



**Let`s
walk!**



Required resources:

- Oxford, J. Hudson, W. Salandyk - “Life vision”: Unit 3 Staying healthy pre – intermediate (with digital pack); (p 41)



Teaching methods:



- work with text, demonstration, visualization, conversation, questions, discussion.



Organization of the learning process:

- individual, pairs and the whole class

Let's walk

- 1  Work in pairs. Look at the photo in the article and answer the questions. 
 - 1 How do you get to school, to your friend's house, to a shopping centre or to after-school classes? Do you go by bus, by car or on foot?
 - 2 Do you use a sports watch or an app to count your steps? If yes, how many steps do you take every day?

Metodiskais komentārs:

Aktualizēšana. Iesildīšanās uzdevums (warm up task). Skolēni darbojas pāros, pēc tam atbildes tiek kopā pārrunātas klasē.



My goal for this lesson:


- I can predict the topic of an article about walking from subheadings

Metodiskais komentārs:


Aktualizēšana. Skolēni izvirza mācību stundas mērķi, balstoties uz iepriekš apskatīto stundas tēmu.

STRATEGY Predicting from subheadings

To understand a text better, look at the title and the subheadings before reading. Try to guess what the text is going to be about. Later, when you read it, check your predictions.

- 2 Read the **strategy**. Then look at the title and subheadings in the article. Work in pairs and answer the questions. 
- 1 What do you think the text will be about?
- 2 Do you know anything about this topic? Did you read a similar article in the past?
- 3 Do you think the article will be interesting for you? Why? / Why not?
- 4 Which part would you like to read the most?

Metodiskais komentārs: Apjēgšana. Skolēni iepazīstas ar stratēģiju («palīginformāciju»), pārrunā to klasē un turpina uzdevumu ar jautājumu un atbilžu sadaļu, strādājot pāros. Pēc tam atbildes tiek pārrunātas klasē.

- 3  3.10 Read the article. Which of your predictions about the subheadings in Ex 2 were correct?

The power of walking

Get creative

Do you have a lot of great ideas when you're walking? If you do, you aren't the only one. **Scientists** from Stanford University **noticed** that, and they did an experiment. They asked 176 students to do a few **creative** tasks. During the experiment, some students were walking, while others were sitting. Those who were walking were 60% more creative than those who were sitting.

Remember better

In the USA, some schools began to use a special programme of walking classrooms. Instead of sitting in their classroom, students walk outside, wear headphones and listen to an audio lesson. Tests show that students in walking classrooms remember more information. Similar ideas about studying while walking are used by teachers in Canada, Mexico and Spain.

Walk and talk

Not only schools **benefit** from walking. Steve Jobs, the creator of Apple, often organised walking meetings. He looked for creative **solutions** with his **employees** while they were walking. Today, many managers in Silicon Valley and around the world organise walking meetings. They say that some of their employees seem to be more creative when they move.

Silicon Valley (*n*) the area in California where there are many companies connected with the computer and electronics industries

composer (*n*) a person who writes music

Famous people that walked

The idea of going for a walk to think isn't new. The German composer Beethoven walked around Vienna and made notes. He used them later when he was working on his music. Charles Dickens, a British writer, walked for many kilometres while he was planning his books. British scientist Charles Darwin built a path around his house. He called it his 'thinking path' and often walked there when he needed to solve problems.



Metodiskais komentārs: Skolēni klausās un lasa tekstu. Atbild uz uzdevuma jautājumu. Skolēni sniedz individuālas atbildes. Dotais teksts no mācību grāmatas (Oxford, J. Hudson, W. Salandyk - "Life vision": Unit 3 Staying healthy, p 41).

4 Read the article again. Correct the mistakes in the sentences.

- 1 Students who were sitting had as many ideas as students who were walking.
- 2 In the walking classrooms, students learn more new information than in sitting classrooms.
- 3 Managers believe that their employees have creative ideas because they do sport in their free time.
- 4 Dickens was walking and writing his books at the same time.
- 5 Darwin was walking in the park and thinking of his science problems.

Metodiskais komentārs: Skolēni atkārtoti lasa tekstu, meklē un labo kļūdas dotajos teikumos. Apspriežas pāros, tad tiek sniegtas mutiskas atbildes no katra pāra.

5 Look at the article and write questions for the answers.

1 scientists from Stanford University

Who proved that when you walk, you are more creative?

