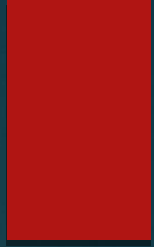


МУНИЦИПАЛЬНОЕ АВТОНОМНОЕ ОБЩЕОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ

«ЦЕНТР ОБРАЗОВАНИЯ ИМЕНИ И.А. МИЛЮТИНА»

(СТРУКТУРНОЕ ПОДРАЗДЕЛЕНИЕ «ШКОЛА № 23»)

Г. ЧЕРЕПОВЕЦ



Современные здоровьесберегающие технологии в формировании коммуникативных компетенций обучающихся

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Актуальность темы:


1. Предметная область «Иностранный язык» универсальна по своей направленности обучения и развития личности.
2. Иностранный язык является предметом первой степени сложности для обучающихся.
3. Говоря о здоровьесберегающих технологиях, делается упор на сохранении и развитии общего здоровья: физического, психического, эмоционального, нравственного, социального.

Актуальность проблемы:

1. Малоактивный образ жизни подростков, на переменах предпочитают «сидеть» в телефонах
2. Снижение «живого» общения среди школьников.
3. Высокий уровень стресса и напряжения.
4. Снижение мотивации к обучению.

Основные принципы работы



1. Интеграция и использование личного примера
 2. Физические разрядки
 3. Смена деятельности
 4. Смена форм работы
- 

Использование личного примера



Использование личного примера



Интеграция

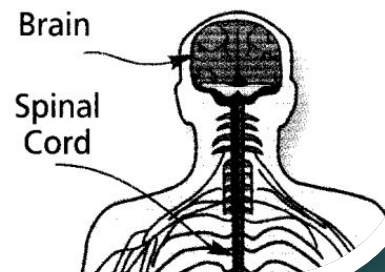
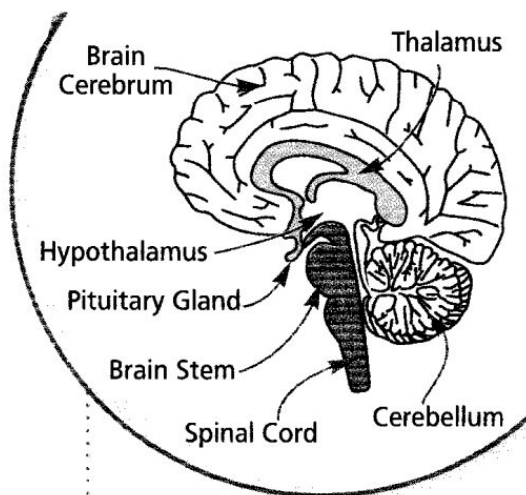
The Nervous System

1

The nervous system is the control centre of the body. It consists of the brain, the spinal cord, which runs from the brain and down through your backbone, and a gigantic network of nerves.

2

The brain is like the central computer for the nervous system. It receives messages from different parts of the body, and then tells the body how to react. If you touch a hot pan by accident, for example, the nerves in your skin form a message of pain. The message gets passed on through the nerves in the spinal cord to the nerves in the brain. The brain takes this message, translates it, then sends a message back telling the muscles to pull your hand away from the heat. This all happens in less than a second!



b Report the questions the doctor asked his patient.

1 What is the problem?

2 When did you start feeling ill?

3 Do you feel sick?

4 Have you got a sore throat?

5 Have you taken any painkillers?

► The doctor asked what the problem was.

7a

Reading & Vocabulary

Reading

1 Look at the pictures. Which of them make you:

- scream? • freeze? • sweat?
- shake like a leaf? • run away?

► Snakes make me freeze.

2 Read the title and the first sentence of each paragraph of the text. What do you expect to read about? Read and check.

3 **RE** Read again and fill in the gaps with the phrases A-G. There is one phrase that you do not need to use. Check with your partner.

