



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:	REFLECTING ABOUT HEALTHY ACTIVITY
Objectives:	To know the importance of physical activity in healthy life. To know healthy and unhealthy habits in life. To improve speaking, listening and writing English through this unit.
Level:	3º ESO

ACTIVITIES AND TASKS:

1º Complete the following sentences with the orange words:

Physical fitness is "The ability to 1 _____ daily physical activity efficiently, without demanding a strenuous effort to the body." The physical fitness of the human body can always be 2 _____. This can be done by following a 3 _____ programme. Some programmes are more effective than others, and a programme can produce different effects in different people.

Factors affecting fitness:

a) Psychological and social 4 _____ -A relaxed and positive 5 _____.

b) Physical exercise

c) 6 _____: -Sufficient good quality sleep is an essential part of any sportsman or sportswoman.

d) Diet: A healthy and 7 _____ diet is vital for the body. It must provide you with nutrients to:

-Obtain energy to create movement

-Construct and repair all types of body tissues

-8 _____ human body functions (temperature, metabolism...)

e) Age: Physical fitness develops parallel to your body, and 9 _____ with age.



f) Genetics: Some aspects affecting health and physical fitness can be genetically inherited, such as muscular fibre type, but work and perseverance can also make us 10 _____ our abilities and skills.

g) Drugs: The use of drugs is acceptable if they are to overcome illness, such as asthma. But here we use the term drugs to refer to tobacco, cannabis, alcohol and other stimulant and sedative drugs. These always have 11 _____ despite they are more or less accepted socially.

- 1.perform 2.improved 3.training 4.skills 5.attitude 6.rest 7.balanced 8.regulate 9.decreases 10.increase 11.side effects**

2º Ask the following questions to two classmates. Firstly write the answer of everyone in a piece of paper. Every question must be solved in almost thirty words. After that, exchange a piece of paper and try to find and correct the expression and vocabulary mistakes.

- a) When is the use of drugs acceptable?
- b) What is the first symptom of dehydration?
- c) What is a balanced diet?

3º Find ten different words related to Health and fitness in the crossword below:

A	H	T	T	Y	B	N	L	E	Y
G	W	E	U	T	P	A	P	R	D
E	T	R	A	E	Q	J	E	E	I
P	X	N	U	L	Y	H	E	R	E
S	K	I	L	L	T	Y	L	Y	T
C	R	E	A	T	U	H	S	I	Ñ
H	W	G	E	N	E	T	I	C	S
Z	O	M	W	K	H	F	S	Y	P
I	D	R	U	G	S	I	S	D	O
R	Y	J	K	S	Q	B	U	N	T
E	X	E	R	C	I	C	E	N	U