**Тернопільська спеціалізована школа І-ІІІ ступенів №3**

**з поглибленим вивченням іноземних мов**

**Тернопільської міської ради**

**Тернопільської області**

**План – конспект**

**уроку з англійської мови**

**у 11 класі**

**на тему:**

***A Sound Mind In a Sound Body***

**Підготувала**

**вчитель англійської мови**

**Чорна A.M.**

**Тернопіль - 2017**

**Topic: A Sound Mind in a Sound Body**

**«New Success» Pearson Education Limited**

**Level: Upper-Intermediate**

**Objectives:**

**-** to give information about healthy way of life;

 - to practice pair and group work;

 - to develop students’ skills in reading, listening, speaking;

 - to enlarge vocabulary on the topic;  
 - to develop students’ grammar skills(verb patterns Gerund/Infinitive)

**Equipment:** multimedia resources, a laptop, an active-book(Success Upper-intermediate)cards, students’ books, Ppt presentations.

**PROCEDURE**

**I. INTRODUCTION**

**Teacher:** Our today’s topic is about the problem everybody faces in his everyday life. Although we have a lot of challenges nowadays: environmental and ecological problems, global warming, social and political issues to solve, the biggest and, probably, the most urgent one is our health and wellness. There is no doubt about the fact that the length and the quality of our life depends on our lifestyle. What we eat, what we do, how we feel, etc should be everybody’s first and the only concern.

**II. WARMING-UP:**

(Jumbled proverbs about health)

**Teacher**: Let’ do some warming-up. There are jumbled proverbs about health. Put them together to get them right.

(**презентация**)

1.   Wealth is good above health               (Good health is above wealth.)  
2.Healthy fit food  to eat  food  keep         (Eat healthy food to keep fit.)  
3. Be take a  shower  cool to healthy      (Take a cool shower to be  healthy.)  
4.Your eat wash hands before  you          (Wash your hands before you eat.)  
5.Sweets are too bad many teeth  for  your

(Too many sweets are bad for your teeth.)

“A good laugh and a long sleep are the best cures in the doctor’s book.” – Irish Proverb  
“Health is a state of complete harmony of the body, mind and spirit.– B.K.S. Iyengar  
“Health and intellect are the two blessings of life.” – Menander (ca. 342-291 BC)  
“The reason I exercise is for the quality of life I enjoy.” – Kenneth H. Cooper

“To insure good health: eat lightly, breathe deeply, live moderately.” – William Londen

**III. LEAD – IN**

**Speaking**.

**Teacher**: Let’s discuss some aspects of people’s lifestyles.One of the most important tasks of modern world is to have physically, mentally, socially and spiritually healthy people. Healthy lifestyle is based on the following principles:

**-nutrition**

**Three Basics of Nutrition:**

1. The amount of food must be reasonable;

2. The good quality of food and the right balance of fats, proteins, carbohydrates together with vitamins and minerals;

3. Properly organized mode of eating

**-optimum exercising mode**

is any bodily activity that enhances or maintains physical fitness and overall health and wellness.[[1]](https://en.wikipedia.org/wiki/Physical_exercise#cite_note-1) It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, weight loss or maintenance, and merely enjoyment.

**hardening of the body**

a set of procedures to help increase resistance to unfavorable environmental factors and to form conditionedreflexes to improve thermoregulation. Hardening makesthe body resistant to chilling and, as a result, to colds and some other diseases.

**-personal hygiene**

involves those practices performed by an individual to care for one's bodily health and well being, through cleanliness.

Personal hygiene - is the basis of a healthy lifestyle, which effectively prevents various diseases.

**-no bad habits**

Drugs, alcohol, nicotine and other drugs harm the body of a man. They create public danger and degradation of an individual, chronic illnesses and even death. Therefore, it is important to put an end to bad habits and have a healthy way of life.

**-positive emotions**

is a mental attitude in which you expect good and favorable results.. A **positive** mind waits for happiness, health and a happy ending in any situation.

