

**Good  
morning!**

**I'm glad to see you!**

Good morning! How do you do!  
Ni hao!





Our Theme Today:

**Man Health  
Sport**

**To be healthy in your life**  
**Don't forget to do all five**  
**Get up early , quick and bright**  
**Exercise with all your might**  
**In the morning jump and run**  
**Eat your breakfast you have done**  
**Train your body, train your brain**  
**And all bad habits pass away**

# **Warming- Up**

**Ask**

**Answer**

**questions**



• **We**



**should**



**shouldn't**

- drink water
- smoke, drink alcohol
- watch TV too long
- go on foot
- eat healthy food
- go to bed late

- **have a rest**
- **be positive**
- **sleep too much**
- **eat at night**
- **eat vegetables and fruit**



# Our Habits



good

bad

healthy

unhealthy

useful

harmful-вредный

dangerous

опасный

# EXERCISES



# Good Health - Good Mood

**mood** - настроение



“ GOOD WORDS ”

You are...(so...)..



play

go in for

jump

prefer

 exercise

like

lose

watch on TV

move

## Check Yourself

- chess
- ice-hockey
- tennis
- volley-ball



**NAME kinds of sport ...**

**Make up sentences:**



**I go in for...**

**I can play...**

**I don't like ...**

**I like to watch on TV...**



# Translate:

- **S** t r o n g
- **P** e r s i s t e n t
- **O** p t i m i s t i c
- **R** e s o l u t e
- **T** a l e n t e d

**Let's make a  
flower**

**What should we do  
to be healthy?**

Thank you for the work!

**Be healthy!**

**Be happy!**

