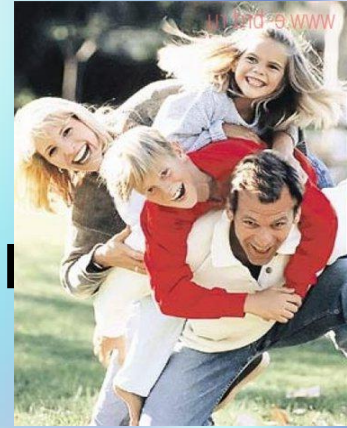


План-конспект урока по английскому языку

Тема: «Healthy Lifestyle». Комплексный
контроль сформированности ИКК
учащихся 10 класса.



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Тема урока: Здоровый образ жизни
Здоровье и забота о нем.

Тип урока: комбинированно-речевой

Цель урока : комплексный контроль сформированности иноязычной коммуникативной компетенции учащихся 10 класса по теме « Здоровый образ жизни. Здоровье и забота о нем.»

Задачи:

□ Образовательные:

- контроль лексико- грамматических навыков по теме « Здоровый образ жизни»
- контроль уровня сформированности умений говорения, чтения, письма и аудирования по теме «Здоровый образ жизни»
- активизация навыков устной и письменной речи

• □ Развивающие:

- развитие речевых способностей учащихся;
- развитие мыслительных операций(памяти, мышления, воображения) способности к решению речемыслительной задачи ;
- развитие умения сравнивать, анализировать и обобщать , выражать своё мнение на английском языке;
- развитие умения работать в группе, паре и индивидуально

• Воспитательные:

- прививать понимание важности здорового образа жизни;
- воспитание ответственности за выполнение задания;
- воспитание уважительного отношения к окружающим;
- **Образовательные:** расширение общеобразовательного кругозора по теме

«ЗОЖ»
Оснащение урока: интерактивная доска, компьютер, мультимедийная презентация, аудиодиск, раздаточный материал.

План урока

- 1. Организационный момент - 0,5 мин.
- 2. Речевая разминка - 3 мин.
- 3. Основная часть урока – 38,5 мин.
 - 3.1 Проверка домашнего задания – 3,5 мин.
 - 3.2 Контроль сформированности навыков устной речи (составление аргументированного устного высказывания)- 3 мин.
 - 3.3 Контроль сформированности навыков аудирования-15 мин.
 - 3.4 Контроль сформированности навыков чтения-13 мин.
 - 3.5 Контроль сформированности лексико-грамматических навыков по теме- 4 мин.
- 4. Заключительная часть урока – 3 мин.
 - 4.1 Подведение итогов урока. Рефлексия -1мин.
 - 4.2 Домашнее задание – 1 мин.
 - 4.3 Выставление отметок – 1 мин.

1. Организационный момент.

Приветствие.

2. Речевая разминка:

We have already started speaking about health and healthy lifestyle. First of all look at the blackboard. Here you can see different pictures.



Describe them with the help of these questions:

- What are these people doing?
- What is the reason for it?
- Do these pictures illustrate healthy or unhealthy habits?
- What else can people do to stay healthy?



3. Основная часть урока.

3.1 Проверка домашнего задания

You were asked to find English proverbs about health at home and to see if there are any equivalents in the Russian language. Look at the blackboard once again, join 2 halves of an English proverb and name the corresponding one in Russian:

- | | |
|-----------------------------------|--|
| 1. Health is | a. worse than disease |
| 2. An apple a day | b. better than a cure |
| 3. A remedy is | c. the greatest wealth (above wealth) |
| 4. Early to bed and early to rise | d. catches the worm |
| 5. The early bird | e. keeps the doctor away |
| 6. Prevention is | f. in a sound body |
| 7. A sound mind | g. makes a man healthy, wealthy and wise |

3.2. Составление аргументированного речевого высказывания.

Let`s discuss together which of these proverbs could be taken as your life motto and what proverb can serve a piece of advice for people who want to be healthy.

