** LESSON PLAN** 

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| **SCHOOL** | Szkoła Podstawowa nr 2 im. K.K.Baczyńskiego w Puławach |
| **THEMATIC AREA** | HEALTH |
| **TEACHER** | Joanna Sowa |
| **SUBJECT** | Healthy lifestyle |
| **AGE GROUP**  (approximately) | 12 year olds (older kids) |
| **TIME REQUIRED** | 45 minutes |
| **PLACE** | classroom |
| **LESSON OBJECTIVES** | Making students aware of the role of physical activity in their lives.  Student:   * • knows what health is and what affects their condition * • knows the basic principles of healthy eating * • understands the importance of physical activity * • can calculate how many calories they will burn during a certain physical activity. |
| **LESSONS YOU CAN USE** | * Language (English) * Biology * Nature knowledge * Maths * Tutoring lesson |
| **CLASS ORGANISATION** | * collective work * individual work * group work |
| **MATERIALS** |  a board with a pyramid and labels with each of its floors,   carton paper, markers,   "December activity" work cards (Attachment 1),   cards with a table showing the amount of calories consumed during the time of performing various activities (Attachment 5),   cards with sports disciplines (Attachment 2),   questions for the test (Attachment 4), |
| **ICT TOOLS** |  interactive whiteboard, projector, laptop,   a presentation created in the Power Point program " Moving is healthy" (Attachment 6),   phones. |
| **PROCEDURE** | I. Introduction  Students sit on chairs arranged in a circle, the teacher acquaints students with the purpose of the lesson and the topic. We remind you about the rules of working at the lesson.  Fun to start - students play a “Deaf phone” game and give themselves a password  "In a healthy body, healthy mind".  II. The proper lesson  The teacher asks the question: What is health?  After the students' answers, the teacher gives the definition of health according to the World Health Organization: Health is a state of good physical, mental and social well-being, not just a lack of disease. We discuss it and repeat what needs to be remembered.  The teacher asks the question: What determines our health? Children give answers, and then we display a diagram showing the percentage impact of various factors on human health. Students read the individual elements from the diagram and their percentage impact, and then answer the question: What has the greatest impact on our health? Students notice that lifestyle and then we brainstorm what is a lifestyle. Children indicate, for example: diet, movement, hygiene, no addictions.  The teacher says that if our nutrition has a big impact on our health, we will repeat the principles of healthy eating, recalling how the pyramid of nutrition and physical activity looks like.  Task: please arrange a pyramid of healthy nutrition and physical activity.  Pupils arrange the pyramid on the pyramid template on the board, and then discuss its floors and the teacher says that the pyramid's support is physical activity.  The teacher asks the question: What is a physical activity? Students give examples of physical activity, until finally the answer is that it is every muscle movement. If the answer is not answered, the teacher guides the students to it.  The teacher says that young people of their age should be physically active for 60 minutes a day, and then displays a pyramid of physical activity on the slide, and students read its individual floors.  Students are tasked with the method of sunshine to describe on Bristol why is it worth being active?  After saving the ideas of students, the teacher displays on the board a movie titled "Sport: what exactly does your body have from this" from http://zdrowie.gazeta.pl/Zdrowie/10,112276,18826954,sport-co-konkretnie-ma-z-tego-twoj-organizm.html  Students receive cards with a table of various activities with a specific number of calories that we burn during their performance for one hour (attachment 1) and tasks to be performed in "DECORATIONS OF ACTIVITY". Students solve the tasks and then check the results on the forum.  Students talk about sports and sports achievements.  Guessing game of sports disciplines, which is shown in gestures by one of the students (cards with disciplines, Attachment 2). |
| **EVALUATION** | * Students solve the test created on the kahoot website on the phones. |
| **ATTACHEMENTS** | 1)December Activities  2)Sports  3) Description of a film  4)Questions  5)Table |