

1. Цель мероприятия: Применение изученной лексики по темам: «Здоровье», «Спорт» в новой учебной ситуации, расширить представление детей о здоровом образе жизни.

2. Задачи:

Развивающие:

- Развитие интеллектуальных способностей студентов, памяти, мышления;
- Развитие умения систематизировать полученные знания и применять их на практике – развитие коммуникативной компетенции;

Воспитывающая:

- Воспитание культуры общения.
- Воспитание бережного отношения друг к другу;
- Прививание интереса к спорту.

Обучающие:

- Формирование и закрепление лексики и правил здорового образа жизни;
- Совершенствование навыков говорения, чтения и аудирования;
- Обогащение словарного запаса;
- Формирование убеждения о необходимости сохранения личного здоровья.

2. Вид и форма учебного занятия: воспитательное мероприятие-лекция.

3. Оборудование: компьютер, проектор, колонки, иллюстрации.

4. Ход занятия:

I. The beginning of the lesson.

Teacher: Today we are going to discuss the most important problem of our life - our health. Why is this problem the most important nowadays? What's your opinion?

- There are a lot of different diseases;
- Unfortunately, about 80% of pupils living school have health problems.

II. Choosing of the motto.

People of different nations have proverbs about health which underline the importance of health. Let's remember some of them:

1. Early to bed early to rise
Makes a man healthy, wealthy and wise.
2. An apple a day keeps a doctor away.
3. You are what you eat.
4. Eat to live, not live to eat.

Teacher: What proverb can we choose as a motto of our lesson?

Teacher: Our health depends on different things. What are they?

I. Speech drills.

1. Bad habits.

- They are: our habits, the food we eat, physical activity.
- Teacher: Let's begin with our habits. First name bad habits.
- eating lots of sweets
 - eating between meals
 - snacking
 - skipping breakfast
 - smoking
 - taking drugs
 - physical inactivity
 - sleeping too much or too little

Teacher: How do bad habits influence our health?

Pupils: - they could lead to diseases

- lead to obesity

- such habits as taking drugs, drinking alcohol or smoking are really deadly and could be cause of death

- eating between meals, snacking, skipping breakfast, sleeping too little or too much are indicative of chaotic lifestyle

2. Good habits.

Teacher: On the contrary good habits promote our health. What are they?

Pupils: Eating healthy food, regular meals, sleeping 7-8 hours, doing morning exercising, playing sport.

Teacher: So, to stay healthy for a long time we should have good habits and to avoid bad ones.

Do you have any bad habits? Do you try to give them up? What good habits do you have?

Учащиеся отвечают на вопросы учителя.

3. Eating habits.

Teacher: Now let's discuss another thing which influences our fit – the food we eat. "We are what we eat" the proverb says. Pupils, what food do you prefer to eat?

Учащиеся отвечают на вопросы.

Teacher: Pupils, are you sure that food you usually eat is good for your health? Listen to Dr. Amy Murphy's lecture about healthy eating and answer what food is good for our health.

IV. Listening.

1. Учащиеся читают и переводят незнакомые слова, которые встречаются в тексте. Слова выписаны на доску.

Unknown words:

Balanced diet

Contain

Carbohydrates

Pasta

Stomach

Vitamins

Minerals

Учащиеся слушают текст первый раз. Затем они получают текст лекции с пропущенными словами, которые они вписывают во время второго прослушивания. (Пропущенные слова даны курсивом). Проверка понимания – учащиеся зачитывают вставленные слова.

Текст для аудирования:

In order to stay healthy it is important to have a balanced diet – in other words, 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, for example meat, fish, nuts, cheese and milk. It helps your body to grow and to be healthy and it gives you energy. Fat gives you energy but don't eat a lot – it's bad for you. There are a lot of fatty foods that come from animals, for example milk, cheese, butter and meat.

Carbohydrates give you more than 70% of your energy. Bread, pasta, cereals, fruits, and vegetables such as potatoes and cabbage all contain lots of carbohydrates.

Fruits, vegetables, beans and nuts, brown bread all have fibre. It doesn't give you energy but it fills your stomach when you are hungry.

There are many different vitamins and minerals. They help our body be healthy. You can get all your vitamins and minerals from fresh fruit and vegetables.

2. Используя текст, учащиеся заполняют таблицу:

From For

Carbohydrates

Protein

Fat

Fibre

Vitamins

A

B

C

D

Minerals

Calcium (Ca)

Iron (Fe)

Работа в группах: учащиеся группами выводят правила здорового питания.

V. I'll repeat and I think you'll agree with me that nobody wants to be ill. Tell me the ways to keep fit. What are the ways to be healthy? (They answer)

At home you were to read and to translate the text "Keeping Fit". Let's read it and then discuss it.

Keeping Fit

Good health is not something we are able to buy at the chemist' and we can't depend on getting it back with a quick visit to the doctor when we are ill, either. We often ruin our health by poor diet, stress, bad working environment and keeping fit, changing bad habits or the surrounding conditions we can make our body last without major problems. And what are the ways to keep fit?

First of all you must miss no chance of outdoor activities as an antidote to our sedentary lives. Skating or skiing in winter and swimming in summer must become part of your everyday life.