1. Health is the greatest wealth(above wealth)
2. An apple a day keeps the doctor away
3. A remedy is worse than disease
4. Early to bed and early to rise makes a man healthy, wealthy and wise
5. The early bird catches the worm
6. Prevention is better than a cure
7. A sound mind in a sound body



3.3.Контроль сформированности навыков аудирования

a)_ Now we are going to listen to a man talking about healthy lifestyle who is giving some pieces of advice for people to stay healthy
You have got a function file and after you are to fill in the gaps 1-8 with a maximum of two words

b) After the second listening you are supposed to give answers to the questions below:

1. Do Pam and Ken enjoy the talk? Why? Why not?

2. Is the advice given by the speaker good? Is it convincing

Healthy lifestyle

Food

If you want to get fit and stay fit, watch what _____.

Eat at least _____ pieces of fresh fruit and vegetables every day.

Always choose _____ foods.

Smoking

If you smoke, _____

Sport

Take up a sport. Do regular _____

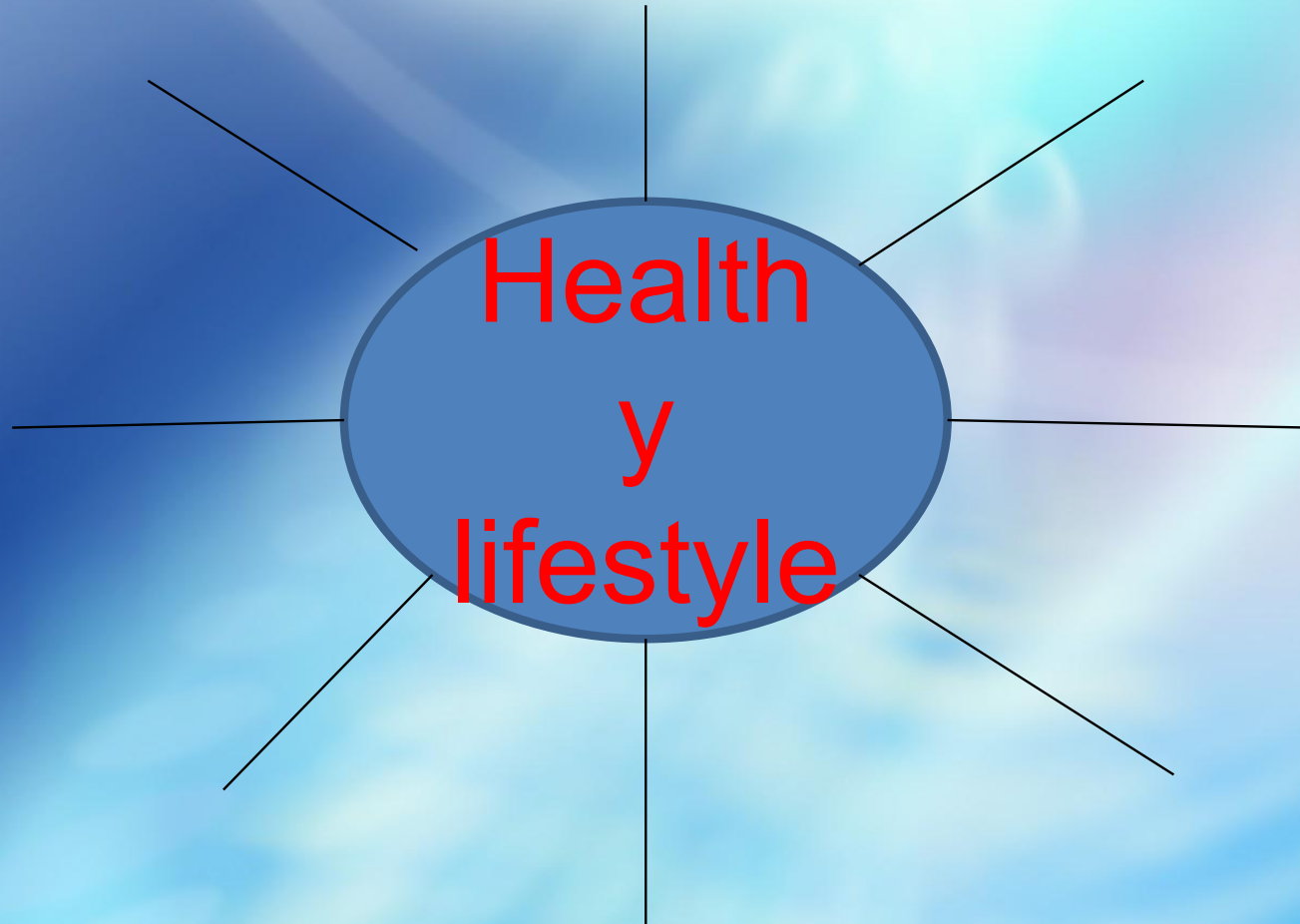
If you lack discipline, join a _____

Relaxation

Relax. Avoid _____ and make sure you get _____

3.4. Контроль сформированности навыков чтения

Now I want you to brainstorm all the ideas about healthy lifestyle with the help of the cluster on the board



To sum everything up, you are supposed to read the text about healthy lifestyle habits and your task is to analyze this text marking it with some signs:

- + you know this piece of information
- it doesn't match your ideas
- ? you want to know more about this thing
- v this piece of information is new for you.



Your Health Is Your Choice

Scientists say that in future people will live longer. With healthier lifestyles and better medical care the average person will live to 90 or 100 instead of 70 and 75 like today. When the human genome is decoded, we'll probably live up to 150. Incurable diseases will be cured and "bad" genes replaced.

But that's tomorrow. And today, we continue to stuff ourselves with fast food — chips and pizzas, hamburgers and hot dogs. We are always in a hurry. We have no time to enjoy a home-cooked dinner with family and friends. We want to eat now and we want to eat fast. What is tasty is not always healthy. Doctors say that chips and pizzas are fattening, cola spoils our teeth and coffee shortens our lives.

If we eat too much, we'll become obese, and obesity leads to heart disease, diabetes and other serious illnesses. But the world today is getting fatter and fatter. America is the world's leader in obesity, but Europe is quickly catching up.

