

*Muradulloyeva Sevinch**Samarkand state institute of foreign languages, 2nd level student of the Faculty of English**muradulloyevasevinch@gmail.com**+998904702806***ADVANTAGES OF WARM-UP ACTIVITIES IN ENGLISH LESSONS**

Annotatsiya: ingliz tili darslarida isinish mashg'ulotlari o'quvchilarning o'rganish tajribasini oshirishda hal qiluvchi rol o'ynaydi. Bu mashg'ulotlar o'quvchilarning ongini rag'batlantiradi, ijobiy muhit yaratadi va o'quvchilarni darsga osonlashtiradi. Issiqlik mashg'ulotlarini birlashtirishning asosiy afzalliklari talabalarning faolligini oshirish, tilni saqlashni yaxshilash va sinfda hamjamiyat tuyg'usini rivojlantirishni o'z ichiga oladi. Bundan tashqari, isinish oldingi bilimlarni faollashtirishi mumkin, bu esa o'quvchilarga yangi ma'lumotlarni mavjud tushunchalar bilan bog'lash imkonini beradi.

Kalit so'zlar: isinish, sinf jamoasi, ijobiy hamjamiyat, motivatsiya, samarali o'rganish, o'rganish tajribasi, o'qitish metodologiyasi, tilni saqlash.

Аннотация: разминка на уроках английского языка играет решающую роль в улучшении учебного процесса учащихся. Эти занятия стимулируют ум учащихся, создают позитивную атмосферу и облегчают учащимся урок. Ключевые преимущества включения разминки включают повышение вовлеченности учащихся, улучшение удержания языка и формирование чувства общности в классе. Кроме того, разминка может активировать уже имеющиеся знания, позволяя учащимся связать новую информацию с существующими концепциями.

Ключевые слова: разминка, классный коллектив, позитивное сообщество, мотивация, эффективное обучение, учебный опыт, методика преподавания, сохранение языка.

Abstract: warm-up activities in English classes play a crucial role in improving students' learning experience. These activities stimulate students' minds, create a positive atmosphere and ease students into the lesson. Key benefits of incorporating warm-up activities include increased student engagement, improved language retention, and fostering a sense of community in the classroom. In addition, warm-ups can activate prior knowledge, allowing students to connect new information with existing concepts.

Key words: warm-up, classroom team, positive community, motivation, effective learning, learning experience, teaching methodology, language retention.

The warm up of a lesson often receives less attention than it should. Teachers spend a lot of time preparing explanations and worksheets to introduce and practice the target language, for example. They then enter the classroom unprepared for the first five or ten minutes. "Let's do something fun" usually constitutes all the planning that goes into this stage of the lesson. Planning then gets done on the way to the classroom, with the teacher pulling a game out of his bag of tricks. Every teacher with more than one month's experience is guilty, including myself. But a well-planned, effective warm up offers more towards the lesson than just a bit of fun. Because it's the first activity of the lesson, the warm up sets the tone for the next hour. An activity that students find too difficult, or even confusing, results in a class of disinterested zombies. Similarly, a writing-based activity won't get the students communicating. This then translates into a quiet class session in which you have to prod and push the students to volunteer examples or simple answers. A fun warm up, on the other hand, raises energy levels. Fun activities also produce relaxed, less inhibited students. With the right warm up, you'll have

created a positive atmosphere to practice and experiment with the language. The lesson's warm up gets students into "English mode." If you teach EFL in China or Japan, the lesson may represent the only chance for students to use the language. In other words, they might not have spoken English since the last session, be that two days, one week, or one month ago. Even if your students encounter and use English every day, it still takes some time to prepare for the intensive ninety minutes of classroom time. A warm-up is an activity that begins the lesson before getting down to the main topic of the class. Its aim is to warm up your students, prepare them for what will take place later, introduce new information in a relaxed way, or review some material from the previous lessons. The main idea of the ESL warming-up activity is to grab students' attention, engage them, and set the mood for the learning process. It should help to forget for a while all the other things and problems that bother your students and get them into the right mode of thinking. Imagine a lesson that starts like this: students enter the classroom, take their seats, open their books, and start doing exercises. What kind of lesson would that be? Right, boring, exhausting, and unproductive. That is why it is a good idea to have an ESL warming-up activity implemented in every lesson. So, what are the warm-ups, how and when to use them, what benefits do they bring, and what types of activities would suit different ages? All of that we are about to explore in this blog, so stick around and adopt our ideas for your lesson plans to make your teaching more effective, enjoyable, and professional. Let's go!

What is a warm-up activity in ESL teaching? A warm-up is an activity that begins the lesson before getting down to the main topic of the class. Its aim is to warm up your students, prepare them for what will take place later, introduce new information in a relaxed way, or review some material from the previous lessons. The main idea of the ESL warming-up activity is to grab students' attention, engage them, and set the mood for the learning process. It should help to forget for a while all the other things and problems that bother your students and get them into the right mode of thinking. Teach english online like an expert. What is the difference between a warm-up activity for students and a lead-in? It is pretty simple to understand the difference between a warm-up and a lead-in whenever we get to some examples. If you are familiar with sports, you know that you have to warm your muscles before each training session so that you won't get injured. Likewise, considering the fact that learning english as a second language means students don't speak or think in it all the time, they will need some preparation. A warm-up does that, i.e., helps the brain shift into a needed English-speaking mode. Time and again, teachers omit this part of the lesson, considering ESL activities for warm-up are time-consuming and not important. But it is worth emphasizing that conducting a good warm-up exercise will give you a bunch of benefits and better results. Take a look at some of these:

Learning environment: by providing a quick warmer, you automatically create a positive classroom environment and engage students to participate in the process.