Vocabulary

4 Match the highlighted words/phrases with their synonyms below.

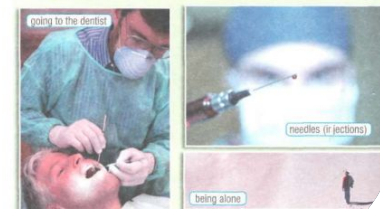
cause sth to start working

make sb feel shy/ashamed

shout laughed at sets off



Fears and Phobias



being alone

Интеграция

2a Reading Skills

Stress*

A definition, friends, of stress:
Your own reaction to a mess.

Stress from pains to pleasures range,

The common element is change.

Adapt or die, and that's a fact,

And so our bodies must react:

The heart speeds up, the gut slows down,

Facial muscles snarl or frown



7d Vocabulary & Speaking

Habits

1 How can we stay healthy? How healthy do you think you are? Do the quiz to check. Do you agree with the score?

Do you have Healthy Habits?

- 1 You're **starving!** What do you have as a snack?
a an apple and a glass of milk
b nothing – I'll wait until dinner
c a bag of crisps, some biscuits and a fizzy drink
- 2 You've got an important Maths test! What do you have for breakfast?
a cereal with milk and a glass of orange juice so I can **concentrate** well in the test
b a cereal bar to eat on the way – that way, I have time for some last-minute **revision**
c nothing
- 3 You're feeling a bit tired but you haven't done any exercise for a few days. What will you do?
a join in a game of football in the park for half an hour
b relax tonight and go to the gym tomorrow
c relax on the sofa and watch TV

- 4 There's a good film on TV later, but you have to get up early tomorrow. What do you do?
a **record** the film and go to bed
b stay up to watch the film
c watch the film, then check my emails
- 5 You've had a terrible day. How will you let off steam?
a play tennis with a friend, then **talk through** my problems
b sit in front of the TV and try to forget
c cry all night

Your score

Mostly As: Well done! You know how you need to live to stay healthy. **Keep it up** but don't forget to **treat yourself once in a while**, too! The **key** is to have a **balanced** life.

Mostly Bs: Good **nutrition**, exercise and plenty of rest and sleep is needed for good health. Make some small changes and you'll feel a lot healthier!

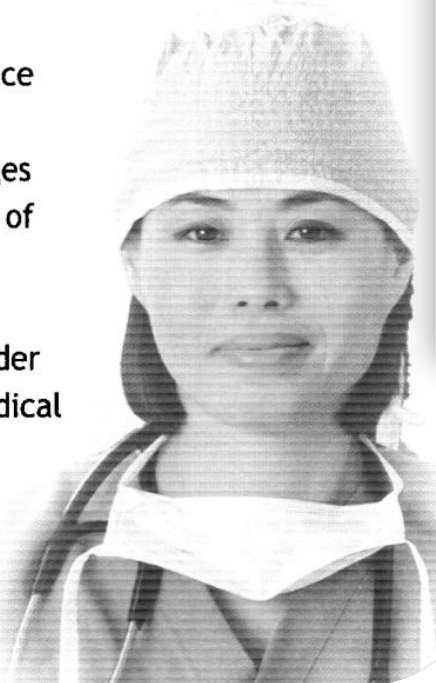
Mostly Cs: You have terrible habits! **Stressing out**, eating badly and not sleeping enough is a **recipe for disaster!** Make some changes!



Интеграция

which jobs in the medical profession you consider to be the most important and why (e.g. doctors, surgeons, ambulance drivers).

- what the advantages and disadvantages of working in this profession are.
- if you would consider working in the medical profession and why/why not.
- what medical care is like in your country.



