



The 12th of February

*“What should you
do to keep fit?”*

Сабақтың мақсаты:

Жаңа лексиканы енгізу. Текстті оқыту арқылы оқушыларға денсаулықты сақтау үшін не істеу керектігі жайлы кеңестер айту.

Олардың тыңдау, жазу, есту қабілеттерін дамыту.

Ағылшын тіліне деген қызығушылықтарын арттыру.



Home work

**You should exercise in the blackboard
must, must not, can**

Play the game domino





New Lexics:



ill



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sick



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sad



unwell



doctor



nurse



Teacher



Chemist



Sleep



Take care of



Look after



Brainstorming

Read each of the following list of four words. One word does not belong in each list. Find it and put a circle round it.

a) Ill
Sick
Sad
Unwell

b) Doctor
Nurse
Teacher
Chemist

c) Sleep
Take care of
Nurse
Look after



Work with the text

A recent survey shows that children in Britain aren't as fit as their parents and grandparents .

The problem starts at school. Teachers nowadays have to give a lot of time to subjects like Maths, English, Geography, Chemistry and so pupils do less PE and Games .Also, most pupils don't walk or cycle to school. Some go on the bus, but more and more parents take their children to school and back by car.

When they get home ,they sit down and watch TV or play computer games. The survey says that sixty per cent of British children have got a television or computer in their bedroom.

This problem about young people isn't just a British problem. Surveys in other countries show that it's happening all over the world. Children eat too much junk food, they don't read the books, and they don't take enough exercises, because they've got all these wonderful things – televisions, video – recorders, DVD-s, computers.

Physical minute

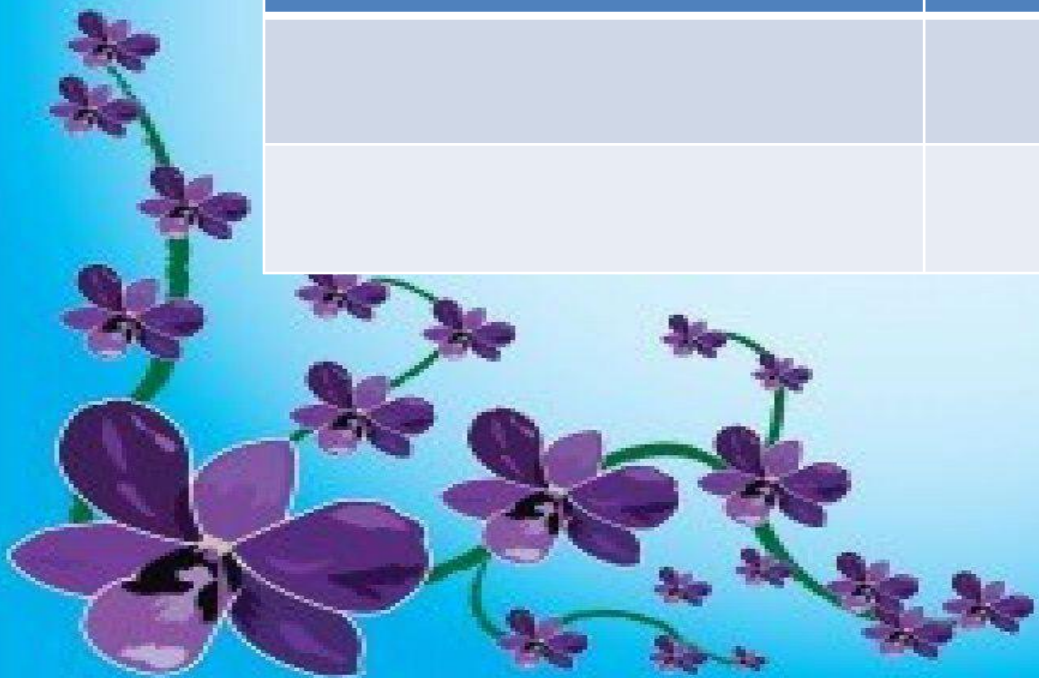
You are
tired. Let's
have a fun!



Writing

Let's do exercises from the poster
Should or shouldn't 5 sentences

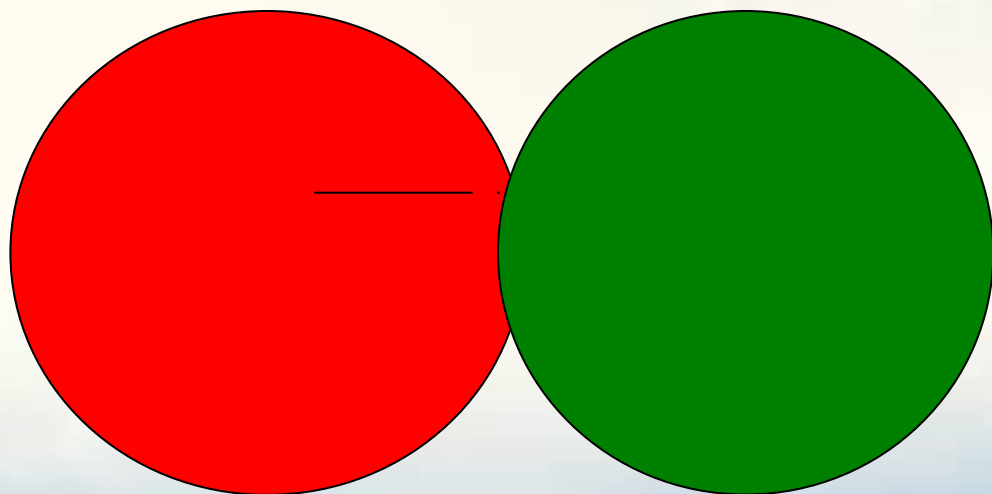
What we should we do to be healthy?	What we shouldn't we do to be healthy?



Complete the words

Good foods

Bad foods



Write a sentence on the black board .You must invent 5 variations changing one or several elements of the sentence

She had a bad headache yesterday

.....

.....

Conclusion



Reflection you have three colors of flowers. You must choose one of them and put on the blackboard.

Red- I liked the lesson.

Green - I liked the lesson but I have some questions.

Yellow – I disliked today’s lesson.





。 Homework

Write down your homework. At home you'll write the essay on the topic "How to keep fit".

A pair of hands is shown holding a small, realistic globe of the Earth. The globe is centered in the frame, showing the Americas and parts of Europe and Africa. The hands are positioned around the globe, with fingers gently gripping it. The background is a soft-focus image of blue water, suggesting a beach or a pool. The overall tone is one of care and responsibility.

The lesson is over!!!

Good bye!!!....