

МКОУ «ЯУВК «Радуга» Республика Крым, город Ялта.

Конспект урок английского языка в 7 классе

На тему: «Health and body care»

(С использованием информационно-компьютерной технологии (ИКТ))

**Учитель: Колодка Людмила
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Цели:

Развивающий аспект:

- Учить детей использовать ИКТ;
- развивать коммуникативные навыки учащихся;
- учить детей делать краткие сообщения, презентации творческих проектов;
- проводить интерактивный опрос;
- обрабатывать полученные данные;
- создавать плакаты на тему «Здоровье и спорт»

Воспитательный аспект:

- воспитывать здоровые привычки;
- показать учащимся важность здорового образа жизни.

Учебный аспект:

- активизировать изученную лексику по теме “Здоровье”;
- развивать умение в использовании модального глагола –should-;
- развивать умение учащихся понимать на слух основное содержание несложного аудиотекста;
- развивать у учащихся умение творчески использовать усвоенный материал в новых ситуациях общения.

Образовательный аспект: расширение знаний учащихся о здоровом образе жизни и способах сохранения здоровья.

Сопутствующие задачи: скрытый контроль развития речевых умений;

Тип урока: комбинированный с использованием ИКТ.

Форма проведения урока: урок – защита проектов.

Методы: словесный, наглядно – иллюстративный, тренировка, применение, контроль, метод проекта.

Оборудование и оснащение урока:

- таблицы, график
- дидактический раздаточный материал: карточки-задания;
- ИКТ: проектор, экран, компьютер, презентации учителя и учащихся, доска.

Ход урока:

I. Организационный момент.

а) Вступительное слово учителя, постановка цели и задач урока. (2мин.)

T: – Good morning, everybody! I’m very glad to see you. How are you?

P1: – I’m fine, thanks. And how are you?

T: – I’m fine too. Thank you. (Слайд № 1)

T: – Look at the screen and think what we are going to speak about. Yes, you are right. Today we’ll speak on the topic “Health and body care”. We are going to discuss our lifestyle and the ways of taking care about our healthy. At the lesson you are going to speak a lot, using lexical and grammar material; to listen to an audio text and to discuss it, to show your presentations and to check your knowledge on the topic. You are going to work in small groups. I wish you good luck.

б) Фонетическая зарядка. You’ll agree that our health is in our own hands. Thousands years ago ancient Greeks said: The ‘first ‘wealth is health. “**Health is the best wealth**”. These words will be a motto of today’s lesson. But there are a lot of other proverbs about health. Look at the screen and finish the proverbs. **(3мин.)**

1. Health is.....
2. Wealth is.....
3. You are what.....
4. Early to bed and.....
5. Eat to live.....

6. An apple a day.....
7. Don't worry.....
8. The best wealth..... (Слайд № 2)

II. Основной этап урока.

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

T: The question is that our life is so dynamic that sometimes we don't have any time to have regular meals, to do exercises regularly, to sleep enough. As a result people have serious problems with their health. Let's speak about our habits. What should or shouldn't we do to be healthy? (5 мин.)

1задача :	Уметь использовать лексические единицы, обслуживающие ситуацию общения.
2задача :	Уметь использовать модальный глагол should.

2) Развитие навыков аудирования по теме.

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

На **дотекстовом этапе** учитель вводит незнакомые слова:

get hungry=want to eat;

cabbage;

peas;

rye bread;

public places=places with a lot of people;

to receive guests=to have guests at home. (Слайд № 3)

Далее, на **текстовом этапе**, уч-ся слушают текст два раза, находят ответы на поставленные вопросы. На **послетекстовом этапе** проверяется правильность выполнения, проходит обсуждение текста. (7 мин.)

Текст для аудирования

Hello. My name is Max. Not long ago I decided to lead healthy life. Let me tell you something about it. I don't get up very early but I begin my day with exercises. I go out and run about my house twenty times. Then I **get hungry** and have

breakfast. I have a big glass of orange juice and then a cup of tea. At about one I have my lunch. At lunch I eat a lot of vegetables: **cabbage**, carrots, **peas**, fresh cucumbers, a piece of **rye bread** and a cup of tea without sugar, of course. Sometimes I don't have any lunch, but it is not healthy at all. It happens when I'm busy in the city. I don't like to have meals in **public places**. I sometimes have dinner in the evening when I'm hungry or when I have guests at home. I don't like to receive guests because we usually eat a lot of meat and fish and other heavy things which don't help you to be fit. My motto is: "Eat to live, but not live to eat".

