

Тема урока: Обобщение по теме "Здоровый образ жизни: режим труда и отдыха, спорт, сбалансированное питание".

Класс: 8

Цель урока: обобщить и систематизировать лексико-грамматические умения и навыки учащихся по теме, привести их в систему; подготовиться к написанию контрольной работы.

Задачи урока:

- закрепить и обобщить лексико-грамматический материал темы "Здоровый образ жизни";
- развивать коммуникативные умения учащихся, умение обобщать и делать выводы, развивать творческие способности детей;
- воспитывать культуру общения, стремление к здоровому образу жизни, умение работать в сотрудничестве, содействовать воспитанию ответственности, самостоятельности.

Планируемые результаты:

Предметные :

- умение правильно понимать значение лексических единиц по теме;
- умение использовать лексические единицы в заданной ситуации;
- совершенствование навыка говорения через практику ответов на вопросы;
- совершенствование навыков аудирования, чтения, монологической и диалогической речи.

Личностные:

- установление связи между целью деятельности и ее результатом;
- готовность к саморазвитию и самообразованию;
- осознание себя частью коллектива;
- умение работать в команде/группе/парах.

Метапредметные:

- совершенствование *коммуникативных УУД* через все виды речевой деятельности, в том числе умение планировать речевое и неречевое поведение; умения монологического и диалогического высказывания с элементами рассуждения с опорой на данную информацию;
- совершенствование *познавательных УУД*, а именно умения извлекать необходимую информацию, сравнивать и анализировать, развитие способностей к логическому изложению, умения работы со словарём, умения смыслового чтения, умения работать в парах/группах;
- совершенствование *регулятивных УУД*, а именно целеполагания, планирования, самонаблюдения

Тип урока: урок обобщения изученного материала

Оборудование: наглядный материал, раздаточный материал, экран, проектор, компьютер

Ход урока

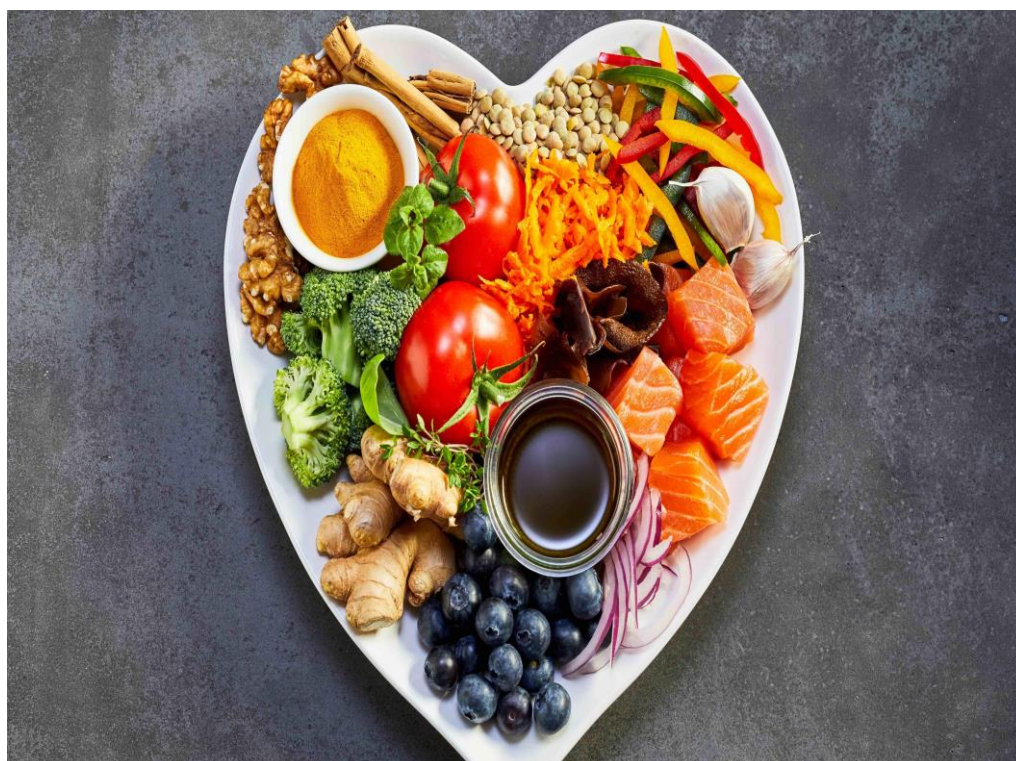
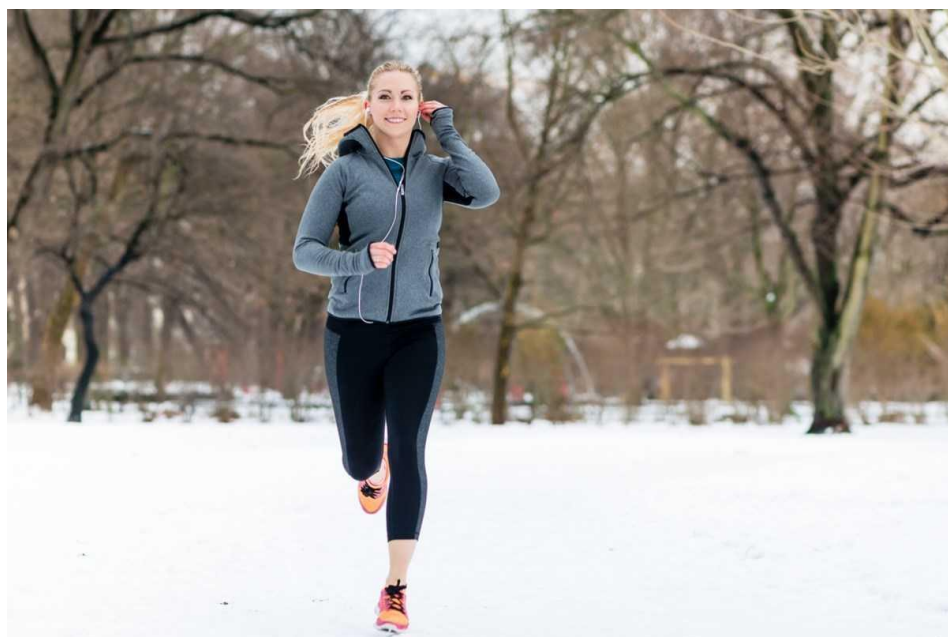
1. Organization moment.

