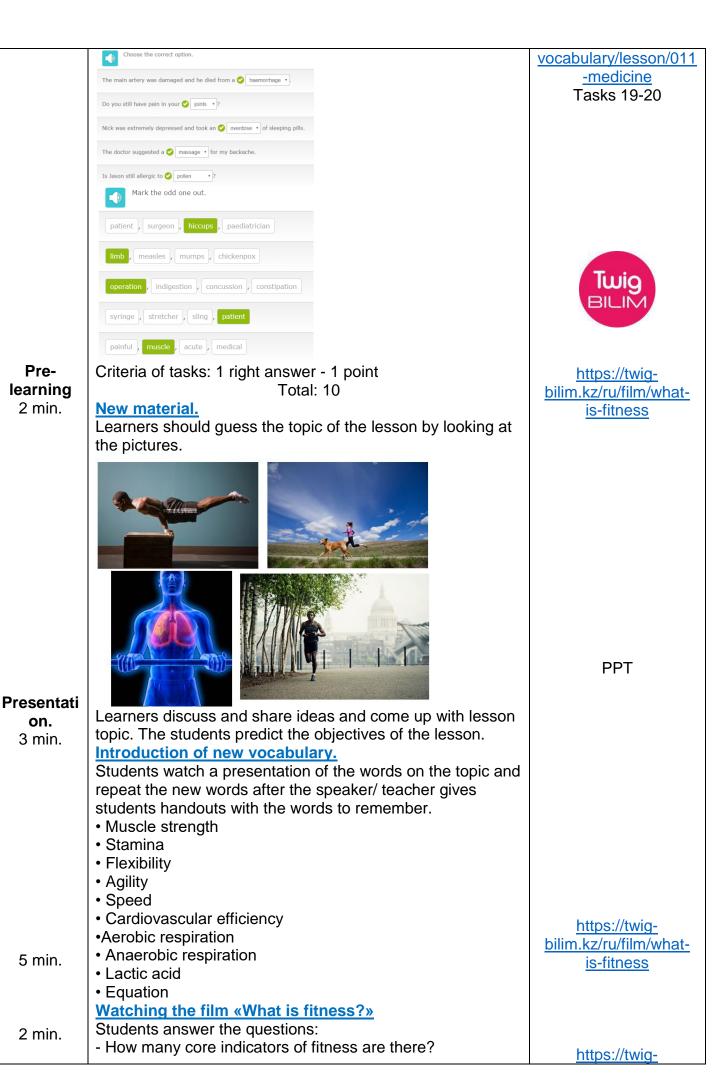
ПЛАН УРОКА

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



Learning objectives(s):	7.1.1.1 use speaking and listening skills to solve problems creatively and cooperatively in groups. 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. 7.3.5.1 keep interaction with peers to negotiate, agree and organize priorities and plans for completing classroom tasks. 7.4.5.1 deduce meaning from context in short texts on a growing range of familiar general and curricular topics.
Lesson objectives:	All learners will be able to:
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
Beginning	Greeting. Good morning! I am glad to see you! How are	
1 min.	you today? I hope you are healthy and fine! Let's start our	
	lesson with the warm-up!	
3 min.	Warm-up activity.	
	Teacher asks learners and discuss the following questions:	BILIM
	What sports do you do? What's your favourite sport?	Land
	Checking up the homework.	
3 min.		https://bilimland.kz/ru/
		courses/english-
		language/mskills-
		english/intermediate-
		level-



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.

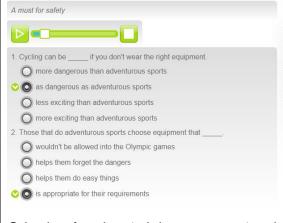
Task 1. Learners read and choose the correct option.

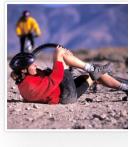
I love sailing. I've always been interested in it. Last year I joined a local yacht, so I get to do it every weekend now.
O team
Osquad
♡
O membership
2. I think the government should encourage people to keep fit. One way would be to make special paths for
Oriders
O motorbikes
O exercise



3 min.

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





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.

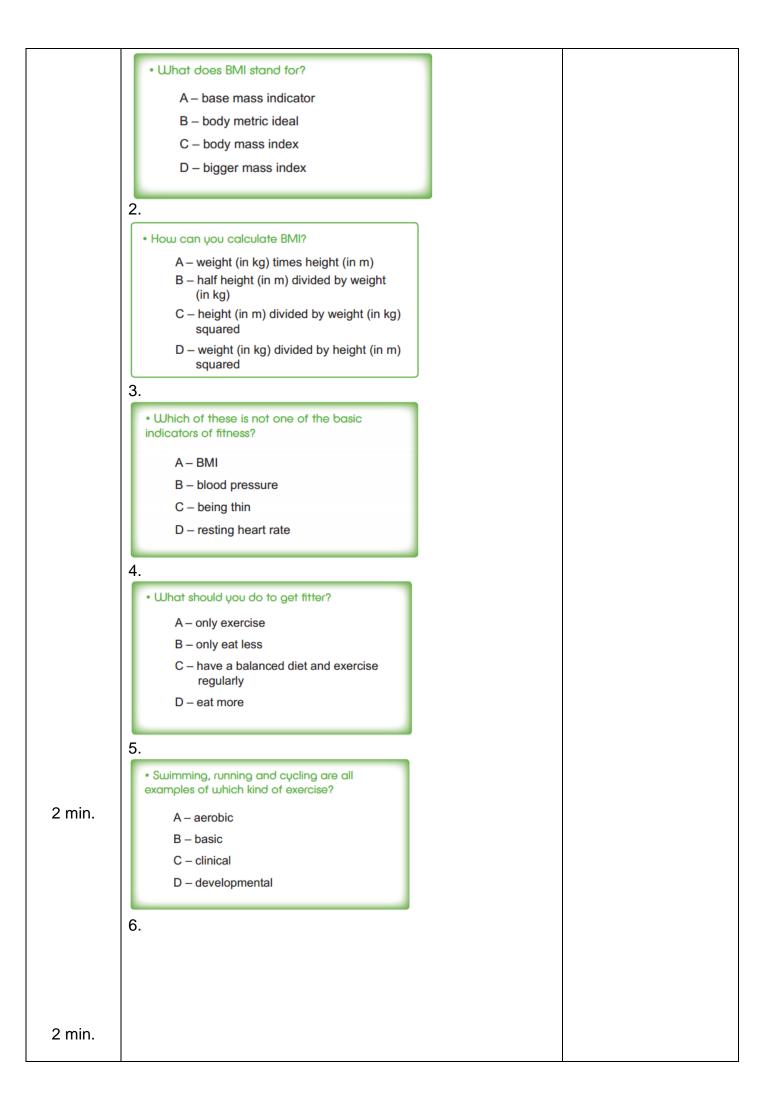
✓ Twig_fitness Quiz, PPT

https://bilimland.kz/ru/
courses/englishlanguage/mskillsenglish/intermediatelevellistening/lesson/018sport-and-safety
Task 1,2

bilim.kz/ru/film/what-

is-fitness

Education materials.



• What are 'feel-good chemicals' called?

1 min.

B – endorphins

C - insulins

A - dioxins

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».