



Урок английского языка в 9-м классе по теме “Healthy lifestyle”

Ольга ВИННИК,
учитель английского языка
гимназии Ляхович,
Брестская область

Ход урока

Этап	Задачи этапа	Содержание урока	Режим работы	Время	Примечание
1 Начало урока	Ввести в атмосферу иноязычного общения	Good day! I'm glad to see you. How are you? I'm also fine, thanks. Who is on duty today? Who is absent today? That's fine, that all are present. Are you ready for the lesson? That's fine. Let's start	T-CL	1 min	
Фонетическая зарядка	Совершенствовать слухопроизводительные навыки	Look at the screen and read the poem. The problem is that some words are missed here. Let's try to read it filling in these words. Let's check your answers with the help of a magnifying glass. Let's read it once again. What is it about? Thanks a lot.	T-CL T-P ₁ T-P ₁ P ₂	2 min	Smart notebook Page 1

					
Целеполагание	Постановка целей и задач урока	<p>And do you know any other proverbs that are connected with health? Try to remember some of them and explain what they mean.</p> <p>So you see that our health depends on the way we live or our lifestyle. And today at our lesson we're going to discuss all the components of HLS (Healthy Lifestyle). We'll revise everything we've learnt and find out something new about HLS. We'll make dialogues, play a QR-code game, listen to your projects and watch a video.</p> 	<p>T-CL T-P₁P₂</p> <p>T-CL</p>	2 min	Smart notebook Page 2
2 Основная часть урока		<p>So our lifestyle is the way we live.</p> <p>And what is HLS?</p> <p>And what does it include?</p>	<p>T-CL</p> <p>T-P₁P₂</p>		Smart notebook

		<div data-bbox="808 76 1431 545"></div>		Page 3
		<p>Now let's revise three components of HLS we've already learnt (good sleep, no to addiction and physical habits)</p>	T-CL	
		<p>The first exercise is connected with the first component "Physical habits".</p>	T-CL	
		<div data-bbox="609 780 1630 1267"><p>FIND THE MISSING WORDS TO COMPLETE QUIZ 5 NOTES!</p><p>Goals for your fitness program should be _____ and _____. Before beginning a new fitness program, it's important to get a _____ exam, evaluate your current _____ levels, and set _____. Exercise plans should be _____ because you will be _____ likely to follow it. _____ related activities, sports skills, _____ diversion, and _____ are all important factors to include in your _____. When planning your fitness plan, consider the areas of fitness which you need to _____ on and _____.</p></div>	Ind P ₁ –P ₂	<p>https://app.wizer.me/editor/pEngtvkcY8HX</p> <p>Worksheet “Designing your life”, ex.1</p>
		<p>You're to fill in the missed words to complete the text about fitness program. One person, please, go to the smartboard and all the rest are to work in your copies. You may work in pairs. So let's check if you're right. And what is it necessary to do in order to be in good physical form and why?</p>	P ₁ P ₂ P ₃ T-P ₁ P ₂	

end of the lesson you'll need 4 papers with QR-coder because there're some prompts for final task.
Let's start.



<https://learningapps.org/display?v=psubgb49c18>
Ex. "Vitamins"

<https://learningapps.org/display?v=p69os7vqk18>
Ex. "Smoking"



<https://learningapps.org/display?v=p96afmbja18>

Ex. “Keeping fit”

<https://learningapps.org/display?v=pcprh4kn518>

Ex. “Healthy body. Healthy mind.”



T-CL

T-P₁P₂

Smart notebook
Page 4

Имя	Фамилия
GR 1	1
GR 2	2
GR 3	3
Gr 4	



Look at the screen.

Why some of them are bigger than the others?

What do these colour-levels of food pyramid show and what do they give to our body?



Let's look at the screen at some words in order to be sure you know all of them.

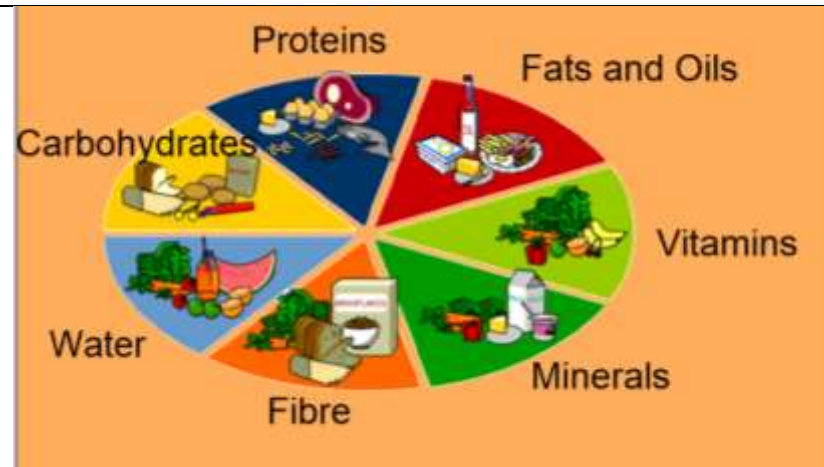
T-CL

T-CL

Ind

Smart notebook
Page 6 (testing)
Smart notebook
Page 6(video)

Smart notebook
Page 7



That's nice you know all the words.
 So let's watch the video. After watching be ready answer the following questions.
 They're at the screen.
 (Watching the video)
 And now let's answer the questions.
 Good work.
 And now let's try to make a dialogue between a doctor and a patient who ask questions about healthy pyramid. One person, please, go to the smartboard and put the phrases of this dialogue in the correct order. All the rest are to work in your worksheets.

T-P₁P₂

T-CL

P₁-P₂

T-CL

P₁P₂P₃

<https://prezi.com/fpnyvytcglrr/healthy-lifestyle/>

<https://prezi.com/lf-a4bsufhry/characteristics-of-a-healthy-lifestyle/>



Let's check.

And now you're to work in pairs. You are to make dialogues, using this dialogue as a scheme of your own dialogues. Imagine that you're at TV show about healthy eating. One of you is going to be a specialist at healthy eating and the another is going to be a person who is interested at this topic and ask questions.

So let's listen to your dialogues.




And now I'd like you to speak about HLS using prompts at your QR-codes copies. One person from each group should present the material about HLS using these prompts as the plan of your speech and using interactive presentations you've done at home.

<https://www.storyjumper.com/book/index/62535125/5c102aa1ecfab#page/4>

<https://www.storyjumper.com/book/index/62560815/A-healthy->





		  			
3 Конец урока д/з	Объяснить д/з	Thank you a lot for you work. Your home task for the following lesson is to follow these QR- codes. There you'll find 1-minute video about HLS. You're to watch it at home and answer the questions after watching.	T-CL	1 min	
Рефлексия	Изучить психо-эмоциональное состояние	Do you like the lesson? What part of it do you like most of all? And what was difficult for you? What exercises were the most informative for you?	T-CL	1 min	

	учеников после урока				
Подведение итогов	Оценить активность и работу учеников	You worked hardly at the lesson, so your marks for the lesson are... Thank you for your work at the lesson. It's over. You may be free. Good Bye!	T-CL	2 min	