

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 / diseases
- To develop reading skills
- To develop speaking skills
- To use the Internet to revise vocabulary

Language functions:

- To describe and place muscles in human body
- To talk about muscles functions and problems/ diseases
- To talk about sports injuries
- To discuss the healthy lifestyle

CLIL: Biology and IT

Materials: Worksheet and web pages

STAGE	AIMS	PROCEDURE	TIME	MATERIALS
Warm –up activity	The aim of this task is to revise students' knowledge about muscles and to get them interested in the topic.	Revision Start your lesson by asking your students these questions: <ul style="list-style-type: none"> • What muscles do they remember from previous lesson? • What is the longest muscle in human body? • How many muscles do we need to frown? • What is muscle cramp? • What are tendons? Allow some time for a short discussion and get students' answers. Ask your student what muscles they can name in human body. One student can write 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 revise material in a form of a game.	1. Game Put students into pairs or small groups and tell them to go to page: http://www.anatomyarcade.com/games/PAM/PAM.html And play a game "Poke a muscle". This is an interactive game that allows your students to revise muscles and their functions. Students can play at different levels (from the slowest to the fastest). Allow some time to play the game and see who gets to the highest level – gets the best score.	15 min	http://www.anatomyarcade.com/games/PAM/PAM.html

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	<p>To help students to recognize muscle types and their place in human body.</p> <p>To learn some facts about muscular system. To revise vocabulary.</p>	<p>2. Vocabulary Ask your students to go to page: http://www.anatomyarcade.com/games/crosswords/muscularSystemCW/muscularSystemCW.html And give your student some time to do the crossword on muscular system. This is an interactive crossword, where your students can check their knowledge of muscular system. There are hints for each word which makes it easier for your students. They can also check the answers online.</p> <p>3.Vocabulary- revision Ask your student to do the next task – a jigsaw about human body. Make sure your student work in pairs or small groups. The winner pair or group may get a small reward. http://www.anatomyarcade.com/games/jigsaws/MuscularJigsaw/muscularJigsaw.html</p> <p>4. Muscles diseases Ask your student if they know any diseases connected with muscles and muscular system. Make a list of possible answers on the board. Then give your students a Worksheet A and allow some time for reading it. Check if students understand the text, explain any vocabulary that is not clear. Allow some time for a short discussion about the article.</p>	<p>10 min</p> <p>5-6 min</p> <p>6 min</p>	<p>http://www.anatomyarcade.com/games/crosswords/muscularSystemCW/muscularSystemCW.html</p> <p>http://www.anatomyarcade.com/games/jigsaws/MuscularJigsaw/muscularJigsaw.html</p> <p>Worksheet A</p>
Wrap-up	<p>To summarize the material covered during the lesson.</p> <p>To talk about project.</p>	<p>Teacher asks students about some words which were used during the class and checks if students remember some facts about muscles.</p> <p>Tell your student that their project will be a webquest about muscles in human body. They should concentrate on different types of muscles, their functions and diseases. Give your students 2-3 weeks to do the task.</p>	2 -3 min	

Sources:

<http://www.anatomyarcade.com/games/PAM/PAM.html>

<http://www.anatomyarcade.com/games/jigsaws/MuscularJigsaw/muscularJigsaw.html>

<http://www.anatomyarcade.com/games/crosswords/muscularSystemCW/muscularSystemCW.html>

Credits:

Interactive games: <http://www.anatomyarcade.com/games>