**-intellectual development**

is the measure of how individuals learn to think and reason for themselves in relation to the world around them. ... The process continues through all of people's lives, as they go to school, then university, etc and form **intellectual** relationships with others and learn new skills

**-moral and spiritual growing**

**Moral development is defined as the process by which people are able to develop attitudes a nd behaviors toward other people.** Moral development can be both positive and negative, depending on the type of influences given. Moral development is an important aspect for everybody who wants to be able to function properly in society.

Slide 37 Modern people are incredibly busy all day long. That`s why they eat fast food and do not engage in sports, they just don`t have time.

(Pack two snacks and a lunch for the office each day. Options can include a small apple with some almonds, a boiled egg, tomatoes with balsamic dressing and a piece of feta cheese)

**Three Basics of Nutrition:**

1. The amount of food must be reasonable;

2. The good quality of food and the right balance of fats, proteins, carbohydrates together with vitamins and minerals;

3.Properly organized mode of eating.

Some of you have prepared some interesting facts about what is good and what is bad for us.

Listen to your classmates and say how things might be useful or harmful for people.

(**Students’ stories)**

**Teacher:** Have you heard about these things before? Do you find any of the information surprising?

**Possible students’ answers**: mussels are good for you; jogging is good for you, unless you drink enough and stop suddenly after running; white bread is bad for you; feeling grumpy is good for you; juice is bad for you; eating chocolate is good for you, but not if you eat too much.

**IV. MAIN PART**

**Grammar**:

**Teacher:** Well**,** we know now what makes our life better and our health stronger. Anyway, have you paid attention to verb patterns in your group-mates’ presentations? Let’s revise grammar: the use of gerund and infinitives. What two types of infinitives do you know?

Look at the table and work out the rules.(**presentation/active book)**

**Teacher:** Now, practise using correct verb patterns in exercise 9, p.44

**Speaking and Listening**.

**Teacher:** Weare going to do some listening, but before this, look at the photos and answer the questions:

1. What do the photos show?
2. How are the people feeling?
3. What do you think makes them think that way?

Here is some useful vocabulary to help you: runner, marathon, exhausted, collapsing, pushed herself too far, fancy dress, fun, raising money for charity, enjoying being the centre of attention (cards with useful vocabulary on the board)

**Students’ answers...**

**Teacher:** Write two headings in your notebooks: push yourself to the limit, enjoy yourself. Imagine you are going to take part in a sports event like a marathon. You can either take the event very seriously and push yourself to the limit or you can simply aim to enjoy yourself. Say which opinion you would choose and why.

**Possible ideas:**

**push yourself to the limit**: do your best, improve your fitness, sense of satisfaction, feel competitive, take challenges seriously;

**enjoy yourself:** have fun, enjoy the day, it is not your aim to win, raise money for charity, entertain the crowd

**Teacher:** Let`s listen to a person, who has lived all her life pushing herself to the limit.

**Teacher:** This is Joanna talking about her attitude to life.

Listen again and complete Joanna’s answers. How do the missing words and phrases help her to answer the questions?

**Speak Out:** avoiding silence:

Vague language: if you are not 100% sure or you can’t remember a word

* I’m not sure if….
* I don’t know if….
* What’s the word?
* How can I say it?

Fillers: when you are thinking of what to say next

* Let me think
* then/well
* I mean/ I think/ I suppose/ I’d say
* probably/ sort of/ perhaps/ of course

**V. EVALUATION AND HOME ASSIGNMENT**

**Teacher:** Your homework for tomorrow is ex. 8, p.45

Write a short essay on one of the questions:

* Why do people push themselves to the limit?
* How far would you push yourself to be the best?

**Teacher:** your marks for today’s lesson are:

**VI. SUMMING – UP**

Our lesson is over, but before you leave, there is a recipe for your healthy way of life you can take into account:)

**Presentation**

Take a few cups of love,  
one spoon of patience,  
one glass of generosity,

one pint of kindness.  
one quart of laughter,  
one pinch of concern.

Mix willingness with happiness,

add lots of faith

and stir it up well.  
Then spread it over a span of your lifetime

and serve it to each and every deserving person you meet.