

Muscles

Level: upper -intermediate (B2)

Time: 45 minutes

Aims:

- To learn or revise vocabulary connected with human body
- To learn about muscles and muscular system
- To learn about muscles problems
- To develop reading skills
- To develop speaking skills
- To use the Internet to look for information

Language functions:

- To describe muscles in human body (3 main groups)
- To talk about muscles functions
- To talk about our favourite sports and activities
- To discuss the healthy lifestyle

CLIL: Biology and IT technology

Materials: Worksheets and web pages

STAGE	AIMS	PROCEDURE	TIME	MATERIALS
Warm-up activity	The aim of this task is to get students interested in the topic and to get them to talk about sports and muscles.	Start your lesson by asking your students these questions: <ul style="list-style-type: none"> • What activities or sports do you like? • What sports do you perform? • Have you ever had a muscle cramp? Allow some time for a short discussion and then tell your students that today's topic is muscles. Ask your student if they can name any muscles in human body. Make a list of possible answers on the board.	4-6 min	
Main part of the lesson	To get students interested in the topic and to check/develop their vocabulary To help students to recognize 3 main muscle types.	<p>1. Brainstorming. Put students into pairs or small groups and give them Worksheet A. Students try to decide which category these words belong to. Then groups/pairs compare their answers. Check to see if they have got correct answers. (T's notes)</p> <p>2. Tutorial Ask your students to go to page: http://www.innerbody.com/anatomy/muscular-male and read a short text about muscular system and 3 types of muscles.</p> <p>After reading ask your student to have a look at interactive map of human muscular system. They click on a body part and there is a description on one side about muscles involved in this part. Students work in pairs or small groups.</p>	5-6 min 10 min	Worksheet A http://www.innerbody.com/anatomy/muscular-male

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	To learn some facts about muscular system. To revise vocabulary.	<p>Write down 3 the most important types of muscles. Visceral muscle, cardiac muscle and skeletal muscle. Tell your students to concentrate on these 3 types. Then tell your students to go to page :</p> <p>http://www.getbodysmart.com/ap/muscularsystem/menu/menu.html</p> <p>and research different body parts and what muscles they can see there. It is an interactive task which allows your students to see the muscle and its function. Give your students about 10 minutes to look at each body part. And then go to an interactive quiz checking what your students remember about muscles. To do the quiz go to: http://www.getbodysmart.com/ap/muscularsystem/quizzes/menu/menu.html</p>	10 min	<p>http://www.getbodysmart.com/ap/muscularsystem/menu/menu.html</p> <p>http://www.getbodysmart.com/ap/muscularsystem/quizzes/menu/menu.html</p>
	To learn new vocabulary connected with muscular system.	<p>3.Vocabulary- revision</p> <p>Ask your student to do the task – to see what they remember about muscles. Worksheet B. Check the answers with your students and explain any possible problems. If students don't remember some facts tell them to go back to the webpage.</p> <p>Then give your students worksheet C and ask them to match a word with its correct definition. Check the answers with students. Make sure your students remember these words.</p>	8–10 min	<p>worksheet B</p> <p>worksheet C</p>
Wrap-up	To summarize the material covered during the lesson.	Teacher asks students about some words which were used during the class and checks if students remember some facts about muscles.	2-3 min	

Sources:

<http://www.innerbody.com/anatomy/muscular-male>

<http://www.getbodysmart.com/ap/muscularsystem/menu/menu.html>

<http://www.getbodysmart.com/ap/muscularsystem/quizzes/menu/menu.html>

Credits:

Interactive games and information: www.getbodysmart.com/ap/muscularsystem/