

## Открытый урок по английскому языку в 5 классе "Главное богатство - Здоровье" ("The greatest wealth is health")

**Подтема:** Ты и твоё здоровье.

**Цель:** систематизировать и обобщить знания учащихся по теме «Health and Body Care»

**Задачи урока:**

*Образовательные:*

- обобщение лексического материала по теме «Health»;
- обобщение грамматического материала (модальный глагол «should»);
- развитие навыков говорения, чтения, письма.

*Развивающие:*

- развитие коммуникативных навыков по теме «Health and Care»;
- развитие творческих способностей учащихся;
- развитие памяти, внимания, мышления.

*Воспитательные:*

- воспитание здоровых привычек и культуры здорового образа жизни;
- воспитание умения работать в сотрудничестве.

**Тип урока:** обобщающий урок

**Оборудование:** раздаточный материал (Questionnaire, кроссворд, пословицы, клей-карандаш, листы бумаги), мультимедийное оборудование.

### Ход урока

#### 1. Greeting and Aim

“Hello, boys and girls! Today our lesson is devoted to a very important problem. Can you guess what is it with the help of this picture?” (картинка на экране)

“You are right! Our lesson is devoted to Health!

As you know some people are healthy, some people are unhealthy. Health is the most precious thing in people’s life. We can’t buy health, but we can do a lot to keep it. Today we are going to do some interesting exercises, to role-play some situations, to guess crossword, etc.”

#### 2. Warming up. Brainstorming.

**Речевая зарядка (презентация):**

“Let’s say what is **healthy** and what is **unhealthy**”. (слайды)

- I exercise 3 times a week.
- I eat at McDonalds every day.
- I eat fruit and vegetables every morning.

- I wash my hands before breakfast.
- I watch TV 7 hours a day.
- I take a shower in the morning.
- I don't smoke.
- I feel stressed every day...
- I drink plenty of water every day.
- I drink Coca-Cola with every meal.
- I listen to very loud music.
- I visit a doctor regularly.

“So, what are the composers of a healthy life? Let us summing it up!” (картинка)

### **Фонетическая зарядка:**

“So now you will be divided into three groups. Some of you will get the beginning of the proverb and the other the end. You must find the pair.”

- 1) Good health is above wealth.
- 2) Live is not to eat but eat is to live.
- 3) An apple a day keeps a doctor away.
- 4) Healthy mind is in a healthy body.

(Каждая группа зачитывает вслух получившиеся пословицы, готовые пословицы приклеиваются на лист бумаги).

“The next our step is to find the right translation to each proverb” (Группы получают листочки с пословицами и их переводом. Приклеивают на лист пословицы с переводом):

1. Good health is above wealth.  
Здоровье дороже богатства.
2. An apple a day keeps a doctor away.  
Кушай по яблоку в день, и доктор не понадобится.
3. Early to bed and early to rise makes a man healthy, wealthy and wise.  
Кто рано ложится и рано встает, здоровье, богатство и ум наживет.
4. A sound mind is in a sound body.  
В здоровом теле - здоровый дух.

## II. Основная часть урока.

1. “Let’s remember some problems about health! Do you know the word “ACHE”?  
(слово “ache” на доске. Ученики называют части тела, органы, которые могут болеть. Получаются слова, означающие виды боли – headache, earache, backache, toothache, stomachache, eyeache).

### 2. Grammar Practice (Повторение грамматического материала (модальный глагол «should»).

Игра “Рыбалка”

“Now we’ll go fishing. Here is a lake and fish with different diseases. You must get a fish and your friends will give you right advice”.

I have a temperature. - If you have a temperature you should take some medicine.

I have a toothache. - If you have a toothache you should do to the dentist.

I have a cough. - If you have a cough you should take some cough mixture.

I have a running nose. - If you have a running nose you shouldn’t go for a walk.

I have a pain in the leg. - If you have a pain in leg you shouldn’t run.

*(Ученики дают советы)*

### 3. Relaxing

“Are you tired? Let’s take a joky dancing now! (песенка “Shake!”)

### 4. Разгадывание кроссворда по теме “Здоровье” (слайд с вопросами, складываем кроссворд на доске, получаем слово “Health” из заглавных букв)

“Now let us try to solve the puzzle! We must read the hidden word!”

1. A pain in the head. (h**ea**dache)

2. A part of a body that helps us to see the world. (e**y**e)

3. We breathe it in and breathe it out. (a**i**r)

4. A doctor listens to your heart and ... (l**u**ngs)

5. When you have a running nose and a cough you also have a ... (t**e**mperature)

6. A place where we get medical help (h**o**spital)

## III. Заключительная часть урока.

### 1. Summarizing

“Let’s make the conclusion to our work. You have shown you knowledge, you know some proverbs, some medical definitions, you can give some advice to the health problems. And I hope that you will take care of your health not only at the

lesson but also in everyday life.

Do you know if you are really healthy?

To help you to learn if it is so, answer this questionnaire

Tick “Yes” or “No” (слайд с вопросами, ученики дают ответы «Да» или «Нет» в соответствии со своими привычками)

### Questions

**Yes**

**No**

1. Do you begin your day with morning exercises, do it regularly and with a great pleasure?
2. Do you spend a lot of time out of doors every day?
3. Do you refuse from bad habits (playing computer games for more than an hour a day, snacking between meals or eating after 6 p.m.)?
4. Do you limit your time you spend in front of the television and the computer?
5. Are you sporty? Do you go in for sport or join a sports club?
6. Do you keep to a healthy balanced diet?
7. Do you have a hobby?

Count your points. One point for each answer “Yes”.

7 points: You are quite healthy.

3–6 points: Not bad, but be attentive to your health.

0–2 points: Oh, dear! Change your lifestyle. You should think about your future!

### 2. Рефлексия.

“Your homework will be to find other proverbs connected with health and healthy lifestyle and? Of course? To lead a healthy life! Thank you for your work! Now give yourself a mark! Did you work well?”