajas

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## INTRODUCTION

In the teaching learning process of English it is important not just full students with information, but also motivate them with some fun activities. These activities are called warm up in English, because their main functions are to warm de students for the class.

In order to make the students learn a foreign language and be able to speak in that language reaching an excellent capacity of expression, it is essential to look for a way where students can develop their abilities and skills. For that, it is very important to use didactics that let teachers encourage students to create a nice environment in the classroom and motivating students with a positive behavior to express in the foreign language what the teacher has taught.

Nowadays, when teachers explain a topic about the English language, they have to look for ways to get students' motivation, so they do not feel tired in the lesson; and this can be possible with warm ups at the beginning where the students start using the foreign language and forget their native language which they have used everyday. These activities are indispensable to make students start the class with enthusiasm and desire of use English at the moment of participating in class and doing activities.

Warm ups are an important part of the class because those five or ten minutes modify the behavior of student for the rest of the lesson, this will affect students' efficient in the class and also their attention in the learning of new knowledge. Warm ups need a balance between fun and educational, so while with fun we make students get relax and enjoy the class, with the educational part students start using English and we can introduce the new topic that is going to be explained that day.

This project will demonstrate how important warm ups are by showing its influences in students' motivation which will develop a good environment in the class making easier the teaching learning process of English. Students motivated learn faster, assimilate more information and pay more attention because they feel better in the class, producing a good progress.

In this project, it is tended to show a guide with activities and warm ups so every teacher can look and apply them in class making sure a good beginning of the lesson. In addition, this project will describe the positive and negative aspects gained from the use or not use of warm ups respectively. These positive aspects gotten by the use of warm ups will produce in students a desire to learn and to pay attention in the class.

# **THE USE OF WARM UPS TO MOTIVATE STUDENTS OF DR JOSE CORSINO CARDENAS HIGH SCHOOL IN PASAJE 2015 - 2016**

## **1. DEVELOPMENT**

### **1.1 Uses of Warm Ups**

At the beginning of the class, teachers have to use from five to ten minutes to make the students feel desire to learn, this is because some kids think English is tedious, for that teacher should use games for warm up. This make the students become more participative and have a better attention to the topic is going to be taught, this will make easier for the students to learn more efficiently creating an environment less boring for them. (Guimont, 2013)

Warm ups along with a good classroom management, control of every situation that interferes and the students knowing the classroom rules will let them know the do and don'ts of the game. Thus, the educator will realize that he/she will have a less boring lesson for young learners, which will give place to the correct learning process environment. In that way, it will be more pleasant for the teacher to work and the students, who will have a better understanding.

In my experience as a teacher I have seen that students do not like English as a subject and this is because the teacher does not start with a warm up. Because of this, students do not pay attention and do not learn about the topic which is being taught. In order to avoid this, we should teach in the class beginning with the use of a warm up of five to ten minutes. Using warm ups the students feel encouraged and motivated to get new knowledge.

### **1.2 Characteristics of warm up**

The warm up has to last from 5 to 10 minutes to make the class more interesting and with a more dynamic environment. This, will make learners pay attention to the class delivered by the teacher so that they focus more on the material they are working on instead of being distracted chatting with the nearby classmate.

One of the many characteristics that warm ups have is that they make students feel more motivated when starting the class. The motivation reflects the participation in activities so when students have it they get experience by participating in activities. (Hagger &

Chatzisarantis, 2015). The high school teacher will have lots of games according to the topic of the lesson which will help for the pupils' concentration since more often than not they do other tasks when it is time for the foreign language class

Nowadays most of Young learners do not pay attention to the English class as teachers make it tiring and monotonous, they just follow the activities that are in the book which grow boredom in students making them bother in class or do other things that are not related to English.

In most cases we notice that is that way since the warm up nowadays is essential at the time of starting the class because it has many characteristics which allow students to develop skills they do not have due to a lack of motivation and dynamism in the classroom maybe caused by the fact that the teacher does not have time for those.

One of the characteristics that make the warm ups enjoyable and pleasant for students are:

- ✓ It improves the students' concentration
- ✓ It helps students develop skills they do not have yet
- ✓ It helps young learners to process the information better
- ✓ Adaptation in class
- ✓ Participation of class

### **1.3 Motivation in the Students**

Warm ups hook the attention of the students, their emotions and curiosity motivating them in the class and helping to link the development of the lesson. (Báez Dueñas & Chacón Vargas, 2013). Students need to be motivated by the teachers because they are the key to make the students learn new knowledge, it can be made by the use of warm ups that mainly consist in make the students go to the board, cut some information and pictures in a magazine, things that may be consider attractive for the students. It will motivate and encourage them to learn more the language by creating a good environment was the students are more participative.