Teeth

1 How are these words related to teeth? Discuss, then read and check.

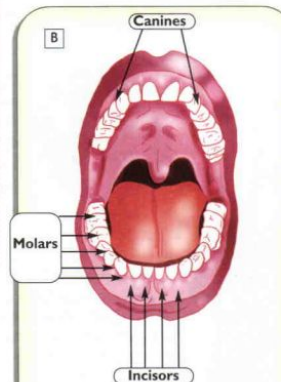
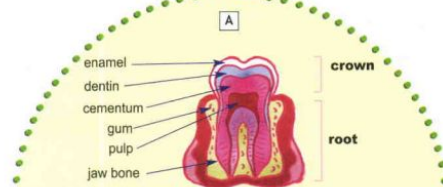
enamel calcium toothpaste with fluoride milk teeth
permanent teeth tooth decay acid bacteria

Did you know...?

- ✓ Teeth are made of the hardest material in the body - enamel.
- ✓ To develop good enamel, you need calcium - so drink milk.
- ✓ To keep your teeth in good condition, use a toothpaste with fluoride.
- ✓ Pigs have 44 teeth.
- ✓ Humans grow two sets of teeth in their life: *milk teeth* (about 20) and *permanent teeth* (about 32).
- ✓ Tooth decay is caused by the acid that the bacteria in the mouth make from the sugar we eat.

2 a Look at the diagram of a tooth in text A. What are the words used to label the diagram in your language?

b Use the words in the diagram to complete the gaps (1-8). Listen and check.



We have three main types of teeth

- a are at the front of the mouth. They are the sharpest teeth and we use them to bite food.
- b are in the corners of our mouths and we use them to grasp and tear food.

3 a Look at the diagram in text B. How many types of teeth have we got?

b Read the descriptions (a-c) of the different types of teeth and label them correctly.



Vocabulary

Food

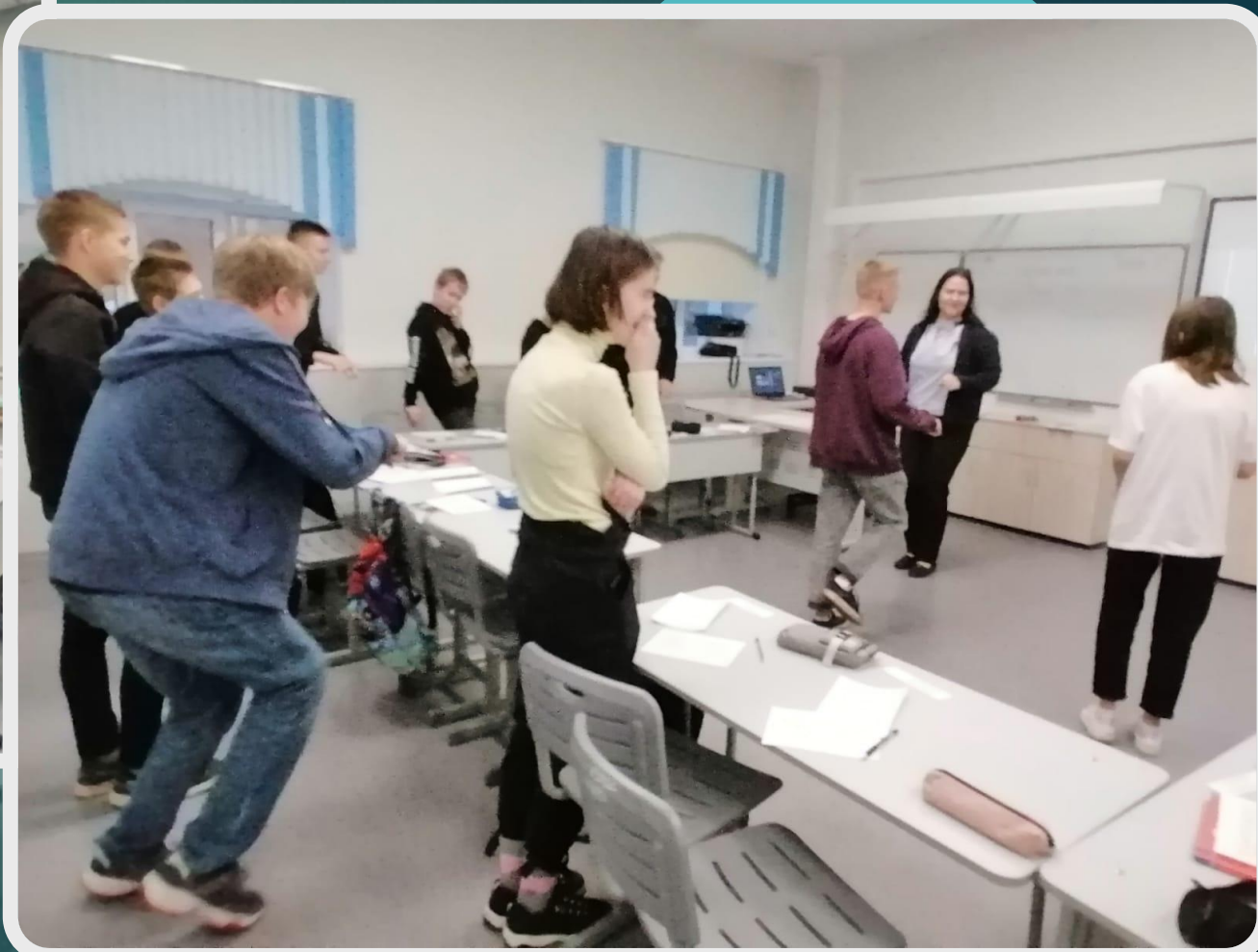
1 a Which of the following items are **fruits**? **vegetables**? Find them in the picture above. What colour is each?

