**Министерство образовании и науки РД**

**МКОУ «Чинарская СОШ№1»**

**Открытый урок**

**на тем**

**«Здоровый образ**

**жизни».**

Выполнила: учитель английского языка

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**Цель урока**: - обобщить и систематизировать знания учащихся по разделу “Healthy ways”

**Задачи урока**: - **развивающая**: - развитие воображения, памяти, внимания;

- **воспитательная:** формирование ценностного отношения обучающихся к своему здоровью, формирование способности понимать и сочувствовать людям;

**- образовательная**: - закрепление грамматического умения использовать глаголы в прошедшем времени;

- развитие речевых умений (диалогическая и монологическая форма речи);

- активизация лексики по теме «Здоровье», «Обозначение времени»;

- тренировка навыков аудирования;

**Оснащение урока**: ноутбук, аудиозапись, интерактивная доска.

**Ход урока.**

1. **Организационный момент.**

Good morning, boys and girls. Sit down, please.

What is the date today?

What do you think about today’s weather?

Do you like it?

Remember, please, what Russian people say when they meet each other. They say «Здравствуйте!». It means that they wish each other to be healthy.

And there are a lot of proverbs about health. What are they? How do you understand them?

**Health is above wealth**. (It is better to be a healthy poor, than an ill king.)

**An apple a day keeps doctors away**. (if you eat fruit and vegetables you won’t be ill.

**Early to bed and early to rise, makes a man healthy, wealthy and wise.** (If you keep daily routine you will be healthy, wealthy and wise).

Today we are going to speak about health. I don’t think there is anything more important than health. At the lesson you are going to speak o lot, using lexical and grammar material; to listen to an audio text and to discuss it, I wish you good luck.

Let us begin with phonetic drill. Say after me

1. **Фонетическая разминка.**

Keep, easy, healthy, regular, watch, half, minute, past, second, quarter.

Well done! So, the theme of our lesson is a healthy ways. Think and say what are the main rules of a healthy ways.

*Eat healthy food, go in for sports, keep daily routine, keep to a diet, go to bed early and get up early….*

And what shouldn’t do to keep fit?

*Smoke, drink alcohol, sit in front of the computer for a long time, eat fast food, sit too long…*

**III Речевая зарядка**

* 1. *Let’s talk about your health code.*

Say what should do and shouldn’t do.

* 1. *Answer the questions.*

1. Is it easy for you to get up early in the morning?

2. Do you do your morning exercises every day?

3. What sport do you go in for?

4. Do you eat healthy food?

5. Do you clean your teeth before

meal or after it?

6. Do you eat sweets?

* 1. .*And what about you? What do you do to be Healthy?*

I do morning exercises every day.

I go in for sports…

* 1. *Now look at ex.2 at page number 105. Look and say when Jim does it.*

1. **Listening. Well, I’d like you to listen the time and write down the time you hear.**

9:45 6:50

3:15 6:30

11:30 7:25

7:58

12:05

8:45

**Home task: to learn by heart the dialogue.**

And now we shall try to imagine that you are ill and you come to the doctor.

**Dialogue 2. Amina and Zaira**

Doctor: Come in, please. Sit down. What troubles you?  
Patient: Oh, doctor. It is difficult for me to breathe, to move, to go  
upstairs. I am always hungry.  
D.: Let me take your blood pressure and listen to your heart. Breathe,  
breathe in deeply.  
P.: What about my heart and blood pressure?  
D.: Show me your tongue, please. You have a heart attack. You are  
seriously ill. You suffer from fatty heart. It is dangerous.  
P.: Oh, doctor. Can you help me? What can you advise me?  
D.: Keep to a diet. Eat more fruits and vegetables. Don’t forget the  
proverb “An apple a day keeps the doctors away”.  
P.: Thanks, doctor. I shall follow your recommendations.

**Dialogue 3. Zaur and Islam**

Dentist: Hello!  
Patient: Hello!  
Dentist: What’s the matter?  
Patient: I’ve got an awful toothache. I used a hot water bottle, I took  
different tablets, but nothing could help me.  
D.: Open your mouth, please. Show me your teeth. What tooth hurts you?  
Oh, your teeth are so bad. Do you brush your teeth?  
P.: Oh, yes, I do.  
D.: How often do you brush your teeth?  
P.: Sometimes often, sometimes seldom.  
D.: You must brush your teeth more than three times a day. And you must  
visit the dentist twice a year. But now I’ll extract your tooth. It’s too  
bad.  
P.: Oh! My God!

1. **Look at the blackboard. Use the verbs in the past forms.**

**Ex. 9 p. 114**

Tried

Drove

Heard, did not like

Left, wanted

Dreamed, (dreamt).

**Task: *Fill in the missing words.***

|  |
| --- |
| a).get up, b).hands, c).healthy, d).exercises, e).teeth, f).shower, g).fit, h).little, i).much, j).sweets, k).bad, l).smoke, m).go to bed, n).junk, o).skip |

**Rules to Remember:**

1. ……..early and ……..early to keep fit.
2. Take regular ………… to keep fit.
3. Take a cool/cold ……….. to keep fit.
4. Eat …………. food to keep fit.
5. Never ……. to keep ……. .
6. Clean your …….. every morning and every evening.
7. Wash your ……… before meals.
8. Too ……food makes you thin.
9. Too ……. food makes you fat.
10. ……… food makes you ill.
11. Too many ………. are ….. for your teeth.
12. Never ……… breakfast.
13. **Итоги: Well, let’s revise again. What are the main rules if you want to keep fit?**

Our lesson has come to an end. That’s all for today. Thank you very much for your good work! See you tomorrow!