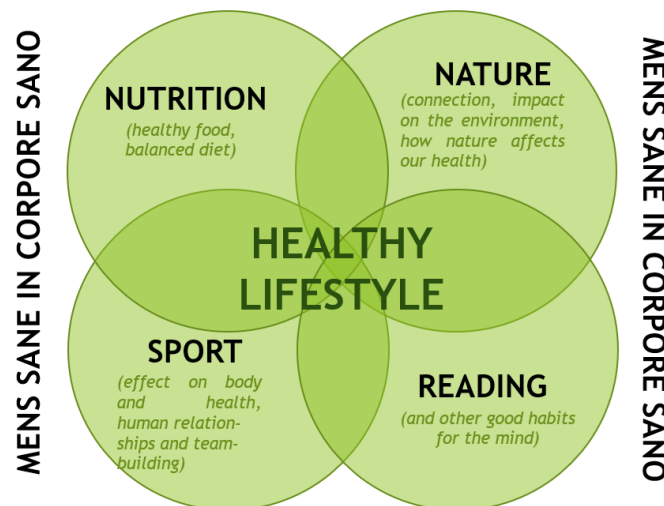




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ACTIVITY TO INCREASE STUDENTS SKILLS AND KNOWLEDGE ABOUT HEALTHY LIFESTYLE



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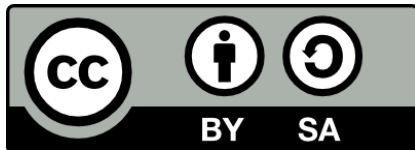
COURSE AUTHORS



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1. COURSE TIME, TARGET AND TOPIC

- **Age of target students: 12-14**
- **Teaching time: ONE HOUR**
- **Topic: Sport**
- **Title: General Knowledge of Benefits of Sport**

2. COURSE OBJECTIVES

Skills promoted in this lesson:

Sts will be able to

- read a text about the benefits of sports
- speak about the benefits of sports
- make a brain-storm chart about the benefits of sports
- say the names of types of sports
- create a poster about sports

3. LEARNING – TEACHING PROCESSES

Warm-up exercise : (10 mins.) They play a game about types of sports. Students are given cards with pictures of different sports on them. They try to place the cards into the boxes . (Use material 1)

Exercise 1 : (20 mins.) Students are given a reading text “The Importance of Sport for The Children’s Health” . Ask them to discuss the topic, add some other ideas and fill the brainstorming chart. (Use material 2 and 3)

Exercise 2 : (15 mins.) Each group have to create a poster with the examples of the benefits one physical activity in the development of fitness and in the prevention of disease at various stages of life. (The posters will be used in the exhibition)

4. EVALUATION

Each group present their posters and vote for the best one. The winner poster is used at the Health Day.




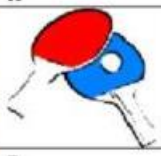








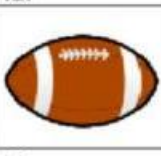







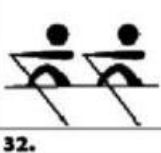




MATERIAL 1

NOTHING BUT SPORTS!

Write the names of the sports under the correct pictures:

		<p>JUDO</p> <p>WINDSURFING</p> <p>VOLLEYBALL</p> <p>CYCLING</p> <p>BASEBALL</p> <p>HICKING</p> <p>ARCHERY</p> <p>SAILING</p> <p>ROLLERBLADING</p> <p>RUNNING</p> <p>TENNIS</p> <p>JET SKIING</p> <p>DIVING</p> <p>AEROBICS</p> <p>FOOTBALL</p> <p>HORSEBACK RIDING</p> <p>BASKETBALL</p> <p>ROWING</p> <p>SKATEBOARDING</p> <p>MOTOR RACING</p> <p>ICE SKATING</p> <p>BOXING</p> <p>ROCK CLIMBING</p> <p>CRICKET</p> <p>FENCING</p> <p>POLO</p> <p>TABLE TENNIS</p> <p>RUGBY</p> <p>WEIGHTLIFTING</p> <p>GOLF</p> <p>SKIING</p> <p>MOTORCYCLING</p>		
1.	2.		3.	4.
				
5.	6.		7.	8.
				
9.	10.		11.	12.
				
13.	14.		15.	16.
				
17.	18.		19.	20.
				
21.	22.		23.	24.
				
25.	26.		27.	28.
				
29.	30.		31.	32.



MATERIAL 2

The Importance of Sport for The Children's Health

Sport helps children to develop both physically and mentally. Physical activity should be part of our daily life. Practicing any kind of sport from an early age helps children in many ways, for example, group activities improve interaction and social integration. It also improves the mental level and promotes a healthy lifestyle in adulthood, as the habits we acquire as children are often to stay. Sports have multiple healthy benefits. If we talk on a psychological or personality level, sports activities (especially those done in groups) help children to strengthen* their social self-esteem, and allow them to understand the importance of having and respecting the rules.

Another aspect to consider is what type of sport or activity will suit best the child considering his/her conditions and abilities. A more timid and shy child is likely to get better at a sport where she/he has to relate to peers*. To a more active one, an individual sport such as tennis can help better develop her/his ability to concentrate. One of the perhaps most relevant issues is the importance of physical exercise, not only in children but also in young and old people, because moderate daily physical exercise helps prevent overweight and obesity. Taking into account the growth of the percentage of children and young people with obesity and overweight in the Western world, the inclusion of sport in the family routine becomes almost mandatory.

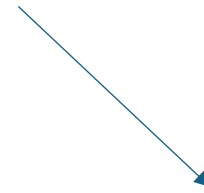
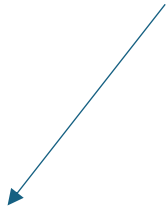
Sport can also have the power to help us rest. For all those fathers and mothers of active children, try to get them to run every day playing soccer, or swimming or any other activity that keeps them physically active. They will fall asleep in bed in a matter of seconds and you, dads and moms, too.

Adapted from: <http://www.oblum.com/blog/the-importance-of-sport-for-the-children-s-health/>



MATERIAL 3

SPORTS



PHYSICALLY BENEFITS

-
-
-
-

MENTALLY BENEFITS

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- *
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