• grape • apple • broccoli • carrot • corn
• lettuce • orange • tomato • cherry • raisin
• lemon • celery • melon • strawberry
• blueberry • aubergine • pea • pineapple
• peach • pear • raspberry • plum

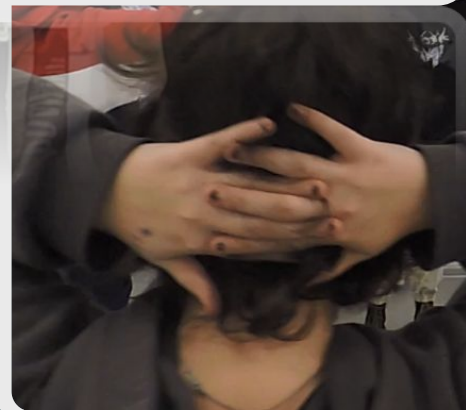
3 Choose the correct word. Check in your dictionary.

- 1 I want a bottle of fizzy/still water, not sparkling.
- 2 She loves bitter/oily chocolate.
- 3 Cinammon and ginger are additives/spices.
- 4 Let's eat. I'm starving/greedy.
- 5 Fizzy drinks contain artificial/fake additives.
- 6 We had lamb chops for our main/basic course.

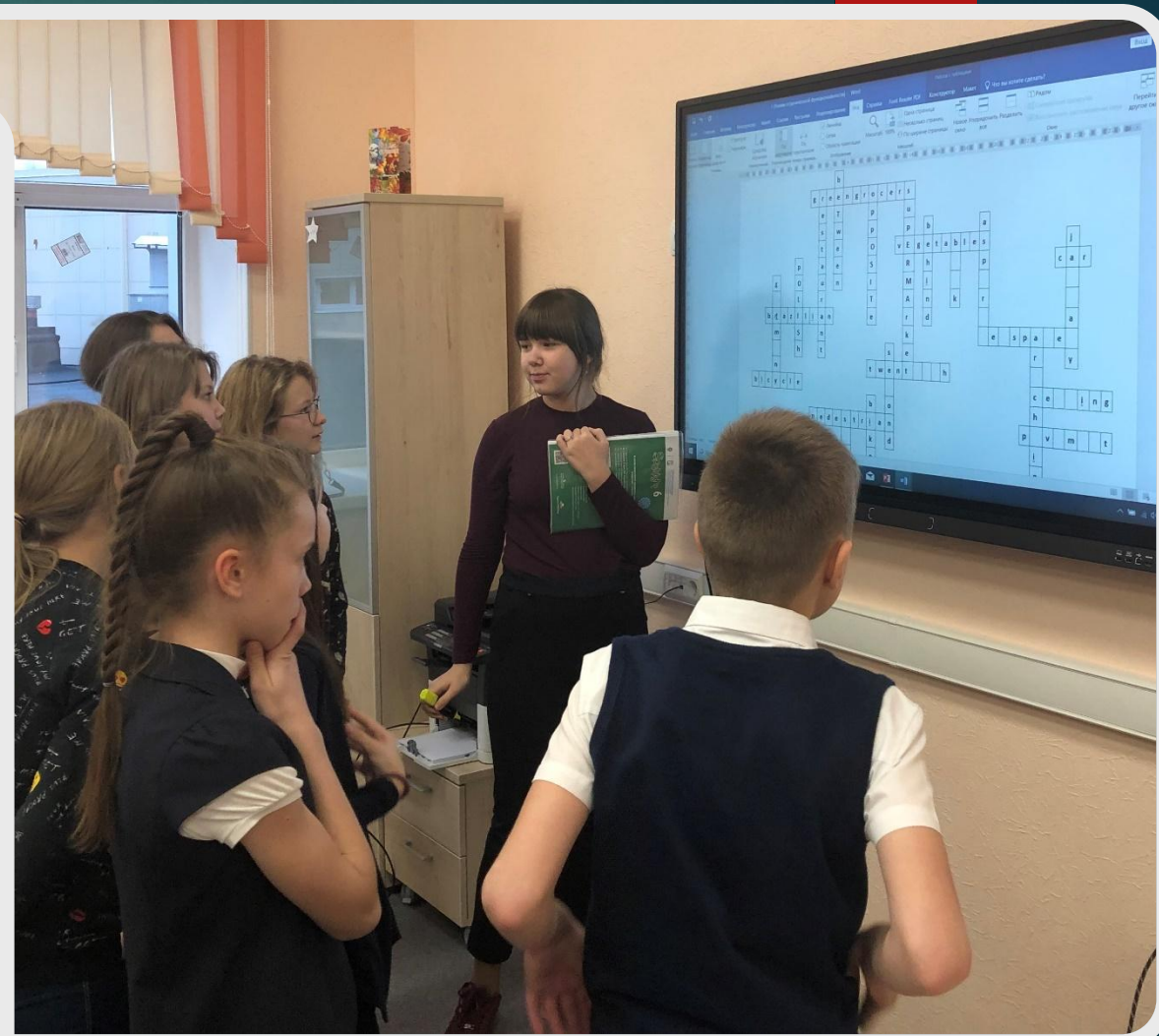
Физические разрядки



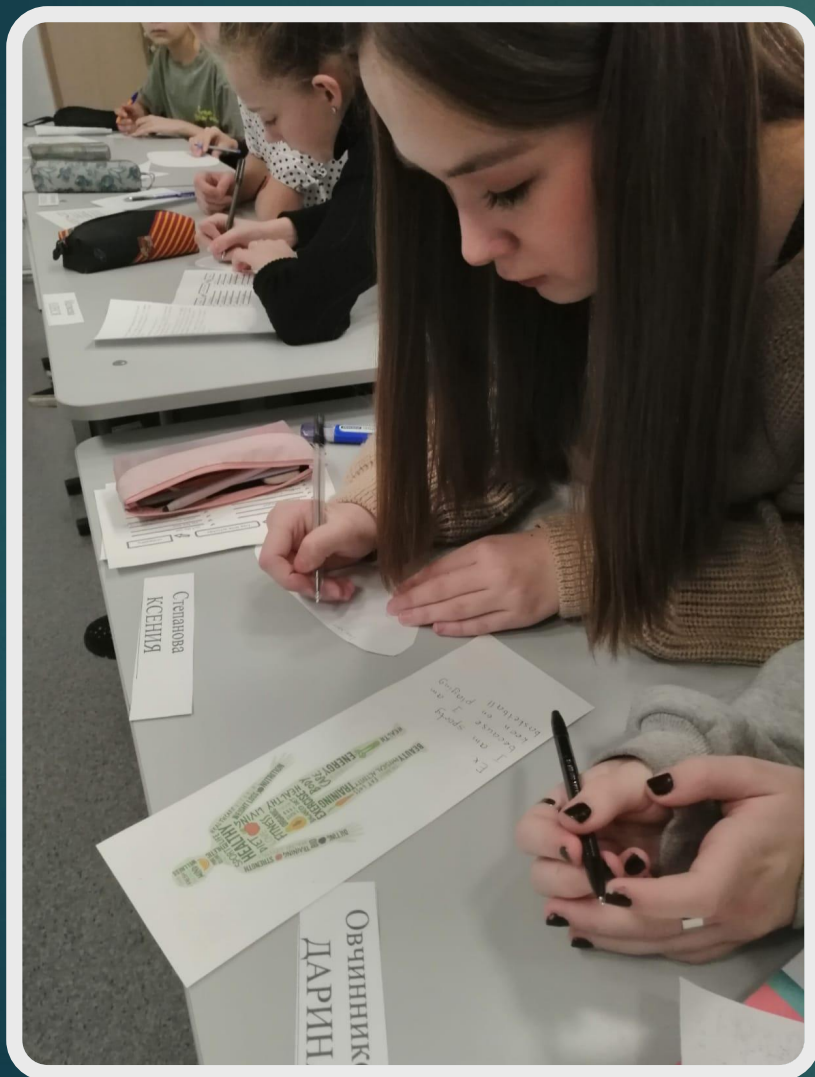
Физические разрядки



Смена деятельности



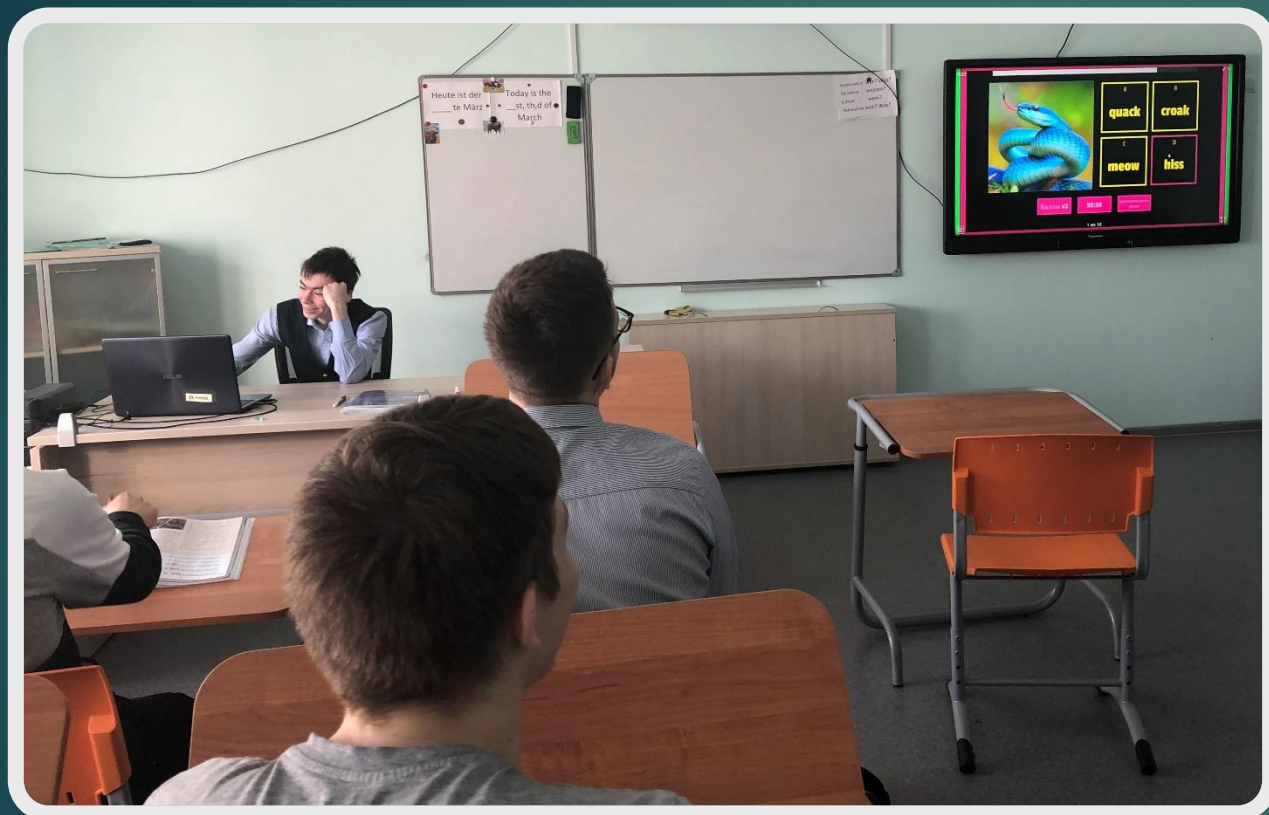
Смена деятельности



Смена форм работы



Смена форм работы



Результаты

Здоровьесберегающие технологии

