

## Benefits of exercise

Class: Middle school/high school

Level: Intermediate/ upper-intermediate.

Time : 45 minutes

Aims:

- To learn about benefits of exercise
- To learn about the importance of stretching
- To learn about different types of exercises and their effect on our body
- To advertise physical exercise
- To learn vocabulary connected with physical exercise
- To look for specific information on the internet
- To read for specific information
- To transfer the information.
- To use web pages

CLIL: Biology, Physical Education

Materials : included photocopies, access to the internet and personal computer, speakers.

STAGE	AIMS	PROCEDURE	CLASSROOM LANGUAGE	TIME	MATERIALS
Introduc tion	To start the lesson	Check the register /check homework		1 min/ 6 min	
Warm – up activity	To provide students with introduc tion to the topic	To start class discussion about physical exercise.	Do you do any sport ? How often do you exercise? Do you enjoy it? How do you prepare for exercise? Is equipment and sport apparel important ?	5 min	
The main part of the lesson	To learn about importa nce of a warm up, the benefits of stretchin g	Reading comprehension. Ask the students to go alone, go online and read the article about stretching.  Allow time for reading.  Ask the students to summarise the information in a few arguments for and against.	We all know we should warm up before strenuous exercise. But should we stretch ? Go online , read the article and present the latest findings about stretching before exercise. <a href="http://well.blogs.nytimes.com/2011/06/22/to-stretch-or-not-to-stretch/">http://well.blogs.nytimes.com/2011/06/22/to-stretch-or-not-to-stretch/</a> <a href="http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm">http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm</a> <a href="http://www.acefitness.org/acefit/healthy-living-article/60/3248/to-stretch-or-not-to-stretch/">http://www.acefitness.org/acefit/healthy-living-article/60/3248/to-stretch-or-not-to-stretch/</a>	10 min	Worksheet 1          Internet

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	Learn about different types of exercise and their benefits to our health	Put the students to four groups, ask each group to prepare a short presentation about each type of exercise, its benefits and types of exercises . Give time to prepare the presentations and to show them to the rest of the class.	There are different types of exercise. In four groups prepare a short presentation about each exercises and their benefits.	25 min	
Wrap-up	To stress the importance of the exercise	Ask the students to work in groups of four to design a poster advertising the sports day.	Prepare a poster inviting students for a sports day at your school.	5 min	

Sources:

<http://well.blogs.nytimes.com/2011/06/22/to-stretch-or-not-to-stretch/>

<http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm>

<http://www.acefitness.org/acefit/healthy-living-article/60/3248/to-stretch-or-not-to-stretch/>

<http://healthyliving.azcentral.com/three-different-types-exercises-benefits-15617.html>

<http://go4life.nia.nih.gov/4-types-of-exercise>

<http://www.livestrong.com/article/406513-what-are-some-different-types-of-exercise/>

<http://fit.webmd.com/kids/move/article/exercise-types>