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| **LESSON 79** | **Unit 8: Healthy Habits** |
| **Teacher name: Shmidt E.V.** | **School: Kushoky Secondary School** |
| **Date:** |  |
| **Grade: 7** | **Number present:**  | **Number absent:** |
| **Theme of the lesson:** | ***Healthy Habits*** |
| **Learning objectives**  | 7.L4 understand with little support some of the implied meaning in extended talk on a limited range of general and curricular topics7.S7 use appropriate subject-specific vocabulary and syntax to talk about a range of general topics, and some curricular topics7.UE8 use a growing variety of future forms including present continuous with future meaning on a range of familiar general and curricular topics  |
| **Lesson objectives** | Recognize particular information and details about healthy and unhealthy habits.Apply the topic related vocabulary in speech Compose present continuous forms with present and future meaning in the dialogue |
| **Plan** |
| **Planned timings** | **Planned activities**  | **Learners’ activities** | **Evaluation** | **Resources** |
| Begining5 min | GREETINGHello, children! How are you?The teacher introduces the objectives of today's lesson and assessment criteria | Greeting | *Verbal evaluation*  |  |
| Middle35 min | **How much physical activity do you think a young person needs to stay healthy? Read and check your answers.** **PHYSICAL ACTIVITY**What are the activity intensity levels? When you take part in a *low-intensity activity*, you do not sweat and your breathing is not affected greatly. *Moderate-intensity activities* should make you sweat and your heart beat faster. You cannot sing, but you can continue talking. As for *high-intensity activities*, you start to sweat sooner and cannot talk without getting out of breath.Physical activity is any activity where you move your body and burn energy. There are many benefits of being physically active. Firstly, exercise stops you from becoming overweight, and this is important because keeping a healthy weight lowers your risk of developing certain illnesses in the future. What is more, when you work out, play a sport or even just go for a walk, the muscles and bones in your body become stronger. Because your heart is a muscle too, physical activity can keep it strong and healthy. You definitely want it to be strong enough to send blood and oxygen around your body!We should all take part in physical activity regularly. According to the World Health Organisation, young people aged between 5 and 17 should do about 60 minutes of moderate to high-intensity physical activity daily to keep their heart healthy and to stay fit. This does not have to be done all at once but can be done throughout the day.***Other benefits of physical activity and exercise are:**** + better memory
	+ less stress
	+ more energy
	+ better sleep
	+ a chance to make new friends
	+ a break from homework

**Read again and answer the questions.**1. What could an unhealthy weight lead to?
2. How does physical activity benefit our muscles and bones?
3. What does our heart do?
4. How are low-intensity and moderate-intensity activities different?
5. How does a person feel during a high-intensity activity?

Complete the activity pyramid with the following activities.

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| taking the dog for a walk; football; aerobics; karate; canoeing; gardening; mountain biking; snowboarding; dancing; swimming; washing the car; tennis; hovering the house; skateboarding; basketball; cleaning the windows. |

 | Learners read and answer the questionsLearnerd complete the activity pyramid with the following activities | *Mutual avaluation* *Individual**avaluation*  |  |
| End5 min | *Giving feedback. ‘Traffic lights’.*Learners will be distributed stickers and they need to write 7 new words they have learned5 clothes they wear everyday **Homework**:learn the new vocabulary**Saying goodbye** | Learners summarize what they have achieved at this lesson. | *Self-assessment*  |  |