Эмоционально позитивная обстановка на уроке

Групповые \ командные задания

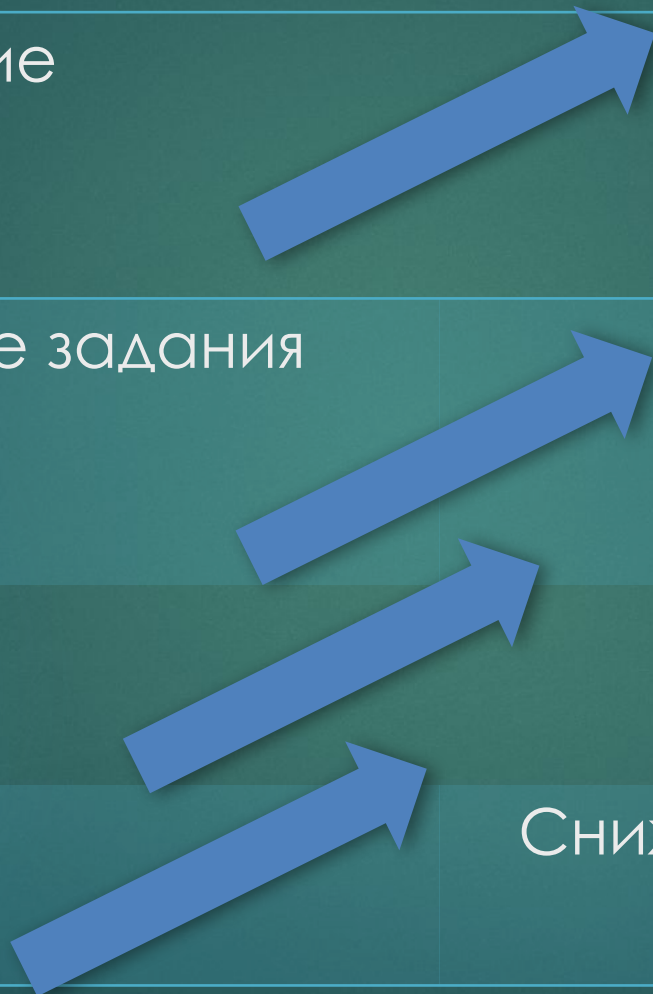
Развитие коммуникативных компетенций

Популяризация ЗОЖ

Дополнительная мотивация

Физические разрядки

Снижение монотонности занятий



Спасибо за внимание!

