

**Good
morning!**

I'm glad to see you!

Good morning! How do you do!

Ni hao!



Our Theme Today:

**Man Health
Sport**

To be healthy in your life
Don't forget to do all five
Get up early , quick and bright
Exercise with all your might
In the morning jump and run
Eat your breakfast you have done
Train your body, train your brain
And all bad habits pass away

Warming- Up

Ask

Answer

questions

• **We**



should



shouldn't

- drink water
- smoke, drink alcohol
- watch TV too long
- go on foot
- eat healthy food
- go to bed late

- **have a rest**
- **be positive**
- **sleep too much**
- **eat at night**
- **eat vegetables and fruit**

Our Habits



good

bad

healthy

unhealthy

useful

harmful-вредный

dangerous

опасный

EXERCISES



Good Health - Good Mood

mood - настроение



“ GOOD WORDS ”

You are...(so....)..



play

go in for

jump

prefer

exercise

like

like

lose

watch on TV

move

Check Yourself

- chess
- ice-hockey
- tennis
- volley-ball

NAME kinds of sport ...

Make up sentences:



I go in for...

I can play...

I don't like ...

I like to watch on TV...

Translate:

- **S** t r o n g
- **P** e r s i s t e n t
- **O** p t i m i s t i c
- **R** e s o l u t e
- **T** a l e n t e d

**Let's make a
flower**

**What should we do
to be healthy?**

Thank you for the work!

Be healthy!

Be happy!

