



CLIL LESSON PLAN: PHYSICAL EDUCATION

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Lesson title: “Sports and quality of life”

Grade: 7th or 8th year

Lesson Worksheet

Lesson Aims:

- Assessment of the present situation concerning students' participation in sports
- Figure out students' knowledge about the relationship between sports and good health
- Identify attitudes that are potentially dangerous
- Biological adaptations caused from participation in sports activities
- Physiological effects of exercise
- Understand that the deterioration of health can lead to situations of social-exclusion
- socialization and sports
- kind of exercise beneficial for their health
- interpretation of the term quality of life

Activities

- What is your favorite sport – how much time do you usually spend doing it – Think about some words that come in your mind when you think about it. (It could be with positive or negative meaning)

Sport	Time	Words that come in your mind
Cycling	1 hour	Freedom, fit, nature, flat tiresetc.

- How do think that sports work beneficial for you check some words or sentences from the table below and add some more on the empty blocks if you can.
- On the contrary if you think that sports deteriorate your quality of life check the words that better fit to what you think

self confidence		Risk of bone fractures		independence			Improve immune
performance anxiety		Improve appearance		well-being of people			risk for anorexia nervosa
	cultural pressures to be thin				Socialization		
Healthy bones		treatment and rehabilitation of contagious and non-contagious diseases		Waste of time		positive influence on depression.	
family dysfunction			Efficient lung function			physical stress	
		Dangerous to health		Body image			
improved motor skills						Efficient heart function	
stetch of body		cognitive function		Psychological stress			maintain quality of life

Thought-provoking vocabulary

self confidence	independence
immune	performance
anxiety	well being
anorexia nervosa	treatment
rehabilitation	waste of time
positive	influence
dysfunction	stench
cognitive	function

Name some great athletes of your favorite sport and try to explain why they have become so famous.

(For what particular qualities or achievements do you recall this person)

<u>NAME OF THE ATHLETE</u>	<u>REASON</u>

Discussion provoking

- **Try to exchange thoughts and debate with your classmates concerning the superiority of your favourite athlete, support your choice with arguments and facts**

