

Тема уроку: WE CHOOSE HEALTH (6 клас)

Мета уроку:

Практична: розвивати навички аудіювання,
говоріння та діалогічного мовлення

Освітня: розширювати світогляд учнів щодо складових проблеми
здоров'я ; необхідність самостійного піклування про своє здоров'я

Розвиваюча: розвивати логічне мислення, стимулювати їх розумову
активність. Розвивати мовну реакцію, культуру спілкування

Виховна: формувати громадську активність учнів, уміння
спілкуватися

Формувати артистичні навички

Обладнання:

Ілюстрації з теми, роздатковий матеріал по різних видах
діяльності на уроці;

Запис пісні -руханки HAPPY DANCE

1.Warming up A

A talk about healthy way of life

Healthy life. How do you understand it?

What is important for a healthy life?

FOR A HEALTHY LIFE, IT IS IMPORTANT TO:

***HAVE FUN**

*** EAT HEALTHY FOOD**

***KEEP FIT, DO EXERCISES**

***DO SPORT**

***LEARN NEW THINGS**

***SLEEP**

***BE ACTIVE**

FOR YOU TO BE ACTIVE WE'LL DO SOME MORNING EXERCISES

(This is the way we wash our hands)

2.A talk on the theme

2.1.Now, answer the questions:

1. How do you have fun?

2. What games do you play?

3. How do you keep fit?

4. What healthy food do you eat?

5. How do you learn new things?

6. What time do you go to bed?

3. Are these activities healthy or unhealthy?

3.1 Read the phrases and put them into two columns

HEALTHY

UNHEALTHY

EATING FRUIT AND VEGETABLES

GOING TO BED LATE

EATING SWEETS

DOING SPORT

GOING TO BED EARLY

WATCHING A LOT OF TV

PLAYING IN THE PARK

LISTENING TO MUSIC

PLAYING COMPUTER GAMES

EATING JUNK FOOD

GOING SKIING

EATING MUCH ICE-CREAM

GOING FOR A WALK

PLAYING SPORT GAMES

SWIMMING IN THE POOL/RIVER/SEA

DOING MORNING EXERCISES

TRAVELLING

RIDING A BIKE

GOING CAMPING

READING

DANCING

3.2 Now do a class survey / Ask your friend in the group and fill in the table

Use an example

How many hours a week do you do sport?

I do sport for four hours a week

How many hours a week do you...	1-2 hours	3-4 hours	5-6 hours	7 hours
do sport?				
watch TV?				
play in the park?				
listen to music?				
play computer games?				

3.3.Comment your table. Tell us, please, how many hours a week your friend spends on different activities.

4 Listen and answer the question WHAT FOOD IS GOOD?

Healthy Eating

Food gives us energy to play.

FRUIT AND VEGETABLES

DO eat all the colours of the rainbow. Green is good, but green +yellow+red is better!

DON't drink a lot of fruit juice or eat a lot of chips or fried food.

GRAINS

DO eat brown rice and bread.

DON'T eat a lot of white rice or bread.

PROTEIN

DO eat beans, eggs, fish and chicken.

DO eat some youghurt, cheese and milk.

DON't eat a lot of red meat.

DO drink lots of water.

DO KEEP ACTIVE

Say, if the sentences are true or false

- 1. Eating white rice is healthy.**
- 2. Drinking a lot of fruit juice is unhealthy.**
- 3. Any meat is good for health.**
- 4. Active life is good for everyone**
- 5. Beans, eggs, fish and chicken are rich in protein**
- 6. Drinking lots of water is healthy.**

What proverbs or sayings do you know about health?

For you to be more active, we'll organize a battle between two teams

Please, take a card with a number 1 or 2 and then everyone with number 1

stand up , and line up in this row and the pupils with number 2 stand up and occupy this row.

Your task will be : in turn one team names a proverb in English and the other team should give a translation of it. (10 proverbs from each side)

Another step of the battle will be an action song Happy Dance

The third step of the battle will be a work with a short text. The task is to complete the text with words which are given in pictures in the correct form. For this kind of work you will have 5-7 minutes

Evaluation of the work