

**Exploring Warming up Activities Used by Secondary Level English
Teachers in Kawaswoti Municipality**

**A Thesis Submitted to the Department of English Education
In Partial Fulfillment for the Master of Education in English**

**Submitted By
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**Faculty of Education
Tribhuvan University, Kirtipur
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2023**

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Date of Submission: 16/03/2023

Declaration

I hereby declare that to the best of my knowledge, this is original; no part of it was earlier submitted for the candidature of research degree to any university.

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This is to certify that **Ms. Susma Ghimire** has prepared this thesis entitled **Exploring Warming up Activities Used by Secondary Level English Teachers in Kawaswoti Municipality** under my guidance and supervision. I recommend the thesis for acceptance.

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Dedication

Dedicated

To

My first teachers (my loving parents) who taught me first letter of my life and who spent their whole life to make me what I am today.

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Firstly, I would like to express my sincere and hearty gratitude to my thesis supervisor **Dr. Gopal Prasad Pandey, Head and Reader**, Department of English Education, T.U., Kirtipur, Kathmandu. His consistent guidance, support and co-operation is ever memorable. His vigorous efforts made me present this research work in this form. This thesis would remain incomplete without his instructions, suggestions and guidance.

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Susma Ghimire

Abstract

This is a research entitled **Exploring warming up activities used by secondary level English teacher in Nawalparasi district (East)**. The main objective of the study was to explore the warm up strategies designed and used by secondary level English teachers while teaching English in Nawalparasi District (East). This study was based on survey research design. A set of questionnaire and classroom observation were used as the data collection tools. Questionnaire i.e. (Both close ended and open ended) served as the main tools for data collection. All together sixty English teachers were selected using convenience sampling method. To fulfill the objectives of the study I used both the primary and secondary sources of data. It was found that teachers used various techniques while warming up the students in English class namely : getting attention, presentation of tasks, previous feedback, scolding the students, showing interest in his students, encouraging participants, using body language, used gesture, using student centered approaches, made the voice commanding and pair work or group work.

This thesis consists of five chapters. The first chapter is introduction which consists of background of the study, statement of the problem, objectives of the study, research questions, significance of the study, delimitations of the study and operational definitions of the key terms. The second chapter included review of related literature and conceptual framework that consists of review of theoretical literature, review of empirical literature, implications of the review of the study and conceptual framework. Similarly, the third chapter deal with methods and procedures of the study which covers design of the study, population, sample and sampling strategy, research tools and techniques, sources of data, data collection procedures, data analysis procedures and ethical considerations. Likewise, the fourth chapter included the analysis and interpretation of the data. Furthermore, fifth chapter includes findings, conclusion and recommendations. Finally, the references and the appendices, which are necessary for the validation of the research, have also presented.

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List of Symbols and Abbreviations

AR	:	Action Research
EFL	:	English as Foreign Language
ELT	:	English Language Teaching
EP	:	English Proficiency
ESL	:	English as a Second Language (ESL),
F	:	Frequency
FL	:	Foreign Language
L1	:	First Language
L2	:	Second Language
P	:	Percentage
SLA	:	Second Language Acquisition
TL	:	Target Language