Lack of exercise is another serious problem. We spend hours in front of our computers and TV-sets. Few of us do morning exercises. We walk less, because we prefer to use cars or public transport. Research shows, however, that young people who don't take enough exercise often suffer from heart attacks.

It's common knowledge that smoking, taking drugs and drinking can shorten our lives dramatically. Cigarette-smoking, for example, kills about 3 million people every year. Many of them die from lung cancer. Some aren't even smokers. They are people who live or work with heavy smokers. Yet many young people smoke and drink. Why? One answer is that tobacco and drinks companies invest enormous sums of money in advertising their products. For them cigarettes and alcoholic drinks mean money. For us they mean disease and even death.

We all know that the healthier we are, the better we feel. The better we feel, the longer we live. **So why not take care of ourselves?**



So why not take care of ourselves?



3.5 Контроль сформированности лексико-грамматических НАВЫКОВ

- What have we spoken about?
- Divide into groups of 3 or 4 and try to formulate the rules of healthy lifestyle. Mind the use of verbs in imperative mood (declarative and negative sentences)

4.Заключительная часть урока.

4.1 Подведение итогов (рефлексия)

Did you like the way you've worked today?
What activities do you find most interesting and useful?
Keep in mind the rethorical question from the last text

4.2. Домашнее задание

Each of you received a copy of the letter from your English- speaking friend Mary who writes about staying healthy. Write a letter to Mary.

In your letter

- answer her questions.
- ask 3 questions about her coming summer holidays.

Write 100-140 words.

... Summer is coming and I want to look my best: healthy, energetic and physically fit. So I'm trying to eat plain, simply cooked natural food, have enough sleep at night and I have recently joined our local fitness club. Do you do anything special to stay healthy? What makes people healthy and strong? What do you think about a healthy lifestyle?

By the way, I'm going to spend a month at the seaside this summer...

4.3 Выставление отметок



Список литературы:

1. Exam Activator Classroom and self- study exam preparation .Longman. Bob Hastings, Marta Uminska, Dominika Chandler, Kristof Hegedus.Pearson Education Limited, 2010
2. Самое полное издание типовых вариантов заданий ЕГЭ: 2012: Английский язык/ авт.- сост. М.В. Вербицкая.- М.:АСТ:Астрель, 2012.
- 3 . <http://engmaster.ru/topic/3046>
4. <http://festival1september.ru/articles/516718>
5. www.yandex.ru

The end;)

Thank you for your
attention!
Be healthy!