Memorizing: they say that to remember something, you have to repeat it many times. That is true, and a warm-up helps with it a lot; among other ways, you may use this activity to refresh students' memories of previous material.

Set the tone: warm-ups prepare students for the next stage of the lesson so that they can absorb new material much more quickly and efficiently.

Open practice: warmers provide a low-pressure environment to practice the language; you will get the whole class involved and motivated, no matter how shy they are.

New skills: with regular warm-up practice, your students will improve their receptive and expressive language skills;

Creativity: warm-up activities are designed to be conducted mainly in an improvised manner; that is why they boost creativity and critical thinking immensely.

Confidence: all of the above-mentioned benefits, by the nature of things, will promote your students' confidence in using english.

Warm up activities are very important as we have to involve them from the start, because they are communicative, and I think I can use these ideas in my class as well and also make several activities. Warm up activities make students think and give them personal opinions. We can discover more interesting things about their thoughts. In my opinion these kinds of activities (interactive games) can be fruitful and helpful to grasp students' attention. During the classes students will stay focused on the topic and will do the exercises with great enthusiasm. Warm up activities not only help students but also might be a good resource for EFL teachers. Teachers with this educational baggage will be able to avoid obstacles that may arise during the classes using the activities below:

1. Matching activity. Teacher gives four various passages. In each of the passage there are adjectives and verbs that are used in the exercise below of each passage. Students should match the adjectives and verbs with the given ones in the column.
2. Double letter activity. If you want to organize this activity, you will tell two letters, for example, SS. Students should find out the words which begins and ends with SS like STRESS, SUCCESS, SHOES....
3. Definition activity. The form of this activity is, the teacher writes any kind of word on the blackboard, and the students need to give the definition of the written word. For example, TWINS was written, the definition of it is "two children who were born in the same time, siblings who are two sisters or two brothers".
4. Last letter activity. This activity is interesting and we can attract our students quickly. Why? Because you will tell any word, and the participants will immediately tell a new word for the last letter of the word which you told before. Sample, BENEFICIAL – L is last, that's why participants should tell any word with it. Like LESSON, LOW, LETTER...
5. Yes and No activity. You will divide the class into two parts, A part and B part. So first A part will ask only alternative questions related to the theme, and B part should answer without saying YES or NO. This activity will help to improve their speed. For example, "Is it English lesson now? Sure, Do you like me? May be, Are you my sibling? Of course..."
6. Fish bone diagram (ISHIKAWA) activity. Cause and effect diagram that helps learners to track down the reasons for imperfections, variations, defects or failures. The teacher gives a problem and the students should find cause and effects, and they all discuss together.
7. Match the differences activity. Participants are given two pictures and they should look both of them, the teacher set the time for three or four minutes. And when the alarm rang, everyone should tell the differences of the pictures.
8. T schema activity. We can only work diagrams or the schemas in this activity. It depends on the topic of the theme, especially it helps to improve speaking skills. The form of this activity is the topic will be given by the teacher, and others should give their own opinion. Advantages and disadvantages of the topic will be discussed.
9. Jigsaw reading activity. Teacher prepares passages and cut each paragraph of the passage. Students will distribute various passages to four groups. Students should read paragraphs of each passage and put them in order. This activity might be a bit challenging for intermediate level students but it can be helpful for their critical and creative thinking skills. Besides, it enlarges their vocabulary and introduce with the sentence structure.
10. Getting to know each other. The form of this activity, teacher announces any two volunteers from the group and they come to the board, and stand back to back, and one by one they will describe their appearance without looking each other. Other rest of the group will applaud them if they are describing in a right way and using the word phrases as well. When students participate in an interesting warm-up, they are more likely to remain focused and involved during the main activities. These activities help activate prior knowledge, allowing students to recall what they already know about a topic. This connection aids in better understanding of the new concepts being introduced, facilitating smoother transitions into more complex discussions. Warm-ups can be a low-stakes way for students to practice their language skills. This helps build confidence, especially for those who may be hesitant to speak in English. They can express their ideas freely, knowing that the atmosphere is relaxed. Warm-up activities often involve pair or group work, promoting interaction among students. This collaborative approach enhances communication skills

and builds a sense of community within the classroom, making students feel more comfortable with their peers. By introducing key vocabulary or themes during warm-up activities, teachers can set the stage for the lesson's objectives. This helps students understand what to expect and why they are learning specific material, creating a purpose-driven learning environment. Incorporating physical movement or energizing activities can help boost students' energy levels. This is particularly helpful in keeping the class dynamic and counteracting any potential lethargy, especially after long periods of study. By implementing warm-up activities regularly, teachers can significantly enhance the overall effectiveness of their English lessons, resulting in a more engaging and productive learning environment.

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