

План

открытого внеклассного мероприятия

по английскому языку

для учащихся 6 и 3 классов

Brain ring “Be healthy and wealthy”

Подготовили и провели:
учителя английского языка

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Цели:

1. Сформировать у учащихся позитивное отношение к здоровому питанию и гигиене;
2. Расширить знания учащихся о здоровом питании и гигиене;
3. Развитие умения работать в группах
4. Развитие умения работать с различными источниками информации.
5. Формирование умения выступать публично
6. Стимулирование познавательной активности конкурсом, соревновательным характером игры.
7. Активизация мыслительной деятельности учащихся.
8. Совершенствование навыков, необходимых для повышения творческой активности.

Подготовительный этап:

1. Формирование команд. (5 учащихся 6 класса и один ведущий)
2. Каждая команда выбирает название, девиз

Оборудование: раздаточный материал, презентация, оценочный лист для жюри, музыкальные файлы, оборудование для сценки, грамоты.

Ход мероприятия:

Звучит музыка, появляется ведущий (**Елена Малышева**).

Ведущий. Будь здоров! Говорят люди друг другу люди в Росси, а как же желают здоровья в Британии? ...

Команды: Be healthy!

Ведущий. Yes, you are right.

Ведущий. I think keeping health is very important for everyone. Moreover health is one of the most urgent problems in the world now. Why is that so? There is nothing more important than health. "Health is above wealth" wise people say, because you cannot be good at your studies or work well if you don't take care of your health. How do my mates and other people care about their health? Do they have bad habits and do they know how dangerous they are?

Our teams will help us to solve this problem. Today we gathered here to find the most cheerful and quick-witted team. Look, we have two teams: "Good Habits" and "Vitamins". And today our jury are you dear guests, you will put points to our teams.

Конкурс 1. Greeting.Приветствие.

Ведущий: Our first competition is greeting. Наш первый конкурс- приветствие. Команды представляют свой девиз.

"Good Habits"- "Be healthy and wealthy and wise".

"Vitamins" - "Don't worry, be happy".

Команды: Капитаны рассказывают о своих командах по следующему плану:

- 1)Name.
- 2)Age, appearance.
- 3)Favourite subjects.
- 4)Hobby.
- 5)Favourite sport.
- 7)Favourite meal.

Ведущий: Our health depends on many things:

- the food we eat;
- the air we breathe or our environment;
- the wish keeping fit;
- good and bad habits.

Now we're talking about food.

I think if you eat healthy food you will be strong and healthy.

Конкурс 2. Is it true or false? Правда или ложь?

Ведущий: The next competition is "Is it true or false?"

1. All foods are good for you.
2. Vitamins and minerals help you to keep healthy.
3. Fruit and vegetables are full of sugar and fat.
4. Sweets, crisps and cola keep you healthy.
5. You should eat a variety of foods to stay healthy and grow big and strong.
6. Sleep less than 8 hours a day is good for children's health.
7. Laugh extends life!
8. Quality of products is important.

Ведущий. Thanks to our teams. The jury will put points to our teams.

Конкурс 3. Warm-up. Разминка.

Ведущий: Now I will read you Russian rhymes and you must finish them in English.

Вкуснотища! Very good! Пищу называем FOOD!

Это вовсе не каприз сыр мы называем CHEESE!

Для Шарика, для друга припас я сахар SUGAR!

Всегда ты сладкий ждешь сюрприз конфеты по-английски SWEET!

Мясо жарится, шкворчит. Мясо по-английски MEAT!

Рыбу ловишь - не шумишь. Рыба по-английски FISH!

Молоко я пить привык. Молоко иначе MILK!

Винни - пуха, нет ли с вами. А то спрячу мед свой HONEY!

Very good!

Ведущий. Thanks a lot. The jury will put points to our teams.

Конкурс4.Decode.Расшифровка.

Ведущий: Decode the following words:

Б-одрым	B-rave
У-мным	E-nergetic
Д-обрым	
Б-	H-ealthy
З-аводным	E-njoyable
Д-ушевым	A-ctive
О-рганизованным	L-oving
Р-азумным	T-alented
О-птимистичным	H-appy
Весёлым	Y-oung

Ведущий. Thanks to our teams. The jury will put points to our teams.

Конкурс5.Proverbs.Поговорки.

Ведущий: Find English equivalents for these Russian proverbs:

- 1) Здоровье дороже богатства. - Health is better than wealth.
- 2) В здоровом теле здоровый дух. - A sound mind in a sound body.
- 3) Кушай по яблоку в день и доктора не понадобятся. - An apple a day keeps the doctor away.
- 4) Кто рано ложится и рано встает, здоровый, богатый и умный будет. - Early to bed and early to rise makes a man healthy, wealthy and wise
- 5) Чистота - залог здоровья. - Cleanliness is next to godliness.
- 6) Лук - от семи недуг. - Garlic heals seven illnesses.
- 7) Голодное брюхо ко всему глухо. - A hungry belly has no ears.
- 8) После обеда посиди, после ужина милю пройди. - After dinner sit a while, after supper walk a mile.
- 9) Держи голову в холоде, а ноги в тепле. - Dry feet, warm head bring safe to bed
- 10) Правильное питание лечит лучше скальпеля. - Diet cures more than lancet.
- 11) Ешь вволю, пей - знай меру. - Eat at pleasure, drink with measure.

- 12) Голод – лучшаяприправа. - Hunger is the best sauce.
- 13) Чтоодномупища, тодругомуяд. - One man’s meat is another man’s poison.
- 14) Завтраксъешьсам, обедразделисдругом, ужинотдайврагу. - Breakfast like a king, lunch like a queen and dine like a pauper.

Ведущий. Very well.