Good afternoon, children! It's nice to see you again! How are you? Take your seats, please!

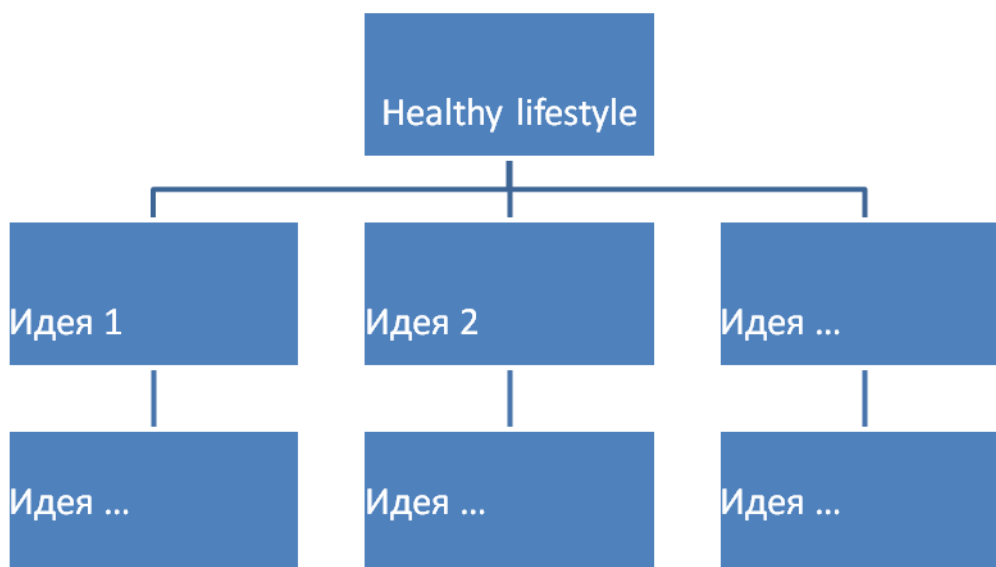
Look at the screen. There are two pictures. Answer my question. What do you think we're

going to speak about?

Well. Today we'll finish our theme «**healthy lifestyle**» and get ready to write a test.



2. Warm-up: Look at the cluster. Fill it in. What words and phrases do you remember when you see and hear the phrase “healthy lifestyle”? (Every student writes down his or her ideas, then they exchange them).



