HOW TO ENGLISH
With Gav & Em
Free teacher practice card

How Can a One-Minute Speaking Challenge Build Fluency?

S06E15 | For teachers to adapt to their learners

Purpose

Give learners a clear topic, a short thinking pause and one uninterrupted minute to keep speaking. The activity encourages them to connect ideas, paraphrase when vocabulary is missing and stay with a message instead of producing only short answers.

Try this in your next lesson

Choose one topic.

Our suggested routine

☐ Choose one topic.

☐ Give the learner 20 seconds to note three keywords.

☐ Speak for one minute without interruption.

☐ Give one useful language suggestion.

☐ Repeat the same topic for one more minute.

☐ Compare which version felt easier and why.

After the attempt

What worked? What needs another model or a smaller step? Note one change for next time.

Read the full explanation and examples:
howtoenglishpod.com - S06E15 article