Questions:

1. How many times does Max run around his house?
2. What does he eat to keep fit?
3. Where doesn't Max like to eat?
4. Why doesn't Max like to have guests at home?
5. What is Max's motto?

задача1 :	Понимание основного содержания несложного аутентичного текста.
задача2 :	Использование языковой и контекстуальной догадки.

3) Релаксирующая пауза.

Песня "If you're happy and you know it...". Учащиеся исполняют песню и делают ряд физических упражнений, о которых речь идет в песни. **(1.5 мин)**

Текст песни If You are Happy And You Know It (Childrens):

If you are happy and you know it,
Clap your hands.
If you are happy and you know it,
Clap your hands.
If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Clap your hands!

If you are happy and you know it,
Snap your fingers.

If you are happy and you know it,
Snap your fingers.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Snap your fingers!

If you are happy and you know it,
Nod your head.

If you are happy and you know it,
Nod your head.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Nod your head!

cc If you are happy and you know it,
Stamp your feet.

If you are happy and you know it,
Stamp your feet.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Stamp your feet!

If you are happy and you know it,
Click your tongue.

If you are happy and you know it,
Click your tongue.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Click your tongue!

If you are happy and you know it,
Say OK.

If you are happy and you know it,
Say OK.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,

Say OK!

If you are happy and you know it,
Do all six.

If you are happy and you know it,
Do all six.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Do all six!

4) Развитие навыков монологической речи по теме, умения делать презентацию творческих проектов.

А) «Интервью».

T: I think you will agree with me if a person wants to be healthy he should have healthy habits. I suppose it will be interesting to ask our teachers about their habits. Take question lists and interview teachers, after that we will combine the facts and make a report. (Учащиеся опрашивают учителей в школе)

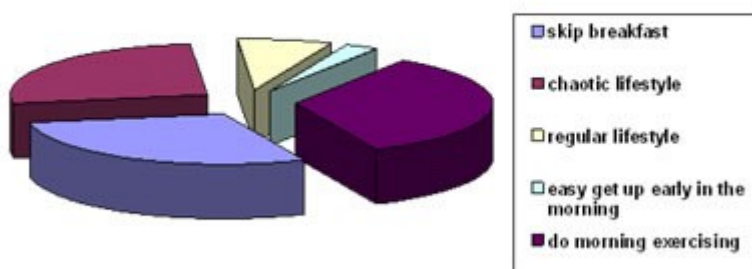
Survey: “What is your lifestyle?”

Instruction: Answer the questions.

Questions:	Yes	No
1 Is it easy for you to get up early in the morning?		
2 Do you often skip breakfast?		

3 Do you do morning exercises?		
4 Is your lifestyle regular?		
5 Is your lifestyle chaotic?		

Pupils attitude towards health.



(Слайд № 5)

T.: While the girls are interviewing our teachers, I think it will be interesting for you to learn our students' attitude towards their health. (Ученица делает выводы об отношении к здоровью учеников 7класса).

P.: According to a survey the pupils of our form do not take enough care about their health. The majority of us skip breakfast. Skipping breakfast is bad for young people; is it easy only for one pupil to get up early. Majority of us has chaotic lifestyle; but there is a good thing. All pupils of our form do morning exercising in the school.

T.: And now it's time to see what our results are. (Эксперты сообщают результаты анкетирования):

P.: According to a survey the teachers take care/do not take care about their health.

_____ teachers skip breakfast;

_____ teachers do/do not do morning exercising;

is it easy/difficult for_____ teachers to get up early;

Majority of you have chaotic/regular lifestyle.

And you take care/do not take care about your health.

You can/cannot be an example for your pupils.

задача1 :	Уметь делать краткие сообщения, описывать события/явления в рамках темы «Здоровый образ жизни».
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Б) Презентация творческих проектов.

T.: You see that it is very difficult to follow healthy lifestyle. But do not forget “Health is the best wealth”. And what can help you to be healthy? Of course, school. Only at school you do morning exercising, go in for sports three times a week, and have a balanced diet. Let’s listen to this group of students. (Ученики рассказывают о занятиях спортом в школе).

