

Мета: Відпрацювання навичок письма.

Мовний матеріал:

What I Think About Sports.

We all need exercise. This is true for young people in their teens as it is for adults from 20 to 80. Even if you do not plan to make sports your main occupation or career, you still have to exercise at least 2-3 times a week. Regular exercise temporarily tires the body but then actually gives you more energy. This is why many people who suffer from general tiredness should take more exercise rather than more rest. Exercise makes you feel and look better and can also help you to lose weight because it burns up fat to produce energy.

What kind of exercise to choose? The best exercise is one of which involves repeated, easy movements: walking, jogging, swimming and cycling are all good examples. They all make your muscles move freely and easily.

Also, exercise such as bending and stretching will add flexibility and a feeling of lightness. If you want to make yourself strong, push - ups and weight - lifting will help you. But you shouldn't start with lifting very heavy weights unless you are very fit.

You should soon begin to feel the effects of regular exercises. Your physical and mental energy at school will improve, as well as your sleep. Your physical appearance will change, too. You will notice that your body looks better, trimmer. And, what is also important, you will seldom get sick.

Орієнтувальні картки:

- для учнів І групи - Answer the following questions:
 - 1) Do people of all ages need exercise?
 - 2) How often do we need to exercise?
 - 3) How does regular exercise change our body?
 - 4) What is the best kind of exercise? Why?
 - 5) What exercise can strengthen your body?
 - 6) What are the effects of regular exercise?

- для учнів II групи: Continue the text, describing the exercise you do everyday.
- для учнів III групи: Write the story from the point of view of a lazy man. Try to convince us that your way of life is better.

Для учнів першої групи використовувалися наочні посібники у вигляді опорних запитань. Це робилося з метою спрямування їхньої свідомості на тімовленні дії, які вони виконували, на використання тих лексичних одиниць і тих граматичних структур, які ці учні гірше запам'ятовують.

Учням другої групи було дано більш складне завдання для того, щоб вони при виконанні вправи стабілізували набуті навички та уміння і навчилися використовувати їх в подальшій роботі при вивченні англійської мови.

Так як учні третьої групи характеризуються високим рівнем володіння іншомовними навичками, то метою вправи було автоматизувати ці навички та вміння .