Конкурс 6. Fill in the gaps. Заполнить пропуски.

Ведущий. So you see that to be healthy you should have only good habits. But do you know the causes of bad health? Now you have to do the next task.

Task: Fill in the gaps.

You’ll have bad teeth if you...

You’ll have obesity if you...

You’ll have a cough if you...

You’ll have heart disease if you...

You’ll have weakness if you...

Ведущий. Good job. Thank you.

Конкурс7. Меню. Меню

Write a healthy menu for a day. Well, for this task you have 3 minutes. Meanwhile our little friends recite poems.

Ученики младшей школы рассказывают стихи о пользе фруктов. Угощение.

Banana

I walked through the jungle,

And what did I see?

Big green bananas

Hanging on a tree.

I chopped down the bunch,

And set them in the sun

When they turned yellow,

I ate everyone.

Pear

Soft and sweet and almost round,

Colour is greeny-brown.

Eat it with the skin or bare,

It’s a juicy pear!

Apple

Apples can be yellow, red and green.

They are such a sweet and healthy treat.

Apple juice and apple pie

Apple sauce is fun to try.

Crunchy apples – have a bite!

A slice of apple is pure delight!

Grapes

Lots of little balls to munch

Grow together in a bunch.

Carefully picked from tree,

Tasty grapes for you and me!

Orange

First you have to peel the skin,

Throw it all in the garbage bin.

Then you take a juicy slice,

Of your orange – very nice!

Команды представляют свои варианты меню.

Ведущий: As you see, it's very important not only to eat healthy food, but also to keep our body clean and shapely. Let's speak about hygiene ['haɪdʒi:n]. Imagine the situation, brave pirates visit their aunt:

Сценка с пиратами.

Пираты в гостях у тёти.

Sophia: The dinner is ready. There would be no harm to wash your hands/

Jim: And take bath!

Pete: Yeah? With fragrant shampoo!

Oliver: Dear aunt Sophia, Don't worry, This is unnecessary.

S.- Unnecessary? So the dinner is also unnecessary!

J.- What's up?

P.- We are definitely clean!

S.- Clean? Show me your hands.

O.- What's for? Why?

S.- Ugh! How disgusting! And this neck! And these dirty hands.

J.- It tickles me!

S.- And you?

P.- Oh, yeah. There would be no harm us to take shower with soap. It's quite healthy.

S.- And you, don't forget to wash your feet with soap.

J.- My feet?

P.- But we don't eat with our feet!

O.- And you can't see our feet under the table

P.- Oh, poor of us!

J.- Oh, miserable we are!

O.- We are so unlucky!

Стихотворение о гигиене

Конкурс 8. Healthy and unhealthy food.Здоровая и вредная еда.

Ведущий. There are healthy and unhealthy food in Britain and in Russia.

Find healthy and unhealthy food. (Слайд)

Ведущий. Very well!

Конкурс9. Simple rules for being healthy.Ежедневныеправилаздоровогочеловека.

Ведущий:Can you make some rules for healthylifestyle? Let's try!

- Get up ... and go to bed ...! much

Take regular ...!sport

Eat ... food!hands

Never ...!teeth

Clean your ...! smoke

Wash your ...! healthy

Play ... games! exercises

Don't eat too ...! Early

- Sleep no ... than 8 hours a day! fast

Don't eat ... food! less

Follow ... advice! clubs

Join sports ...! shower

Clean your teeth ... a day! Doctor's

Take every day ...! windows

Open to air your room! diet

Keep ...! twice

Ведущий: These are rules for healthy children!

And now, our last competition "Best wishes".

Конкурс 10. Best wishes. Пожелания.

Ведущий. Each member of our teams should give an advice to keep health.

Каждый участник по очереди даёт здоровые советысоветы.

Например:

- Sleep 8 hours a day
- Exercise more
- Eat more fruits and vegetables!
- Follow a diet!
- Don't eat at night!
- Don't smoke!
- Don't drink alcohol!
- Don't eat fast food!
- Don't worry!
- Cheer up!
- Have breakfast!
- Alcohol is forbidden!
- Be calm!
- Balance your emotions!
- Do morning exercises!
- Eat right food!
- Follow adult's advice!
- Give up smoking!
- Hold forth a hope!
- Illness is not for you!
- Join sportive clubs!
- Keep fit!
- Laugh extends life!
- Make the best of life!
- No drugs!
- Open windows to air your lodging!
- Relax in tense situation!
- Put right clothes on!
- Quality of products is important!
- Sleep not less than 8 hours a day!
- Take vitamins!
- Follow a diet?

Ведущий: Thanks a lot to our teams, now the results of our game.

Подводятся итоги игры.

Dear guests, our pupils prepared musical surprise for you.

And the winner is team “.....”!

Музыкальный подарок для гостей. Песня - Paul McCartney «English Tea»

Ведущий: Remember dear friends! Eat healthy food is very good! And I wish you strong health for many years! (Полезная еда должна быть всегда!) And of course, it's impossible to imagine our meeting without TEA! Dear guests, we invite you to the next study!

Текст песни:

Would you care to sit with me
For a cup of English tea
Very twee, very me
Any sunny morning

What a pleasure it would be
Chatting so delightfully
Nanny bakes fairy cakes
Every Sunday morning

Miles and miles of English garden, stretching past the willow tree
Lines of hollyhocks and roses, listen most attentively

Do you know the game croquet
Peradventure we might play
Very gay, hip hooray
Any sunny morning

(solo)

Miles and miles of English garden, stretching past the willow tree
Lines of hollyhocks and roses, listen most attentively

As a rule the church bells chime
When it's almost supper time
Nanny bakes fairy cakes
On a Sunday morning