

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. http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/ http://kidshealth.org/teen/your_body/take_care/exercise_wise.html http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm | 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 | |

Let's move!

| | | | | | |
|----------|--|--|---|--------|--|
| | physical exercises | demonstrate each exercise to the rest of the class. | <i>wallsits 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 http://www.letsmove.gov and read the idea behind the campaign and then watch a music video http://www.youtube.com/watch?v=79YoLFS8Y-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://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>