**Использование здоровье сберегающих технологий на уроках иностранного языка.**

**Учитель английского языка ГБОУ гимназия 168 Федкевич Н.А.**

 Здоровье и обучение взаимосвязаны и взаимообусловлены, поэтому учителя английского языка муниципального образовательного учреждения “Гимназия № 168” г. Санкт-Петербурга осознают важность здоровье сберегающую технологий на уроке как социальную и личностно-значимую. Образовательный процесс осуществляется параллельно с соблюдением таковых, поскольку разностороннее развитие подрастающего поколения подразумевает наряду с реализацией интеллектуального потенциала личности формирование духовности, нравственности и физического здоровья учащегося. Создание и организация здоровье сберегающего урока – это достаточно сложный и творческий процесс, требующий от учителя знаний психологии, физиологии, гигиены и других наук. Урок является основной формой организации обучения в школе. Иногда он характеризуется комплексом факторов риска для здоровья учащихся (гиподинамия, выраженные интеллектуальные и эмоциональные нагрузки, интенсивность и большой объём усваиваемого учебного материала, игнорирование учителем индивидуальных особенностей учащихся и др.), что требует корректировки существующих подходов к организации урока. Именно поэтому вопрос использования здоровье сберегающих технологий неоднократно становился предметом обсуждения на заседаниях методического объединения учителей иностранных языков МОУ “Гимназия № 168”.

Предлагаем Вашему вниманию разработку урока в 6-м классе. Основой данного урока является учебный материал по УМК для 5-го класса авторов И.Н. Верещагиной, О.В. Афанасьевой по теме “Health and Body Care”. С нашей точки зрения этот урок ценен не только своим наполнением и актуальностью проблемы, но в первую очередь тем, что соблюдены принципы здоровье сберегающего урока: комфортная атмосфера, разные виды учебной деятельности, физкультминутка, использование учителем разных видов преподавания и др.

Урок чётко определяет компоненты современного урока здоровье сберегающей направленности:

– личностная ориентированность;

– психологическая и физическая безопасность;

– направленность на формирование здорового образа жизни.

**HEALTH IS ABOVE WEALTH**

Objectives: to develop the pupils’ habits of aided and unaided speech on the topic.

Educational aims:

1) To develop the responsibility for one’s health and persuade pupils that a sound mind can only be in a sound body;

2) To sum up the knowledge of how to keep fit;

3) to popularize a healthy lifestyle.

Linguistic aids and helpers:

1) Lexical flash cards with proverbs;

2) Associative pictures;

3) The story “The Doctor’s Advice” for listening comprehension.

**PLAN OF THE LESSON**

STEP 1

Introduce into the topic and create an atmosphere of understanding the importance of the topic.

Teacher: We are going to speak about our first and main wealth which is health, because we can’t be happy unless we feel well. The ancient Greeks knew the value of good health and even named one goddess Hygeia, which means goddess of health. They prayed to her to give them good health. The Romans spoke of health in a proverb “A healthy mind in a healthy body”. In addition to physical health an understanding of mental health is also important. If we remember and follow a few important health rules, we’ll be able to help the body to work better. Many people say “Good health means not being ill”. That’s true. But health is more than that. Good health is something positive. So, let’s learn some rules how to help our body to work at its best. Ancient people created a lot of proverbs about health to express their attitude to this aspect of life.

We have read and learnt some proverbs devoted to health. There are some pictures on the blackboard. What proverbs connected with health can be associated with those pictures?

Pictures of an apple, a cheerful girl, a bed, a smiling heart, a clock showing 11 o’clock.

Pupils name the proverbs.

Proverbs:

1. An apple a day keeps the doctor away.

2. A sound mind in a sound body.

3. Early to bed and early to rise makes a man healthy, wealthy and wise.

4. A merry heart is good medicine.

5. One hour’s sleep before midnight is worth two after.

STEP 2

Try to find the way of keeping fit in different life situations.

Teacher: All these proverbs show that if you follow the rules of a healthy life, you won’t have problems with health. But still there are cases, especially now, when it is summer, when we have a headache or a cold. By the way, what can you recommend people to do if they have a headache, a pain in the heart, a cold?

Pupil 1: If people have a headache they should take some medicine, or have a walk outdoors. If it doesn’t help, they should take blood pressure and go to bed.

Pupil 2: If people have a pain in the heart, they should take some medicine, go to bed and call a doctor.

Pupil 3: If people have a cold, they should drink warm milk with honey or butter, take some medicine, go to bed and call a doctor.

