


ПЛАН УРОКА

Предмет	Английский язык
Учитель	Мустафина Л.Б.
Школа, класс	Карагандинская обл., Нуринский район, с. Заречное, КГУ «Заречная ОШ», 7 класс
Тема урока	How to get fit



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Learning objectives(s):	<p>7.1.1.1 use speaking and listening skills to solve problems creatively and cooperatively in groups.</p> <p>7.2.3.1 understand with some support most of the detail of an argument in extended talk on a limited range of general and curricular topics.</p> <p>7.3.5.1 keep interaction with peers to negotiate, agree and organize priorities and plans for completing classroom tasks.</p> <p>7.4.5.1 deduce meaning from context in short texts on a growing range of familiar general and curricular topics.</p>
Lesson objectives:	<p>All learners will be able to:</p> <ul style="list-style-type: none"> - Revise topical vocabulary. - Study new topical vocabulary. <p>Most learners will be able to:</p> <ul style="list-style-type: none"> - Use new vocabulary at sentence level. - Search for appropriate using resources and research a given problem. <p>Some learners will be able to:</p> <ul style="list-style-type: none"> - Evaluate their classmates. - Express their thoughts, ideas and experiences, supporting them with arguments.
Language objective:	To use new active vocabulary and correct grammar constructions in their speech.
Value links:	Healthy Life Responsibility.
Cross curricular links:	Biology.
Use of ICT:	Smart Board and projector to present the material, computers.

Planned timings	Planned activities	Resources
<p>Beginning 1 min.</p> <p>3 min.</p> <p>3 min.</p>	<p><u>Greeting.</u> Good morning! I am glad to see you! How are you today? I hope you are healthy and fine! Let's start our lesson with the warm-up!</p> <p><u>Warm-up activity.</u> Teacher asks learners and discuss the following questions: What sports do you do? What's your favourite sport?</p> <p><u>Checking up the homework.</u></p>	 <p>https://bilimland.kz/ru/courses/english-language/mskills-english/intermediate-level-</p>

Pre-learning
2 min.

Choose the correct option.

The main artery was damaged and he died from a ☒ haemorrhage .

Do you still have pain in your ☒ joints ?

Nick was extremely depressed and took an ☒ overdose of sleeping pills.

The doctor suggested a ☒ massage for my backache.

Is Jason still allergic to ☒ pollen ?

Mark the odd one out.

patient , surgeon , ☒ hiccups , paediatrician

☒ limb , measles , mumps , chickenpox

☒ operation , indigestion , concussion , constipation

syringe , stretcher , sling , ☒ patient

painful , ☒ muscle , acute , medical

Criteria of tasks: 1 right answer - 1 point
Total: 10

New material.

Learners should guess the topic of the lesson by looking at the pictures.



Presentation.
3 min.

Learners discuss and share ideas and come up with lesson topic. The students predict the objectives of the lesson.

Introduction of new vocabulary.

Students watch a presentation of the words on the topic and repeat the new words after the speaker/ teacher gives students handouts with the words to remember.

- Muscle strength
- Stamina
- Flexibility
- Agility
- Speed
- Cardiovascular efficiency
- Aerobic respiration
- Anaerobic respiration
- Lactic acid
- Equation

Watching the film «What is fitness?»

Students answer the questions:

- How many core indicators of fitness are there?

[vocabulary/lesson/011](https://twig-bilim.kz/ru/film/what-is-fitness)

[-medicine](https://twig-bilim.kz/ru/film/what-is-fitness)

Tasks 19-20



<https://twig-bilim.kz/ru/film/what-is-fitness>

PPT

<https://twig-bilim.kz/ru/film/what-is-fitness>

<https://twig-bilim.kz/ru/film/what-is-fitness>

10 min.

- What are they?

Grouping.

Learners are divided into three groups with the help of pictures.

Project work.

Group 1 – «The physically fit»

Group 2 – «The body during exercise»

Group 3 – «Improving of fitness»

1) to make poster

2) to present the project

3) to give points to each other using criteria

Criteria	Point
1. Content	1
2. Using of vocabulary	1
3. Grammar	1
4. Pronunciation	1

Listening practice.

Task 1. Learners read and choose the correct option.

1. I love sailing. I've always been interested in it. Last year I joined a local yacht _____ so I get to do it every weekend now.

- ☐ team
☐ squad
☒ club
☐ membership

2. I think the government should encourage people to keep fit. One way would be to make special paths for _____.

- ☐ riders
☐ motorbikes
☒ cyclists
☐ exercise



3 min.

Task 2. Learners listen to the recording «Sport and safety» and choose the correct option.

A must for safety



1. Cycling can be _____ if you don't wear the right equipment.

- ☐ more dangerous than adventurous sports
☒ as dangerous as adventurous sports
☐ less exciting than adventurous sports
☐ more exciting than adventurous sports

2. Those that do adventurous sports choose equipment that _____.

- ☐ wouldn't be allowed into the Olympic games
☐ helps them forget the dangers
☐ helps them do easy things
☒ is appropriate for their requirements



3 min

Criteria of tasks: 1 right answer - 1 point

Total: 4

Test.

Learners answer the questions showing the cards with the letters A, B, C or D.

1.

bilim.kz/ru/film/what-is-fitness

✓ Education materials.

<https://bilimland.kz/ru/courses/english-language/mskills-english/intermediate-level-listening/lesson/018-sport-and-safety>

Task 1,2

✓ Twig_fitness Quiz, PPT

<div>2 min.</div> <div>2 min.</div>	<div><div>• What does BMI stand for?</div><div>A – base mass indicator B – body metric ideal C – body mass index D – bigger mass index</div></div> <div>2.</div> <div><div>• How can you calculate BMI?</div><div>A – weight (in kg) times height (in m) B – half height (in m) divided by weight (in kg) C – height (in m) divided by weight (in kg) squared D – weight (in kg) divided by height (in m) squared</div></div> <div>3.</div> <div><div>• Which of these is not one of the basic indicators of fitness?</div><div>A – BMI B – blood pressure C – being thin D – resting heart rate</div></div> <div>4.</div> <div><div>• What should you do to get fitter?</div><div>A – only exercise B – only eat less C – have a balanced diet and exercise regularly D – eat more</div></div> <div>5.</div> <div><div>• Swimming, running and cycling are all examples of which kind of exercise?</div><div>A – aerobic B – basic C – clinical D – developmental</div></div> <div>6.</div>	
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1 min.

• What are 'feel-good chemicals' called?

- A – dioxins
- B – endorphins
- C – insulins
- D – statins

Criteria of tasks: 1 right answer – 1 point
Total: 6

Assessment.

Learners count points and tell teacher.

Individual sheet

Tasks	Max point	My point
1. Homework	10	
2. Project	4	
3. Listening	4	
4. Test	6	
Total	24	

Success criteria:

21-24 points – high level

16-20 points – mid level

Reflection.

At the end of the lesson, students reflect on their learning.

- What has been learned today?
- What remained unclear?
- What is necessary to work on?

Home task:

To write a cinquain poem «Fitness».