If we continue this process of learning the young learners will develop their abilities and discover that they are able to learn in an effective and non-monotonic way. This is the key of a good learning (Velandia, 2008) The teacher will have to have a previous to class organization for the next day it touches you expound your topic may have a previous motivation for the student in the classroom that will serve you much help for the

classroom have a participatory environment through their students. Being the essential part the class has, here we give some examples; the teacher can tell a student to stand up in front of his classmates so that a dynamic activity can start based on the topic of the lesson or because the teacher is the guide in charge of this dynamic activity he/she can explain the instructions previously so the pupil can do it right.

Motivation is indispensable for a successful assimilation of knowledge. The interaction in activities let the students to use the language properly increasing their own motivation. (Chacón Estrada, Freeman Gratacó, & de la Cruz Brocard, 2015) Students need to be motivated in order to do their best in class to learn and study harder.

#### **1.4 The lack of warm ups does not encourage students' motivation**

A very common fact in students is feeling bad as far as their mood, this is the result of factors such as listlessness, remoteness, sleep, absence, tiredness, tedium or rejection, aggression, scandal and rebellion. These are the ones that grow boredom in the classroom and that teachers can easily discover.

Preparing warm ups at the beginning is considered an effective way of increasing the motivation in students and with that the learning outcome. (Juang, Chou, & Chan , 2012) Through the observation of students or even through the direct communication between youngsters, this state can be perceived in students' behavior which could make their school performance become lower or make the students have a dislike for the subject.

The process of the English teaching is greatly influenced by the strategies and didactics the teachers applies when motivating students. Such motivation in the English class is produced at the very beginning of it, time in which the schoolteacher has to help him/herself with some activities or warm ups in order to catch the student's attention making them feel in an area where they do not have to worry about speaking the language but where they feel comfortable and free to participate in class.

From students' perspective, the factors that produce a boring class are the wrong preparation of the class and the lack of methodologies and activities that should let students and teacher has interaction. This happens because when students are doing nothing they get bored and lose the desire to learn the topic taught in the class, for this reason the use of warm ups and games let students to do not feel stress and become more interested in the class.

## **1.5 Benefits of using warm ups**

The use of warm ups in the class is very important and beneficial for the students because nowadays it is essential for them to be desirous to learn the topic that the teacher is going to explain in the lesson.

Due to the fact that the teacher is the creator of the good environment in the class, among the aspects that give us a good warm up in the class is that it wakes a curiosity in the student to fill with emotions for learning because of the attractive of the class and continuing with this for some time, it will bring positive results in the teaching learning process.

The benefits the student has when the teacher does a warm up in the classroom are various and highly effective for the nowadays youngsters who need motivation to get more knowledge to increase their ability to remember and they will discover that they are able to overcome all the obstacles that might appear during the language learning. (Maiullo, 2016).

Warm ups in the class help the student does not feel pressured to pass a subject, which is a problem in so many educative institutions, this let the students to feel relax so they can concentrate in the explanation of the teacher an at the same time they feel with energy and desire to participate in class improving exponentially their participation and the amount of knowledge they learnt.

## **1.6 The use of warm ups focused on teaching learning skills to start the class**

With the help of warm ups the teacher can focus depending on the ability that he/she wants to develop. In speaking there are games which motivate the student to speak English and perform better in the classroom.

*Find my complement.* - The class will be divided into two groups. The first group will be in charge of having questions of general culture or grammar, for example:

- Who is the owner of the Apple Company?
- Who was the first man to go to the moon?
- Which is the highest volcano in the world?

- What is the past of the verb play?
- When do we use the present continuous?
- Which are the modal verbs?

The other team will receive the answers of the questions, as the objective of the class is to match correctly the answers to the questions; for this, students will have to speak English to find the answer.

To start the class, warm ups based on the listening skill which help to motive students can be used. Good examples of the following:

- ✓ Spelling names. - The teacher at the moment of checking assistance does not say the name of the student; instead the teacher spells students' names. The students have to listen carefully and said "hear." When they listen their spelled name.
- ✓ Hands up for the wrong word. - The teacher read a paragraph, but in each sentence of the paragraph he makes and intended mistake. The student who realizes the mistake hands up and tell the class the mistake.

Nowadays in order for students to be disposed to read well, they have to overcome the comprehension conflicts having the teacher preparing them to be better and capable to develop their skills and abilities in the reading area. Therefore, the instructor will be the indispensable guide for their improvement and he/she will have to find a way so that the student can feel motivated to learn and remember words. (Barón, 2013)

Nowadays there are a large number of activities for the student to develop this ability correctly which requires a lot of practice as many of them can be discussions or role plays. In the forthcoming information I will show that there are various examples so that young learners can develop the reading skill. Entertaining and motivating warm ups can be used such as:

- ✓ Reading a paragraph. - The teacher gives to each student a piece of paper with a paragraph in which they will find unknown vocabulary. The instructor will play the recording for students to listen and underline the unfamiliar words so that at the end of the task they will have to look for the meaning of the words in the dictionary and present it in front of all their classmates.

