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Цель урока: совершенствование навыков говорения, восприятия и понимания речи на слух, чтения по теме "Healthy lifestyle".

Задачи:

- совершенствовать навыки говорения по теме «HEALTHY LIFESTYLE» на основе аудиозаписи и видеозаписи
- активизировать лексический материал по теме в устной и письменной речи
- совершенствовать навыки восприятия иноязычной речи на слух

Тип урока: урок комплексного применения знаний, умений и навыков

Оборудование урока: проектор (компьютер), телефон, раздаточный материал

Ход урока

№	Этап урока	Содержание этапа	Режим работы	Примечания
Организационно-мотивационный этап				
1.	Орг. момент	<p><u>Приветствие:</u> Good morning, boys and girls! Let's begin our lesson.</p> <p><u>Вступительное слово учителя</u> (сообщение темы и задач урока): <u>Today we'll read, write, speak about... Have a look at these pictures and guess WHAT ARE WE GOING TO SPEAK ABOUT? (1 слайд)</u></p> <p><u>You are right, we are going to speak about healthy way of life (healthy lifestyle). Today we must find out what the healthy lifestyle is (2 слайд)</u></p>	t-cl-p p-t t-cl-p p-t	1 мин. 3 мин.
2.	Речевая зарядка	<p><u>Now please answer my questions about yourself:</u></p> <ol style="list-style-type: none">1. Is it easy for you to get up early in the morning?2. Do you do morning exercises?3. Do you skip your breakfast?4. How many meals do you have a day?5. Do you attend your lessons of Physical Education?6. Do you like them?7. Do you go to a gym?8. Do you like fast food?	t-cl p-t	3-4 мин.

4. Аудирование

5. People don't think that the taste they like so much is a careful combination of artificial _____ and preservatives. **(flavourings)**
 6. However it is important to understand that though _____ looks so nice and tasty it may be dangerous for your _____. **(fast food, health)**
 7. Alcohol is very _____ to our health. **(harmful)**
Now, let's check your answers. Change your copybook with your neighbor. (нужно обменяться со своим соседом тетрадями для взаимной проверки).

So, now we are watching a video about healthy lifestyle. You should watch it and complete the table given to you. You should tick the characters' advice how to be healthy. Some of ideas are the odd, be attentively. (слайд 3) (ученикам раздаются таблицы, которые они заполняют во время просмотра видео, отмечая советы, которые слышат во время просмотра видео):

	+	-
To watch TV too long		-
Regular physical activity	+	
enjoying the outdoors	+	
To eat vegetables and fruit	+	
To eat dairy products	+	
To skip (miss) breakfast		-
eating a balanced diet	+	
Being active		



According to the completed tables give advice using the model.

t-cl
p-t

11 мин.

t-cl

6 мин.

5.	Закрепление грамматического материала	<p>Model: To be healthy you need... To be healthy you shouldn't ...</p> <p><u>Let's revise our grammar material (слайд 4)</u> <u>Choose one word that best fits each gap according to the rule</u> (ученики выполняют задание в телефоне с опорой на правило на слайде):</p> 	p-t	
6.	Совершенствование навыков говорения	<p><u>I want you to remember proverbs about eating and some habits, but the words have mixed. Can you put them in the correct order to make the proverbs (слайд 5)</u></p> <p>1.wealth is good above health 2.a day apple an away keeps doctor a 3.to and healthy bed wise makes a rise man early and early to wealthy 4.a mind sound in body a sound 5.eat live to but, to eat not live 6.he who has everything and has hope he who has hope has health</p> <p><u>What proverbs do you agree/disagree?</u></p>	t-cl p-t	4 мин.
Рефлексивно - оценочный этап				
7.	Домашнее задание	<p><u>Write down your home task –Do “Healthy quiz”(QR-code). Read the question and choose right variant.</u></p> 	t-cl	3 мин.
8.	Выставление оценок	<p><u>- Thank you for the lesson. It was very interesting to work with you.</u></p>	t-p t-cl	2 мин.

9.	Рефлексия	<p><u>And now your marks for the lesson.</u></p> <p><u>Raise your right hand if you think our lesson was useful and raise your left hand if wasn't</u> (<i>учащиеся поднимают правую руку, если считают, что урок был им полезен и левую руку, если считают, что не полезен</i>).</p> <p><u>The lesson is over. Good bye!</u></p>	t-cl	2 мин.
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