



*The 12<sup>th</sup> 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!

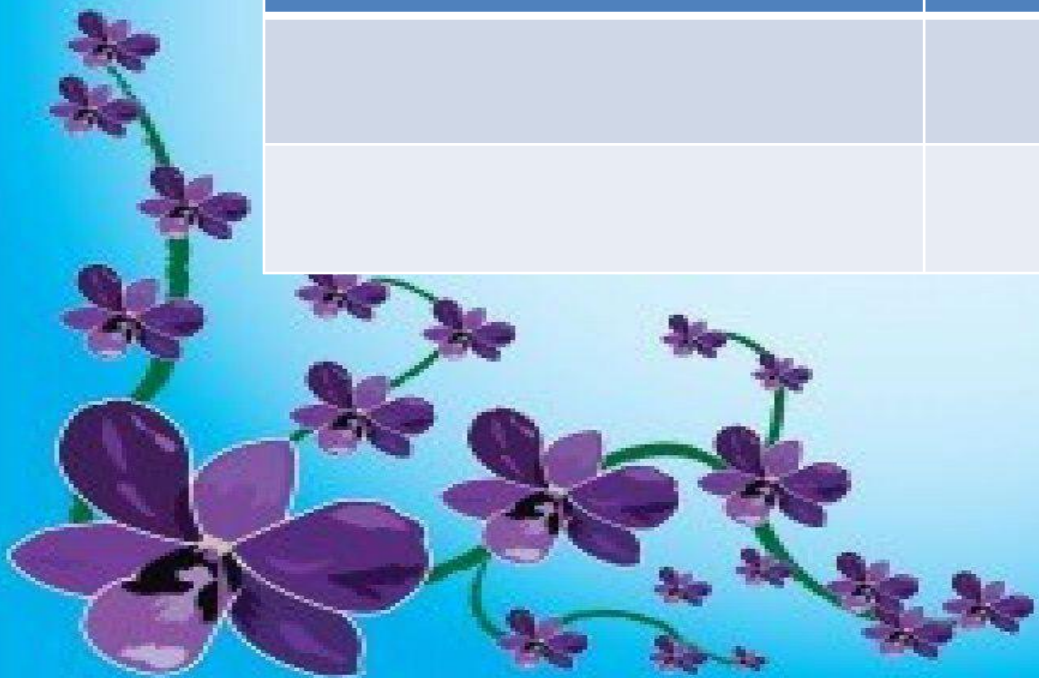




# *Writing*

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

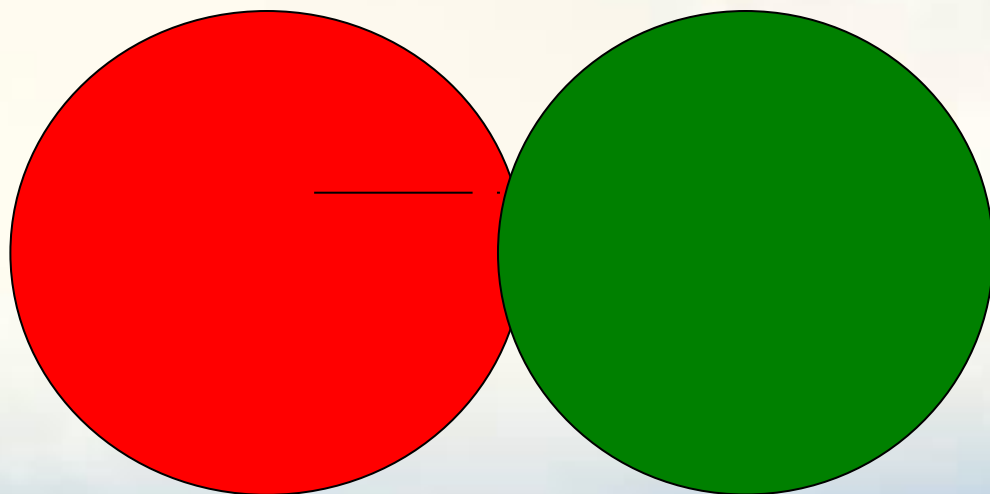
<b>What we should we do to be healthy?</b>	<b>What we shouldn't we do to be healthy?</b>



# 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. The hands are positioned around the globe, with fingers slightly curled as if supporting it. The background is a soft-focus image of blue water, possibly a lake or ocean, with light reflecting off the surface. The overall tone is somber and reflective.

*The lesson is over!!!*

***Good bye!!!....***