



Welcome to Physical Education!

This is our first year with bilingual teaching so we need to learn several important things about physical activity and sport through English language. Are you ready? Let's go!

Unit's name:	HEALTHY HABITS
Lesson's Title:	AT THE BEGINNING...
Objectives:	To know the initial level of knowledge of the pupils and introduce the main aspects of the unit. To improve speaking, listening and writing English through this unit.
Level:	3º ESO

ACTIVITIES AND TASKS:

**1º** First of all, we divide the great group in four people groups. Each one needs to choose a name, which must be a healthy term. The teacher asks about questions related to health and the body. Students must write the answer (long answer). Two teachers decide which team has the better answer. The first team win 15 points. Second team 10 points. Third team 5 points and fourth team 1 point. Teacher writes the punctuation in the blackboard.

Questions
1. Could you name six parts of your body?
2. Could you explain what "fast food" is?
3. Could you explain what "growth" is?
4. What is the basic function of the brain?
5. How can you explain "health"?
6. How can you explain "fitness"?
7. Explain three benefits of physical activity.
8. How does the pulse rate during the physical activity change?



9. What is “warm-up”?

10. What is “cool-down”?

**2º** Individually. Stand up and look for a classmate that meets the following requirements. Write de name of the classmate. Complete the table with two curious things about any of your classmates related to healthy habits.

Plays football every day NAME: _____	Doesn't like sports NAME: _____	Likes only watching sport (doesn't like doing) NAME: _____	Dances Ballet NAME: _____
Thinks that physical activity isn't the most important to health NAME: _____	Spends three hours a day watching TV NAME: _____	Prefers doing sport instead of watching sport NAME: _____	Has done Judo NAME: _____
Is fan of Atlético de Madrid NAME: _____	Knows a stretching exercise for calves NAME: _____	Does physical activity every day (not only walk) NAME: _____	Has been in a great sporting event NAME: _____
Is on a diet NAME: _____	Plays in basketball team NAME: _____	Likes to learn to play basketball NAME: _____	Likes dancing “Zumba” NAME: _____
Knows playing handball very well NAME: _____	Likes riding bike NAME: _____	Curiosity 1: _____ NAME: _____	Curiosity 2: _____ NAME: _____