2 176

3 They use headphones to listen to their lessons.

4 Canada, Mexico and Spain

5 Because he needed creative ideas from his employees.

6 Beethoven, Dickens and Darwin

Metodiskais komentārs: Skolēni darbojas ar tekstu, šoreiz atbildēm veidojot gramatiski pareizus teikumus. Uzdevuma atbildes tiek pārrunātas klasē.

6 **VOCABULARY** Match the **highlighted** words in the article to the definitions.

- 1 a person who works for somebody
- 2 a person who studies science, for example physics, chemistry or biology
- 3 to see or hear somebody / something
- 4 to be in a better position because of something
- 5 having the skill to produce something new
- 6 a way of dealing with a problem

Metodiskais komentārs: Uzdevums ar vārdu krājumu. Skolēni tekstā atrod izceltos vārdus, meklē vārdiem atbilstošo definīciju. Ja skolēns visus vārdus saprot, pilda patstāvīgi, ja nē – skolotāja ar uzvedinošiem skaidrojumiem skolēnam palīdz nonākt pie konkrētā vārda nozīmes, tulkojuma. Uzdevums tiek pārrunāts arī klasē.

7  **THINK & SHARE** Discuss in pairs.

- 1 Did you learn anything new from the article? What was it?
- 2 Imagine you and your friends had to make an experiment to check the information in the article. What would you do? What would your experiment look like?


Metodiskais komentārs: Skolēni diskutē pāros. Skaļi izsakās tie skolēni, kuri to vēlas.



Benefits of Walking Meetings

<https://www.youtube.com/watch?v=Edt7imM>

Metodiskais komentārs: Tiek demonstrēts video no reālās dzīves par stundas tēmu. Skolēni ar izpratni skatās video. Pārrunā redzēto.



Question



- would you like to try walking meeting/lesson (why?/why not?)

Metodiskais komentārs: Skolēni atbild uz jautājumu (individuāli, brīvprātīgi(skolotāja seko līdz tam, lai tiek iesaistīti visi klases skolēni)).





Predict the topic of an article:

Metodiskais komentārs: Atgriezeniskās saites uzdevums.



SPORT FOR ALL

The Paralympic Games

Today the Paralympic Games is a huge sporting event. It brings together athletes with a variety of disabilities and movement problems. Every four years, thousands of athletes compete in sports like badminton and sitting volleyball. They also do athletics and judo. In Seoul in 1988, the Paralympic Games and the Olympic Games happened in the same city for the first time. Then in 2016, in Rio de Janeiro, athletes from 160 countries competed in 22 different sports and two million people bought tickets.

The history of the games

The story of the games began at Stoke Mandeville Hospital in England. In 1944, Dr. Ludwig Guttmann was working in a hospital department for people with back injuries. His creative solution was to use simple ball games to help patients get stronger. Then he developed wheelchair basketball. In 1948, 16 patients competed in the first Stoke Mandeville Games. In 1960, the event was called the Paralympic Games.

disabled (*adj*) unable to use a part of your body because of a physical condition, an illness or an injury
snowboarding (*noun*) [U] a winter sport, travelling over snow while standing on a board



Alana Nichols – a hero of the games

Alana Nichols knows the positive power of sport. She was snowboarding in 2000 when she injured her back. Her legs became paralysed. She was 17 years old and she was worried she wouldn't be able to do sport again. But in 2002, Alana tried playing wheelchair basketball. She was brilliant at it! By 2004, she was in the US national women's team. The team won a gold medal at the Paralympics in Beijing in 2008. Alana also competed in skiing in the Winter Paralympics of 2010 and 2014, winning a lot of medals.

- 1 What do you think the whole text is about? What do you think the different parts are about?
- 2 What do you know about the topic already?
- 3 Which part of the article would you like to read the most? Why?

Metodiskais komentārs: Skolēni atbild uz jautājumiem, nelasot tekstu, bet izmantojot mācību stundas sākumā «stratēģijā» iegūtās prasmes.

Did You reach lesson goal?

Metodiskais komentārs: Skolēni individuāli izvērtē, vai ir sasniegts mācību stundas mērķis. Ja mērķis nav sasniegts, kas vēl ir jādara, lai tas tiktu sasniegts.

Piemēram: Yes, I can predict the topic of an article about walking from subheadings

Homework

Take a walk

At least for 30 minutes

After

Make some notes

Metodiskais komentārs: Tiek uzdots mājas darbs. Pastaiga 30 minūtes svaigā gaisā, jāpieraksta domas, sajūtas, idejas, kas radās esot pastaigā (sasauca ar iepriekš video redzēto).



Thank
you!