

Урок английского языка в 7-ом классе
по УМК М.З.Биболетовой «Enjoy English-7»

“BE HEALTHY! KEEP FIT!”

Урок разработала:
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Цель: формирование навыков монологического высказывания по теме: «Здоровый образ жизни».

Задачи

Развивающие:

1. Развивать умение кратко высказываться в связи с предложенной ситуацией;
2. Развивать навыки использования лексики по теме: «Здоровый образ жизни» в кратком монологическом высказывании;
3. Развивать умение воспринимать англоязычную речь на слух с опорой на текст, извлекать детальную информацию и выражать свое понимание в требуемой форме (таблица, пропуски в тексте)

Обучающие:

1. Обучать чтению текста с выборочным извлечением информации;
2. Обучать практическому использованию структуры Complex Object в устной речи;
3. Обучать использованию лексики по теме: «Здоровый образ жизни» при выражении своей точки зрения.

Воспитательные:

1. Пропагандировать здоровый образ жизни;
2. Формировать негативное отношение к вредным привычкам;
3. Формировать бережное отношение к своему здоровью.

Оборудование: ноутбук, мультимедийный проектор, карточки с заданиями для аудирования, (наглядный материал, записи для аудирования, музыка для проведения мастер-класса: представлены в презентации Power Point).

Ход урока

I. Организационный момент Фонетическая разминка (слайд 1)

T. – Good morning! How are you?

P1. – I'm fine!

T. – And you?

P2. – I'm shine!

T. – And you?

P3. – I'm not so bad! Thank you.

T. – And I'm glad to see you too.

T. – Who is on duty today?

P. – I am.

T. – What date is today?

P. – Today is the ...

T. – Who is absent today?

P. – All are present.

T. – Thank you. Today we continue speaking about health and keeping fit. Please, answer my question: “What should people do to be healthy and to keep fit?”

P1. – To be healthy people should do sports.

P2. – To be healthy people should eat healthy food.

P3. – To be healthy people should have the right lifestyle.

T. – Yes, I agree with you. And how do you think, what shouldn't people do to stay healthy?

P1. – To my mind people shouldn't watch TV and use the computer too much.

P2. – In my opinion, people shouldn't take drugs, smoke and drink alcohol.

T. – Thank you. You are right. I'd like to say that there are some rules to be healthy and to keep fit. Would you like to know these rules?

(ученики отвечают «да»). Before we start let's remember the words. **(слайд 2, 3)**

II. Основная часть урока

T. – Well done! I'd like you to find out the rules of being healthy. I'll help you. Please think, what do your parents make you do, and what don't your parents allow you to do?

Ученики отвечают, используя конструкцию Complex Object, учитель заносит ответы в 2 столбика. **(слайд 4)**

Примерные ответы учеников:

- My mum makes me eat more fruit.
- My mum doesn't allow me to eat fast food.
- My mum makes me spend much time on the open air.
- My mum doesn't allow me to play computer games more than 2 hours a day.
- My mum makes me drink hot milk in the evening.
- My mum doesn't allow me to eat too much.

T. – Please look at the notes on the board and try to say your own rules of being healthy.

Ученики предлагают свои правила.

T. – Please look at the rules **(слайд 5, 6, 7, 8, 9)** Explain how do you understand them?

Ученики объясняют по примеру **(на слайде 10)**.

T. – Thank you. Now you know the rules of being healthy. And do you know what can damage your health? What is it?

P. – I think smoking, drinking alcohol, taking drugs can damage our health.

Listening in details (слайд 11)

T. – Yes you are right. The bad habits are very dangerous for your health. And now I'd offer you to fill in the table according to the tape. Find out what damage can we get having the bad habits.

Ученики слушают запись и заполняют таблицу, затем зачитывают результаты.

Text script:

Bad habits are very dangerous for our health. They can damage our body and our mind greatly. There are 3 main bad habits: smoking, drinking alcohol, and taking drugs.

People who smoke always have a cough. Their teeth are yellow and skin is unhealthy. Smoking often leads to a cancer of lungs.

People who drink alcohol usually have a headache. Drinking alcohol is very bad for heart. Such people always have slow reactions, less memory and they are very aggressive.

The most dangerous habit is taking drugs. The beginners usually have unclear speech and slow reactions. They don't live in a real world and like it. But then such people have blood and brain diseases. Taking drugs leads to the death.

Динамическая пауза (слайд 12)

T. – So now we know how to be healthy. And let's speak about how to keep fit. Before we start let's have a short rest. Here is a fitness instructor in our class. He'll show us a master- class. Please stand up and listen to the instructor. Max, you are welcome! (Ученик дома готовил проведение занятия по аэробике. Выходит, становится перед классом и показывает движения под музыку, проговаривая при этом слова.)

Слова инструктора:

Hands up, hands down

Shoulders left, right, turn around.

Leg up, leg down

Jump, jump, turn around.

Hands up, try touch your back.

Now jump on one leg.

Reading in details (слайд 13)

T. – Most people in the world do sports to keep fit. Read the information in the exercise 16 and find out how people keep fit. (ex.16, p.104)

T. – Now please prove the statements with the information from the text.

Listening in details (слайд 14)

T. – Now listen to the text and fill in the missing words in your cards.

Text script:

Rules to keep good health

1. Running is good for your legs, for your heart and lungs.

2. Football makes your legs and body very strong.

3. Skating is also a very good way of keeping fit.

4. Get up early and go to bed early to keep fit.

5. Take a cool/cold shower every day.

6. Never smoke/take drugs to keep fit.

7. Clean your teeth two times a day.

8. Wash your hands before eating.

9. You should keep to a fruit diet.

10. You should eat more dairy products.

11. Clean the flat with the vacuum cleaner.

12. Don't read in bed, it may be harmful for your eyes.
13. Take long walks in the open air.
14. Take enough sleep (7-8 hours)
15. Sleep with your windows open.
16. Try to wake up happy.

III. **Заключительная часть урока (слайд 15, 16)**

T. – Thank you for your good work. Now we know how to be healthy and keep fit. Use the rules of being healthy and be Healthy and Happy!

Your marks for today are: ...

Your home task is to make up the monologue (2 minutes) on the topic "How can people be healthy" and exercise 17, page 104. Good-bye.

Ps. – Thank for your knowledge,

Thank for your mark,

The lesson is over,

Good-bye and good luck!