



Demo lesson

THE THEME: « MY HEALTHY LIFESTYLE »

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Внеклассное мероприятие по английскому языку (6класс) по теме «My healthy lifestyle»

Цель: развитие коммуникативных способностей обучающихся по теме "Здоровый образ жизни".

Задачи:

- активизировать лексический материал по теме "Здоровый образ жизни" в устной речи;
- развивать навыки аудирования, говорения;
- воспитывать потребность к ведению здорового образа жизни.

Оборудование: раздаточный материал в виде карточек, наглядность по теме "Здоровье".

Ход урока

I. Организационный момент.

- Good morning, boys and girl!
- Glad to see you.
- How are you today?
 - Who is on duty today? What date is it today? Who is absent today?

2. Речевая зарядка.

- Answer some questions, please.
- Do you like sport?
- What is your favorite sport?
- Do you do morning exercise?
- Do you brush your teeth every day?
- Do you like to eat fruit?
- What fruit do you like to eat?
- What is the main idea of our lesson? (You are right)
- The topic of our lesson is "My healthy lifestyle" (тема записывается на доске).

T - Look at the blackboard, please. There are a lot of proverbs about health. Let's read them and try to **translate and then to find the Russian equivalents** for these English proverbs.

Учащиеся читают пословицы с доски, переводят и пытаются найти эквивалент русским пословицам.

1. Good health is above wealth.
2. An apple a day keeps a doctor away.
3. Early to bed and early to rise makes a man healthy, wealthy and wise.
4. A sound mind is a sound body.

Здоровье дороже богатства

Кушай по яблоку в день, и доктор не понадобится

Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт.

В здоровом теле – здоровый дух

3. Основной этап урока.

Brain-storming. Актуализация лексико-грамматического материала по теме.

T: As you know people have serious problems with their health.

Let's speak about our habits.

(ученики работают с карточками и разделяют их на 2 группы: хорошие и плохие привычки)

Развитие навыков аудирования по теме.

Ex.1 p.122

T: - Of course all people should follow healthy lifestyle. Now you are going to listen to the text about Healthy way.

Open your books on page 122 ex. 1. And now let's listen to the audio and then say what they decided to take up.

Ученики слушают аудиозапись и выполняют задания.

Физминутка

T: 2 мин - I think you were tired a little. Let's have a rest

Развитие навыков устной речи

- I think you will agree with me if a person wants to be healthy he should have healthy habits. Let's talk about your healthy lifestyle.

What do you do to keep fit?

(проверка домашнего задания, проекты)

T: Remember some rules to be healthy: do sports; take regular exercises; take a cold shower every day; eat healthy food; wash hands before eating; clean teeth twice a day; eat fruits and vegetables; don't eat chips; don't eat too much or too little; healthy diet; don't watch TV too long; don't work on the computer too long; take vitamins.

4. Подведение итогов урока.

- What must we do if we want to be healthy?

- Complete this sentence, please (предложение записывается на доске)

If we want to be healthy we must... (brush teeth, eat low-fat food, go in for sport...).

- Pay attention at this famous English proverb.

n apple a day keeps a doctor away

Do you follow this rule?

Let us analyse our work.

You can see a tree on the blackboard.

All of you have such apples of different colours.

If you think that everything was excellent at our lesson put a red app

If you do not understand something at our lesson put a yellow apple.

If the lesson was not interesting for you put a green apple.

I think you have taken some useful information from our lesson.

Thank you for your work.

I wish you to be healthy, wealthy and wise.















