Из опыта работы учителя английского языка МАОУ «Гимназии им. Пушкина» г.Сыктывкара Прядко Надежды Михайловны

Предлагаю Вашему вниманию разработку урока, посвященного проблемам здорового образа жизни, который проводился в 9 классе

**Тема: “Health is above wealth” 9 класс**

**Задачи урока:**

*Образовательные:* совершенствовать умения и навыки практического владения английским языком; закрепить знание лексики по теме « Здоровый образ жизни» и грамматического материала по теме « модальный глагол should» ; способствовать развитию навыков устной речи путем создания ситуации монолога и диалога, научить обсуждать проблемы здоровья в группе и высказывать собственную точку зрения

*Познавательные*: активизировать лексику по теме «Здоровый образ жизни»; познакомить учащихся с основными витаминами и их ролью в жизни человека, с правилами здорового питания и ролью спорта в нашей жизни.

*Воспитательные:* воспитывать здоровые привычки; показать учащимся важность здорового образа жизни; формировать уважение к мнению других;

*Развивающие*: развивать умения высказывать свое мнение, делать анализ и вывод; развивать творческие способности учащихся.

Оснащение: мультимедийный проектор, [презентация](file:///C%3A%5CDocuments%20and%20Settings%5CAdmin%5C%D0%A0%D0%B0%D0%B1%D0%BE%D1%87%D0%B8%D0%B9%20%D1%81%D1%82%D0%BE%D0%BB%5CHealth%20is%20above%20weath2.pptx)

Ход урока:

1.Оргмомент

Teacher: Good morning, dear friends! I hope you are full of energy and ready to start the lesson.

2. Сообщение целей и задач урока

Today our lesson will be devoted to health and we will learn how to be healthy and keep fit. Is there anything more important than health? I don’t think so. How do you understand it “Health is above wealth” Does health depend on you? Will you read the epigraph to our lesson “If we are healthy ,we are happy” Do you agree with it? Why?

What does it mean to be healthy? (1 cлайд)Why is it important to think about your health when you are young? (because this is the age when your body is being formed so if you don’t care about your health, you are likely to have different diseases when you get older)

3. Речевая разминка

Read word-combinations and match them with their translation(2 слайд)

|  |  |
| --- | --- |
| 1. to control weight
2. to be overweight
3. to contain fat
4. balanced diet
5. a portion
6. to skip meals
7. to lose weight
8. to look slim
9. tissue
10. gut
 | а) ткань (биологическая)в )пищеварительный трактc) контролировать весd )выглядеть стройнымe) иметь избыточный весf)терять весg) содержать жирh) сбалансированная диетаi) пропускать едуj) порция |

4.Проверка домашнего задания

 For the previous home task you had some questions for interviewing your parents( friends). Now you should give us your results. So, I ‘ll revise the questions:

 1)Is it easy or difficult for you to wake up in the morning?

 2) What is your attitude to breakfast?

 3) What is your lifestyle?

 4) Do you do morning exercises?

 5) What`s your favourite food(drink)?

And now our experts are ready to give the results (учащиеся знакомят с результатами опроса и делают вывод)

* Skipping breakfast is harmful
* Majority of people have chaotic lifestyle
* Many people do not do morning exercises
* Some people are overweight
* Most of people don`t keep to a balanced diet
* Some people have bad habits

So, according to the survey most of people do not take care about their health. You see that it is very difficult to follow healthy lifestyle. And what can help you to be healthy? Of course, it is a balanced diet.

5.Основной этап

1.Answer my questions, please

* What dairy products do you know?
* What fruit and vegetables do you enjoy eating?
* What meat does your mother usually cook?

2.Now look at the table.

 **What food (drinks) should people consume if they want to have :good eyesight? Good skin? strong, healthy bones? Healthy blood cells ?a lot of energy?(таблица)**

3.Обучение говорению ( работа в группах: обсуждают , какие правила здорового образа жизни они предлагают)

Now let’s discuss some rules of healthy life

( For example, to keep fit, to eat smaller portions, not to be overweight, not to change your weight quickly, to control your weight, not to eat junk food, to do physical activities, to sleep enough, to ),

In order to be healthy people should eat perfect food and control their weight.

What does it means to eat perfect food?

How do you understand the expression “balanced diet”?

What eating habits can be dangerous for our health?

What food makes you fat?

What else will help you to be slim, healthy and strong?(Physical exercises)

What role do they play?

6.Физминутка

 Are you tired? Let’s do some physical exercises.(Дежурный проводит зарядку)

Stand up! Put your hands on shoulders, above the head. Arms up (down, forward, sideways) . Bend down, touch your toes. Stand straight, feet together, hands on hips again. Turn to the right. Turn to the left. Now breathe in, breathe out. Sit down.

6.Заключение

Let’s summarize what we’ve learnt about a healthy lifestyle.

Let’s begin in this way ”A healthy lifestyle for me means…”(делают выводы)

Now let’s see what recommendations can be seen in our presentation

(зачитывают советы из презентации)Do you agree with them?

Would you like to add?

So, physical activities help us to stay in good shape, to keep fit and to be healthy. Sleeping eight or nine hours, getting up early, regular meals, a healthy diet and going in for sports are really good way to live.

7.Подведение итогов. Рефлексия. Домашнее задание

- OK, thank you. Your homework will be the following: you should make up a project work “A healthy daily menu” on computer and you should illustrate your choice by images. (Домашнее задание – подготовить мини-проект “Здоровое меню на один день”)

So, we try to sum up all information and to finish our lesson. Look at the screen, please, and continue one of these sentences. (Рефлексия)

* **I realized that…**
* **I would like…**
* **I remembered…**
* **I have learnt…**
* **This lesson has taught me…**

- Thank you for your answers and your creative work. I’ll give you good and excellent marks. (Оценивание работы обучающихся)