

## Let's move!

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
Introduction	To start the lesson	Check the register /check homework		1 min/ 6 min	
Warm –up activity	To provide students with introduction to the topic	Start the class discussion about the importance of physical exercise	Exercise is a very important part of a healthy lifestyle. What else can you do to stay healthy? How often and how long should you exercise for?	7 min	
The main part of the lesson	To learn about benefits of exercise	Ask the students to work in pairs, first write down all the benefits of exercise they can think of. Put the students into groups of four and ask to exchange ideas.  Ask the students to go online and read up more about exercise and then share their ideas with the class.	What are the benefits of exercise? Write down all you can think of with a partner and then go online to read up more. <a href="http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/">http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/</a> <a href="http://kidshealth.org/teen/your_body/take_care/exercise_wise.html">http://kidshealth.org/teen/your_body/take_care/exercise_wise.html</a> <a href="http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm">http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm</a>	10 min	Worksheet 1  Internet
	To learn the names for different	Ask the students to translate/ describe the exercises, use the internet, ask a volunteer to	Some physical exercises have strange, scary or funny names. Check these words: <i>jumping jacks push ups squats plank lunges burpees</i>	15 min	

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	physical exercises	demonstrate each exercise to the rest of the class.	<i>wallsits</i> <i>downward dog</i>		
Wrap- up	To learn about American campaign to advertise exercise and sport among teenagers	Ask the students to go online, read about the idea behind let's Move campaign and then watch a music video by Beyonce.	In the USA the campaign Let's move! was supported by Beyonce and Michelle Obama. Go online <a href="http://www.letsmove.gov">http://www.letsmove.gov</a> and read the idea behind the campaign and then watch a music video <a href="http://www.youtube.com/watch?v=79YoLFS8Y-A">http://www.youtube.com/watch?v=79YoLFS8Y-A</a>	10 min	

Sources:

<http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/>

[http://kidshealth.org/teen/your\\_body/take\\_care/exercise\\_wise.html](http://kidshealth.org/teen/your_body/take_care/exercise_wise.html)

<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

<http://www.letsmove.gov>

<http://www.youtube.com/watch?v=79YoLFS8Y-A>

<http://healthyhappyfashionista.wordpress.com/2013/08/28/what-motivates-me-to-exercise>