**CLIL lesson – 4.**

**Subject: ENGLISH/P.E.**

**Teachers**: Mgr. Polozsányiová Evelyn and Ing. Martin Michálek (P.E. teacher)

**Class:** 5.A

**Lenght of lesson**: 90 minutes

**Topic:** Sports for health - a healthy lifestyle

### Teaching methods: whole class work, pair work, individual work, cooperative learning and group work, practical learning

**Training aids**: balls for dodgeball and beach volleyball, net, work sheet from The CLIL Resource Pack book

**Educational goals:** The main goal is to teach students new vocabulary through warm-up exercises, to be able to list what types of sports exist and to know what is the importance of exercise and healthy diet in life

**Vocabulary:**

indoor-outdoor sports - vnútorné-vonkajšie športy

summer-winter sports - letné-zimné športy

individual-group sports - individuálne-skupinové športy

dodgeball – vybíjaná

warm up - rozvička

arm circles – krúženie rukami

jumping jacks - výskoky

squats - drepy

side twists – točenie do bokov

toe touches - dotyky prstov na nohách

run in place - bežať na mieste

sit ups - brušáky

stretch your arms - naťahovať ruky

push –ups - kliky

butterfly – motýľ

healthy/ unhealthy food –zdravé/ nezdravé jedlo

breakfast – raňajky

lunch – obed

dinner – večera

fruit – ovocie

vegetable - zelenina

**The structure of the lesson:**

1.motivation discussion and instruction

2.revising and learning new vocabulary via warm-up exercises

3. students try to name what kind of different sports do exist, if they do any kind of sports, which do they prefer and why

4. Students are given a worksheet concerning healthy lifestyle, each student answers the questions on the worksheet individually and then they can compare their answers with their deskmate.

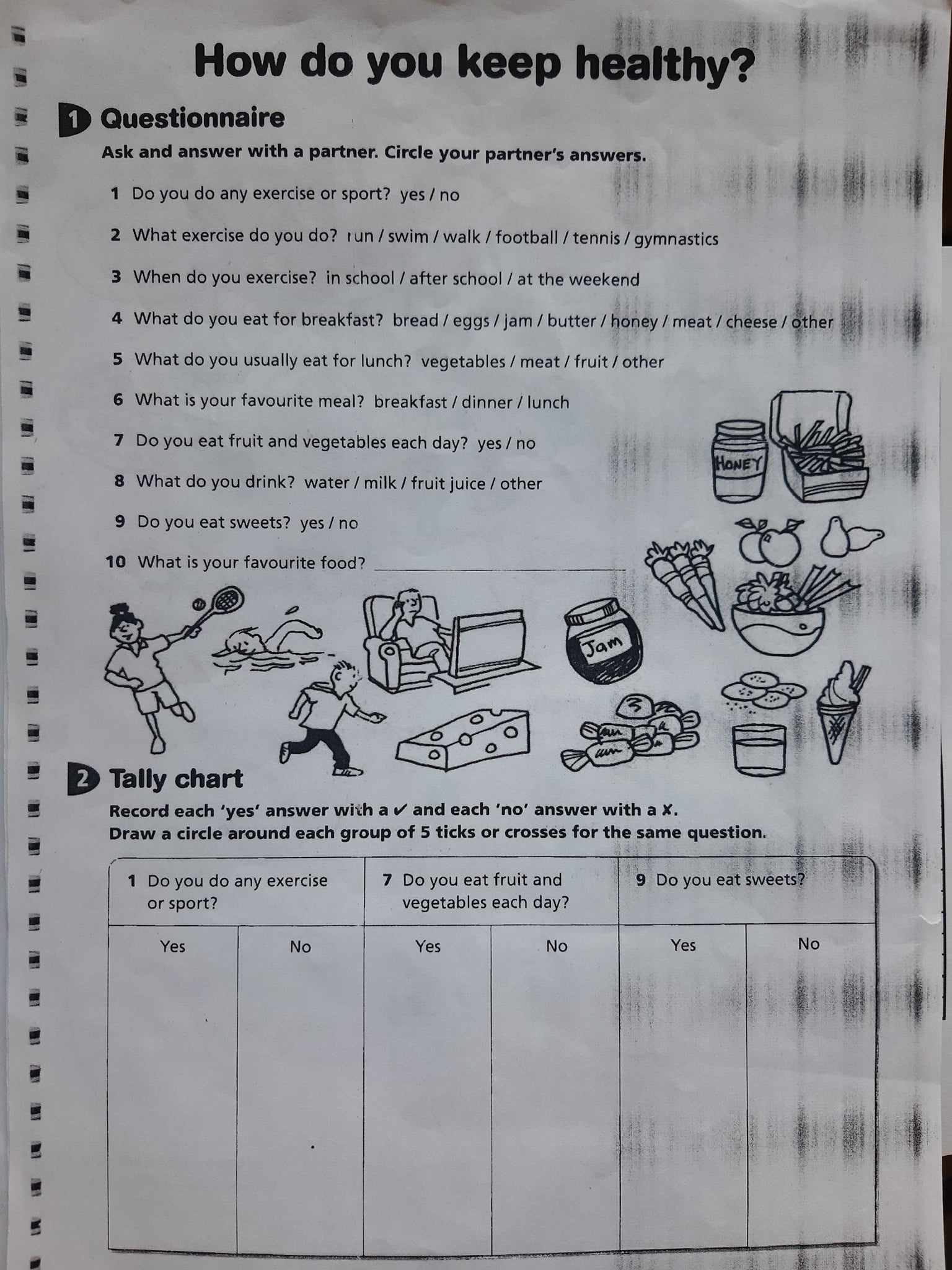
5. students then do a short survey with the whole class by asking them about their healthy/ unhealthy lifestyle, presenting the results afterwards

6. students in groups play dodgeball and beach volleyball based on their preference and enjoy practicing different sports

**Main activity:** blending of physical exercise, movement and language practice during games and sports

**Evaluation/Assesment:** the worksheet was checked and compared in pairs or together - students received immediate feedback from each other

**Worksheet with tasks:**

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