

**Advantages:**

1. The teacher's lesson content design integrates with students' life experiences, enhancing their motivation to learn.
2. The teacher continually moves around the classroom to ensure that each student understands the material.
3. Besides explaining in English, the teacher also uses body language to help students comprehend the content.
4. The worksheets used in class effectively engage students' interest, promoting their learning outcomes.
5. The teacher guides students to observe pictures and dialogues through Q&A, boosting classroom participation.

**Suggestions:**

1. Try using tablets for worksheet activities to increase interactivity among students.
2. Allocate more time for students to complete the worksheets, allowing them sufficient time to finish properly.
3. Use related units on the CoolEnglish platform for extended activities to give students further practice.

**Self-reflection:**

This semester, our school applied for the English Teaching Assistant Award program, allowing us to have a foreign teacher co-teach with us. During the course preparation process, the foreign teacher provided numerous suggestions, enabling me to design the curriculum from a broader perspective. With the assistance of the foreign teacher, the classes proceeded more smoothly.

With this teaching experience, I plan to tailor future lesson designs to better align with the students' learning levels by selecting more appropriate content from the CoolEnglish platform and integrating it with textbook materials. This approach will help students learn more effectively.