**Викторина “How healthy are you?”**

**Образовательная цель:** формировать умения и навыки устной речи по теме «Здоровье, спорт».

**Сопутствующие задачи:** еще раз познакомить учащихся с культурой здорового образа жизни; расширить запас имеющихся знаний в области здоровья, здорового образа жизни;

**Развивающая цель:** развитие навыков языковой догадки, языковой реакции, памяти, внимания, мышления, восприятия и инициативы, способствовать развитию интереса обучающихся к изучению иностранного языка.

**Воспитательная цель:** способствовать нравственному и культурному воспитанию обучающихся, пропагандировать здоровый образ жизни, вырабатывать культуру умственного труда.

**Оснащение:** доска, карточки, слайды

**Описание игры.**

Игра состоит из 5 раундов.

В каждом раунде командам (по очереди) задаются вопросы. За каждый

правильный ответ команда получает 1 балл. Побеждает команда, набравшая

наибольшее количество баллов.

Жюри определяет не только правильный ответ, но и правильное английское

произношение.

**Наименование раундов:**

• 1-й раунд - **“Match the words”.**

• 2-й раунд - **“Give it a name”;**

• 3-й раунд - **“Word combinations”;**

• 4-й раунд – **“Bad habits”;**

• 5-й раунд **- “School measures to be healthy”.**

T: Good afternoon, boys and girls! Today we are going to continue working at our topic “Healthy lifestyle”. The main thing we are going to discuss today is “How to Keep fit”. I am not well today. Can you give me any advice?

Ss: ответы обучающихся.

You should take some medicine.

You should stay in bed

You should go to the doctor.

You should have a rest.

You should take your blood pressure.

You should feel your pulse, you may have a heart trouble

T: Let’ revise the words!

Chest

Healthy

Lung

Touch

Cough

Pain

Pressure

Throat

Break (broke, broken)

Examine

Pulse

Swallow

Health

Tongue

Sneeze

Recover

Prescribe

Suffer from

**1-й раунд - “Match the words”.**

Listen to

Diet

Take

A bike

Feel

Ill

Prescribe

One’s tongue

Fall

A medicine

Show

One’s pulse

Keep to

One’s blood pressure

ride

One’s lungs

Ss: показ презентаций о вредных привычках в разных странах, подготовленных обучающимися заранее.

**2-й раунд - “Give it a name”.**

T: Let’s check how you keep the information!

the upper front part of the body. **(chest)**

one of the two organs of breathing in the chest of a man or animals**. (lung)**

to force air from the lungs with a sudden sharp sound. **(cough)**

to put a hand or other part of the body on or against something **(touch)**

the physical state of a person **(health)**

the front of the neck. **(throat)**

to move food or drink down the throat from the mouth into the stomach**. (swallow)**

to advise what medicine to take. **(to prescribe)**

A feeling of being hurt **(pain)**

Check yourself!

**3-й раунд – “Word combinations”.**

T: Remember the word combinations and use them in the following task.

**To go to the dentist**

**To call a doctor**

**To go to bed**

**To take some medicine**

**To have a walk outdoors**

**To drink warm milk (with honey and butter)**

Nelly was very ill last week. She suffered from all the illnesses imaginable. Look at the picture and say what she suffered from.

What do people do if…

**They have a headache;**

**They can’t sleep;**

**They have a toothache;**

**They have a pain in the heart;**

**They have a cold;**

**They have a stomachache**.

**SS**: ответы студентов.

**4-й раунд – “Bad habits”.**

T: **BAD HABBITS. The three main problems - alcoholism, drug-taking and smoking threaten our life, ruin careers, happy family life and cause early death.**

*Презентации обучающихся, затем основные правила здорового образа жизни.*

**GOOD RULES TO REMEMBER:**

1. **Get up early and go to bed early to keep fit.**
2. **Take regular exercises to keep fit.**
3. **Take a cool/cold shower to keep fit.**
4. **Eat healthy food to keep fit.**
5. **Never smoke to keep fit.**
6. **Clean your teeth every morning and every evening to keep fit**
7. **Wash your hands before you eat to keep fit.**

**5-й раунд – “School measures to be healthy”.**

T: What measures are taken to be healthy in our school?

* **First of all students are able to go in for different kinds of sport**
* **Cleanness and order are very important too.**
* **There are a lot of flowers in classes and corridors. They support fresh air.**
* **Classes are usually ventilated.**
* **In order to be out of tiredness we have long breaks.**
* **We have a medicine room at school.**
* **We have a wonderful large canteen.**
* **The relations between teachers and students are quite friendly.**
* **On the whole these facts promote children's health.**
* **But not only doctors and teachers should care about our health, we also should think about our way of life.**

**Подведение итогов игры.**

Let's sum up the game and count the points!

Team ... wins in our quiz!

**Награждение команды-победительницы.**

***T: GOOD LUCK AND BE HEALTHY!***