Презентация: Sports in our school.

P.: As for me, I want to tell you about sports in our school. We pay great attention to sports in the school. We have PT three times a week and we enjoy our lessons very much. The lessons are held in a small gym and in the sports ground. At the lessons we run, jump and play sport games. We are crazy about volleyball and basketball. Each student in the school knows The girls are excellent runners. In my opinion every person should go in for sports because it helps people to be strong and healthy.

Далее учитель задает ряд вопросов учащимся, которые оставались на местах.

T.: Do you go in for sports? Do you attend PT lessons? Do you like to swim in the school swimming pool? How often do you go to the gym? **(5 мин.)**

T.: But not only sport helps us to be healthy. A balanced diet is very important too. Let’s listen to the second group. (Ученики рассказывает о сбалансированном питании, о школьной столовой).

Презентация: Our school canteen.

P.: I d like to tell you about our school canteen. In order to stay healthy it is important to have a balanced diet. The balanced diet is food that contains something from each of the three main groups of food. These groups are protein, fat and carbohydrates. You find protein in lots of food: meat, fish, nuts, cheese and milk. It helps your body grow and be healthy and it gives you energy. Fat gives you energy too, but don’t eat a lot – it is bad for you. Carbohydrates gave you more than 70% of your energy. Bread, cereals, fruits and vegetables contain lots of carbohydrates. A school cook takes care about our balanced diet. Many children of our school have dinner in our canteen. We like such dishes as borsch, salads, pancakes and tea with vitamins. (Слайд №6) **(3 мин.)**

T.: I know that some students are ready to suggest healthy menu to us. **(3 мин.)**

(Группа учащихся предлагает подготовленное здоровое меню)

T.: Do you have lunch/ dinner in the school canteen? What dishes do you like most of all? Do you like sweets? What do you prefer: sweets or fruit and vegetables? Do you like cola? And what about fast food: hamburgers, cheeseburgers, chicken MC Negus? I'd like to listen to your opinion about fast food restaurants.

Презентация: Say "NO" to fast food!

P1: We like to speak a few words about fast food. As we can see, a lot of people like fast food. Nowadays people are so busy, as they have no time to cook. Most of them prefer to have breakfast, lunch or supper in fast food restaurants. Children also like fast food very much. But nobody thinks that fast food is junk food. It's very bad for our health. This food is very fat, it has many calories, and there are no vitamins in it. People who often have meals in fast food restaurants are often overweight. We advise you not to eat fast food, if you want to be healthy and fit. Take care of yourselves. (Слайд № 7)

T.: Do you agree with their opinion? Do you like fast food? Is it tasty? How often do you visit Mc Donald's, KFC? (3 мин.)

Задача1 :	Уметь сообщать краткие сведения о своей школе, особенностях питания в школе, уроках физической культуры, о влиянии фаст фуда на здоровье человека.
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В) Контроль усвоения материала по теме.

T.: To make the conclusion of the lesson, you are to do the test "Rules to remember".

Учащиеся получают карточки с тестами. В течение 3 минут выполняют задание.

FINAL TEST

Task: Fill in the missing words.

a).get up, b).hands, c).healthy, d).exercises, e).teeth, f).shower, g).fit, h).little, i).much, j).sweets, k).bad, l).smoke, m).go to bed, n).junk, o).skip

Rules to Remember:

1.early andearly to keep fit.
2. Take regular to keep fit.

3. Take a cool/cold to keep fit.
4. Eat food to keep fit.
5. Never to keep
6. Clean your every morning and every evening.
7. Wash your before meals.
8. Too food makes you thin.
9. Too food makes you fat.
10. food makes you ill.
11. Too many are for your teeth.
12. Never breakfast.

Задача2 :	Лексические единицы, обслуживающие ситуацию общения «Здоровый образ жизни».
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Далее ученики обмениваются тестами и проверяют ответы. На доске дается ключ. Развивается навык взаимоконтроля. (3 мин.)

III. Заключительный этап урока.

Подведение итогов урока.

T: What new information have you learnt at our lesson?

Рефлексия.

T: What did you like most of all? What was difficult for you? What skills need training?

Выставление оценок. Домашнее задание