Possible students’ answers: to stay active, to stay energetic, to live a long and healthy life, to live longer, to keep fit, to do sports, to do morning exercises, to take a cold shower, to eat healthy food, to eat fruit and vegetables, to avoid junk food, to attend gyms and swimming pools, to play football (tennis, volleyball, etc.), to lose weight, to become stronger, to feel happier, etc.

3. Vocabulary revision.

1) Work in groups. (раздаточный материал)

Repeat the subtopic “Sports”. Work in groups of 3. You can see the list of sports. Choose the right answers on your questions and write out them.

Football, table tennis, badminton, volleyball, chess, gymnastics, aerobics, dance, cycling, swimming, walking, skiing, ice-skating, horse-riding, windsurfing, jumping, running, boxing, polo, figure skating, hockey, baseball, athletics, handball.

1group: ***What sports are played in the winter? What sports do you need to wear special clothes for?*** (Skiing, ice-skating, figure skating, hockey.)

2group: ***What sports do people play in teams? What sports use balls?*** (Football, volleyball, gymnastics, polo, baseball, handball.)

3group: ***What sports do people play in pairs?*** (Table tennis, badminton, chess, boxing, dance, figure skating.)

2) Work in pairs. (раздаточный материал)

Look at the cards on your desks. You must match the sentences or expressions with sports. It's interesting what pairs do this exercise better and without mistakes.

- | | |
|--|-------------------|
| 1. A round ball. Two teams of 11 players kick (ударять ногой) it. | d) football |
| 2. A small ball, table, small bats (ракетки). | f) table tennis |
| 3. One or two men skate. | a) figure skating |
| 4. A group of men skate with a hockey stick and beat a puck (шайба). | e) hockey |
| 5. Two men with gloves beat each other. | c) boxing |
| 6. To keep fit they travel by bicycle every weekend. | b) cycling |

4. Physical education minute

I see you are a bit tired. It's time to have a rest. Stand up, please! Do exercises.

*Head, shoulders, knees and toes,
knees and toes!*

*Head and shoulders, knees and toes,
knees and toes!*

Eyes and ears, mouth and nose! (3 times) See you!

5. Speaking.

Answer the teacher's questions: Do you get up early? Do you go to bed late? Do you sleep enough? Do you do morning exercises? Do you do sports? What is your favourite food? Do you skip meals? Do you like PE lessons? What do you do in your PE classes? Why do you think it is important to keep fit? etc.

6. Reading.

Read and translate the text, then write out the bad and good habits from the text. (раздаточный материал)

Several thousand years ago to be chubby was fashionable, it was a sign of richness and prosperity. Not so long ago the situation changed fundamentally, in our days to be stout means not to take care of oneself, to be unfit. To be healthy is fashionable in modern world that's why the majority of people try to keep healthy lifestyle. One of the main rules of healthy lifestyle is proper nutrition. Well-known statement claims: "You are what you eat". To keep health and beauty for

long years it is necessary to eat properly.

Proper nutrition is fruits, vegetables, cereals, vegetable oils, boiled or baked food and right quantity of pure water. Dietarians state that proper nutrition should include products rich in vitamins and minerals, and have necessary balance of protein, fats and carbohydrates. Proper nutrition excludes alcohol, excess amount of sweet and starchy food, products with a lot of artificial and harmful elements, etc.

One shall follow principles of proper nutrition, for instance: to chew good, to eat only when you are hungry, not to overeat, and not to drink after eating, etc., then majority of illnesses will bypass, but courage and energy will never exhaust. Moreover don't forget the Socrates' rule: "It's necessary eat to live, not live to eat".

7.Reflection.

And what is your attitude to healthy way of life? Write down the poem to the word "health" (Прием «Синквейн»: 1 строка-существительное, 2 строка-2 прилагательных, 3 строка-3 глагола, 4 строка- фраза ,отношение автора к данной теме, 5 строка-синоним к первому понятию) Ученики озвучивают то, что у них получилось и на доске записываются наиболее часто озвученные слова:

Примеры:

Health.

Strong, sincere.

Preserved, maintained, violated.

The state of any living organism.

Well-being.

Health

Precious necessary

To improve, to ruin, to regain

Health is the most important thing in our life!

value

8. Home task. The results of the lesson.

Thank you, friends, for your active work at the lesson. I think you'll follow the recommendations on healthy way of life. At home, you need to repeat the material of the topic "Healthy lifestyle: work and rest regime, fitness, balanced nutrition" again in order to write a good test paper.

Your marks The lesson is over. Good- bye!