Probably the **writing** skill is the most difficult one to develop in Young learners as it requires a lot of concentration, memorization and a high vocabulary therefore most of the time it is difficult and tedious for students when it comes to practice it in the classroom. Frequently, learners do not give much importance to this and when they have to practice it they do not know how to deal with it or in other cases they do not understand and do not give any relevance to the class (Estalkhbijari, 2012).

There are various ways of motivating students to write in order to improve their writing skill in English. An easy and dynamic one is to use a 5-10 minutes warm up in which writing has to be used since this facilitates the vocabulary learning and they will get more knowledge to be able to use the English language in class with no difficulties. By doing so, learners will be in a more motivating class and eager to learn more about the teacher's subject matter. Among the various warm ups in which writing is required, we have:

- ✓ Brainstorming. - The teacher will ask each pupil to give a topic taken from a story, the news, book etc. The educator will write on the board each topic youngsters say and at the end they will choose the one they like best to write a paragraph looking for words in the English-Spanish dictionary to share it by the end of the lesson.

### **1.7 How to develop a warm up correctly**

To develop a warm up correctly, it is firstly necessary to know the students very well, because this will show interest or discouragement for the class; and it is the teacher the one in charge of planning the class using warm ups at the beginning to get an encouraged class.

Among the important rules that have to be kept in mind when doing a warm up is the length since this is indispensable and at the same time realize if students do not feel motivated in the classroom. Some points to remark to have a proper use of warm ups are the following:

- ✓ It has to last from 5 to 10 minutes.
- ✓ Share the enthusiasm when doing the activity which will be based on the topic of the lesson.
- ✓ Have a positive attitude to provide a good environment in the classroom.

So thanks to these activities at the beginning of the class, it will help young students to be in a better environment motivated and to be more participative at the time to learn the lesson, feeling comfortable with the teacher and his fun class.

When teaching English to young learners there are various topics for the class that require activities of motivation which will help nowadays students to upgrade their linguistics abilities. The different topics of the English language will help them to grow and to develop skills and abilities students have decided to get in order to learn the foreign language better through different activities which be led by the teacher, who is in charge of giving the class a better environment. (Doganay, 2013)

The teaching of a foreign language in class has had several drawbacks; one of them is the lack of motivation and not knowing how to do a warm up properly which is a problem for students to pay attention in the class.

At the present time is it basic that students feel comfortable when it is time to start with the class. As they have a busy schedule most of the time when the English class comes they feel unmotivated, tired etc. Many of them do things that have nothing to do with the subject and decide to bother their other classmates or to make noise. Here is when the warm ups play their role so that pupils will not feel demotivated but all the opposite.

### **1.8 The most useful warm up**

**Exchange places.** - Learners sit in a circle apart from 1 kid who tells the others to change seat, saying a feature students have, for instance the color of their clothes, their likes, the place where they live etc. the student who does not get any seat will be the one to give instructions to start again.

**Guess what the draw is about.** - A student goes to the board and starts drawing while his classmates try to guess what the drawing is before the student finishes it. The pupil who succeeds in guessing first goes to the board and draws another thing to continue with the game.

**Shopping list.** - Groups of 5-6 people will be made and the first student of each group says the following phrase: "Yesterday I went to the mall and I bought"....adding any product that can be bought in the supermarket. This is whispered in the ear of a classmate who in turns has to whisper it to another classmate adding a new product and so on reinforcing the memory of the students.

**Remembering things.** - The teacher should get twenty things that can normally be found in a class and show them to the students, before that he hides the things and give some instructions to write a paper with the more quantity of things that students can remember. The winner is the student who wrote more things. This exercise helps students' memory.

**Complete the idea.** - The teacher writes incomplete sentences so students must complete them with sense and according to the tense that the teacher indicates. This will help students to practice grammar and to interact with other students. The sentences can be similar to these:

- The best signature that he/she has learnt...
- Le best vacations that he/she has had...
- Do you enjoy Christmas with...?

## **2. CONCLUSIONS**

According to the development of the current research it is possible to conclude saying that warm ups are essential for students' motivation as it helps to make them feel comfortable in the classroom and along with that a better academic performance can be achieved.

I can also end by saying that the use of different warm ups as the ones mentioned in this research work will be vital to start a good classroom management improving the students' development in the third year of the DR. JOSE CORSINO CÁRDENAS high school.

Lastly, when regarding the English subject, this is disliked by students. When a foreign language has to be learnt a bit of interest is needed. Unfortunately, teachers do not start with a warm up preceding the class, which has to have dynamism so that young learners can get knowledge in an entertaining way developing different abilities and desiring to participate in class.

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