Teacher: At the previous lesson we read the text “Ronald is really ill”. Do you remember what was wrong with him?

Pupil 1: He had a terrible headache, a sore throat and a strong pain in his legs. He was running a high temperature. He was sneezing and coughing. His throat was red and it was difficult for him to swallow.

Teacher: What did the doctor advise him to do?

Pupil 2: She advised him to stay in bed for 3 days and to drink warm milk with butter and honey. And, of course, she prescribed some medicine for his headache.

Teacher: Did the doctor’s advice help Ronald?

Pupil 3: Certainly, it did. In some days Ronald was well.

Listening Comprehension

That was the case with Ronald when the doctor’s advice helped the patient. But there was one more case with an old gentleman who also was given advice by a doctor. While listening to the text try to understand if the doctor’s advice helped the patient in this case.

Teacher: Answer the questions to the text.

1. What did the doctor recommend a patient to do?

2. Did his advice help the patient? No, it didn’t.

STEP 3

Panel talk. Discussing the ways of keeping fit.

Teacher: As we see, a doctor’s advice cannot always help people. Doctors say it is better to prevent diseases than to cure them. That’s why we should always remember the proverb “Prevention is better than cure”. I invited a doctor to have a talk with you about our health and give you some good recommendations to follow. You know some rules for keeping fit.

Pupil 1: We should get up early and go to bed early.

Dосtor (chosen from the pupils): Do you get up early yourself? When do you get up?

Pupil 2: We should do morning exercises.

Doctor: You shouldn’t forget to do them regularly. You should also do physical exercises at the lessons not to be very tired.

Pupil 3: I am responsible for doing exercises at the lesson. It is high time to do exercises. Nick, open the window! Everybody, get out of your desks! Stand up! March in place! (1–5) Jump on the spot (1–5) Place your hands on hips. On shoulders, above the head! Arms up (down, forward, sideways). Bend down, your hands touching your toes. Stand straight, feet together, hands on hips again. Turn to the right! Turn to the left! Now breathe in, breathe out. Close the window and sit down.

Pupil 4: We should take a cool shower.

Doctor: Do you take a cool shower in the morning or in the evening?

Pupil 5: We should clean our teeth every morning and every evening.

Doctor: Do you do it regularly?

Pupil 6: We should eat healthy food.

Doctor: But don’t forget. Too little food makes you thin.

Too much food makes you fat.

The wrong food makes you ill.

The right food makes you well.

Pupil 7: We should wash our hands before eating.

Doctor: I see you know many good rules for keeping fit. If you want to be successful in life and always be in a good mood, you should lead a healthy life. There are some more good recommendations for you. (A sheet of paper on the blackboard.)

The doctor asks the pupils to read the rules.

Rules to Remember

1. Go in for sports. Sport means good physical shape, good health and good mood.

2. Exercise your lungs.

3. Air the rooms both in your flat and in your classroom.

4. Spend a lot of time in the open air.

5. Keep to a diet.

6. Don’t eat too many sweets.

7. Never smoke.

Teacher: Sometimes you are not attentive enough, so I’d like to ask you what the doctor recommended.

Pupil 1: The doctor recommended we go in for sports (etc.) P2, P3, P4, P5, P6, P7.

STEP 4.

Final step. Conclusion.

Teacher: Dear students! Looking at you, I can believe that you follow the rules of keeping fit. In my opinion, the best way to sum it all up is to give you good advice for our teachers how to keep fit.

Pupil 1: If you don’t want to go to doctors, lead a healthy life.

Pupil 2: Don’t forget to air the rooms wherever you are and spend a lot of time outdoors.

Pupil 3: Do remember to get up early and to go to bed early (a proverb).

Pupil 4: If you want to sleep well, don’t forget to drink warm milk with honey before going to bed.

Pupil 5: Try to take regular exercises as they help our body to work at its best. And as a proverb says “A sound mind can only be in a sound body”.

Pupil 6: Don’t be gloomy! Don’t be angry! Cultivate positive emotions. Don’t forget that “A merry heart is good medicine”.

Pupil 7: Keep to a diet, eat only healthy food.

Pupil 8: Don’t come to school when you cough and sneeze as “Coughs and sneezes spread diseases”.

Doctor: I’d like all of you to be healthy.

Remember: An apple a day keeps the doctor away.

Roast apple at night starves the doctor outright.

Eat an apple going to bed, knock the doctor on the head.

Three each day, seven days a week, ruddy apples, ruddy cheek.