Second, exercise. You must exercise whenever you can – in the morning or in the evening. Third, regular meals are a must if you want to keep fit. Try to avoid going without any food for hours.

Nowadays, health specialists promote the idea of wellness for everybody. Wellness means achieving the best possible health within the limits of your body. One person may need fewer calories than another. Some people might prefer a lot easier exercise to more strenuous exercise.

VI. Let's read text «sport in our life».

People all over the world are fond of sports and games. Sport makes people healthy, keeps them fit, more organized and better disciplined. It unites of different classes and nationalities. Many people do sports on their personal initiative. They go in for skiing, skating, table tennis, swimming, volleyball, football, bodybuilding, etc.

All necessary facilities are provided for them: stadiums, sports grounds, swimming pools, skating rinks, skiing stations, football fields.

Sport is paid much attention to in our educational establishments. Gymnastics is a part of children's daily activities in the kindergartens. Physical culture is a compulsory subject at schools and colleges.

Professional sport is also paid much attention to in our country. In city, where I live, there are different sporting societies, clubs and complexes. If you want to keep fit, you must go in for one kind of sport or another. We all need exercise. This is true for younger as well as for adults. Even if you don't plan make sports your main occupation.

Practically all kinds of sports are popular in our country, but football, gymnastics and tennis enjoy the greatest popularity. It keeps a person in a good form.

Many people never exercise. They often eat unhealthy food as well. These people wait until they get sick about their health .

In our family, we believe that preventing sickness is better than trying to cure it after you get sick. My mother once told me that there were three ways to prevent illness. They are:

- 1) eating well;
- 2) avoiding stress;
- 3) exercising regularly

I also enjoy staying fit with my family. At home, we eat fresh fruit and vegetables very day. We all love to swim and play tennis. Bicycle – riding is good exercise, it also helps to clear me head and relieve stress after a long day.

QUESTIONS:

1. Why do many people like sports and games?
2. Why is sport so important in our life?
3. What kinds of sports are popular in our country?
4. What sport do you go in for? Why?

VII. Physical activity.

Teacher: Now let's discuss our physical activity. What does it mean?

- doing morning exercises
- playing sport
- spending a lot of time in the open air.

Do you do morning exercises? Do you go in for sport?

There are different kinds of sport, name them.

Pupils: boxing, tennis, running, potholing, mountaineering, windsurfing, parachuting, trampolining, figure skating, skiing, horse riding and so on.

There are some kinds of sport on the blackboard: jogging, mountaineering, windsurfing, parachuting, trampolining, figure skating, skiing, tennis, horse riding, potholing, running.

Characterize them using the construction: "is considered to be" expensive

dangerous
tiring
stupid
exciting
popular
competitive

Example: Windsurfing is considered to be dangerous.

Teacher: Sport may be competitive and uncompetitive, dangerous, tiring, exiting and very expensive. People choose one or another sport according to their preferences and tastes. It also depends on how much money they have. Compare different kinds of sport in order to choose the most suitable for yourself. Make up a dialogue.

Учащиеся составляют диалоги, сравнивая различные виды спорта в соответствии со своими вкусами и пристрастиями.

Примерный диалог, который составляют учащиеся:

P1: What's your favorite sport, Andrew?

P2: Well, I like most sports, but I suppose I like football most of all. Like most people.

P1: Yes, I suppose football most popular sport. Personally, I don't like football. I don't enjoy competitive sports. I like cycling and horse riding.

P2: Isn't horse riding very expensive?

P1: Yes, it's more expensive than cycling.

P2: I think horse riding is the most expensive sport. What do you think is the most tiring sport?

P1: Well, horse riding is very tiring.

P2: Do you think it's more tiring than, say, tennis?

P1: Oh, yes, I'm exhausted after I've been horse riding. What do you think is the most dangerous sport?

P2: I think hanggliding is very dangerous.

P1: Well, that's what many people think. But you know, there are more accidents to do with windsurfing than there are with hanggliding.

P2: I didn't know that. Which is the most difficult sport, in your opinion?

P1: How about climbing? I think climbing is very hard.

P2: Well, I think skiing is more difficult than climbing.

P1: No, I don't agree. Climbing looks incredibly difficult.

P2: And what do you think is the most exciting sport?

P1: Well, tennis, I think. What about you?

P2: It has to be motor racing. Motor racing is the most exciting sport for me.

Teacher: Now, pupils, you know what to do to keep fit and to be healthy. Tell me, please, what do you do to promote your health.

Развитие навыков монологической речи.

Учащиеся рассказывают, что они делают, чтобы оставаться здоровыми и сильными.

VIII. Итог мероприятия: подведение итогов, домашнее задание: приготовить сообщение на тему:

Министерство образования и науки Российской Федерации
Федеральное государственное образовательное учреждение высшего образования
«Российский экономический университет имени Г.В. Плеханова»
Московский приборостроительный техникум

План воспитательного мероприятия

По дисциплине: иностранный язык.

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Составитель: Лосикова Анна Львовна.

Рассмотрено

На заседании цикловой методической комиссии
«Иностранные языки».

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