

Упражнения как средство достижения метапредметных результатов

Выполнила студентка 3 курса кафедры ГЯиМП,

гр. РФ19ДР62ИА Сандюк Анастасия

Научный руководитель ст. преподаватель

Аргунова В.Г.

Метапредметные результаты – это «освоенные обучающимися межпредметные понятия и универсальные учебные действия – УУД (регулятивные, коммуникативные, познавательные), способность их использования в учебной, познавательной и социальной практике, самостоятельность планирования и осуществления учебной деятельности и организации учебного сотрудничества с педагогами и сверстниками, построение индивидуальной образовательной траектории [ГОС ООО ПМР, с. 7].

УНИВЕРСАЛЬНЫЕ УЧЕБНЫЕ ДЕЙСТВИЯ

❖ **Регулятивные** действия – обеспечение организации учебной деятельности ученика; формирование способности к саморазвитию и самосовершенствованию, социальной компетентности, толерантности, осознание своей культурной идентичности.

❖ **Познавательные** действия – самостоятельное выделение и формулирование познавательной задачи; поиск и выделение необходимой информации, выбор языковых средств в зависимости от ситуаций речевого иноязычного общения; рефлексия, контроль и оценка своей деятельности, самостоятельное выведение правил построения иноязычной речи; формулирование и самостоятельное решение проблемы.

❖ **Коммуникативные** действия – социальное взаимодействие партнёров по общению или деятельности: планирование учебного сотрудничества с учителем и сверстниками: умение слушать и вступать в диалог; умение задать вопросы, взаимоконтроль, коррекция и оценка речевых действий партнёра по общению на ИЯ; умение точно выражать свои мысли на ИЯ в соответствии с задачами и условиями общения.

Exercise 1. Look at the picture and name the parts of Mary's body.
The words below help you:



ear, mouth, arm, body,
chin, eye, face, finger,
hair, head, heart, leg,
foot (feet), lip, nose,
shoulder, back, neck,
stomach, toe.

Exercise 2. Match the word combinations with their Russian equivalents.

1	to keep fit	a	иметь больное горло
2	to have a backache	b	быть в форме
3	to have a high temperature	c	иметь высокую температуру
4	to have a sore throat	d	зубной врач
5	to catch a cold	e	простудиться
6	a dentist	f	поправляться
7	to recover	g	принимать лекарство
8	to take medicine	h	побочный эффект
9	to cough	i	иметь боль в спине
10	to examine	j	кашлять
11	to prescribe	k	осматривать
12	side effect	l	прописывать (лекарство)

Exercise 3. Give it a name:

- the upper front part of the body
- one of the two organs of breathing in the chest of a man and animals
- to force air of the lungs with a sudden sharp sound
- at once
- a feeling of being hurt/



Exercise 4. Choose the suitable adjectives to the nouns.

Nouns: products, food, body, habit, sweet, vitamins, activity, meals.

Adjectives: useful, healthy, strong, bad, good, rich, physical, dangerous, skipping.



Выполняя данные упражнения, ученики запоминают форму лексической единицы и значение. Следующие упражнения направлены на тренировку использования тематической лексики в предложениях. Далее работа идет на уровне предложений.

Exercise 5. Choose the right word.

1. Tim had a bad (pain / ache) in his chest so he decided to see a doctor.
2. I had a sharp (pain / ache) in me side and I had to call ambulance.
3. I have some (pain / ache) in my stomach, but I hope it will go away as soon as I take the pain killer.
4. Antony (pained / hurt) his arm when he was fixing the shelf.
5. The doctor gave my granny a (prescription / recipe) for some medicine.
6. My aunt gave me the (prescription / recipe) for delicious gravy.
7. The doctor (examined / saw) the patient.
8. You should go and (examine / see) the doctor.
9. If you want to feel well you should eat a (fit / healthy) diet.
10. What do you do to keep (fit / healthy)?

Exercise 6. Make up a short poem. Follow the scheme.

Синквейн

Тема-предмет.

Признак

признак.

Действие

действие

действие.

Фраза -

отношение

к

теме.

Вывод- суть темы!

Exercise 7. Complete the sentences.

1. You stand on your _____ .
2. You hear with your _____ .
3. You hold with your _____ .
4. You see with your _____ .
5. You walk with your _____ .
6. You kneel on your _____ .
7. You smell with your _____ .
8. You bite with your _____ .
9. You eat with your _____ .
10. You carry a backpack on your _____ .

Key: 1-feet, 2-ears, 3-hands, 4-eyes, 5-legs, 6-knees, 7-nose, 8-teeth, 9-mouth, 10-neck.

Exercise 8. Test yourself

1. When at last she looked at us and smiled, we knew she was _____ danger.
a) with b) in c) to d) out of
2. I'm sorry I couldn't come at four, I _____ an appointment with my doctor.
a) broke b) made c) had d) did
3. If you want to _____ fit you should go to the gym or at least exercise at home.
a) do b) stay c) make d) gain
4. The man _____ an injection against pneumonia.
a) received b) gave c) had d) did
5. My grandfather's over 95 and is _____ pretty poor health these days.
a) on b) to c) with d) in
6. I was told to _____ the medicine three times a day, before meals.
a) take b) eat c) get d) do
7. Eat your vegetables. They'll _____ you good.
a) make b) get c) have d) do
8. The key to losing weight is to _____ more exercises.
a) get b) make c) go d) create
9. You should try to _____ an alternative to all those sugary snacks you eat.
a) make b) find c) take d) do
10. I'm going to make a real effort to get _____ shape for the summer.
a) on b) to c) in d) from
11. Try spreading something low fat _____ your bread instead of butter.
a) in b) through c) around d) on

Key: 1-D, 2-C, 3-B, 4-C, 5-D, 6-A, 7-D, 8-A, 9-B, 10-C, 11-D.

Exercise 9. Say what the doctor usually does when he/she comes to visit your Granny/ You may use the words.

Example: When the doctor comes to visit my Granny, he usually asks her to breathe deeply.

listens to her chest and lungs, takes her blood pressure, takes her temperature, feels her pulse, tells her to take the medicines regularly, tells her how many times a day to take this medicine



Exercise 10. Read through the questions. Then work with a partner or in small groups.

Your eating habits

Do you think you eat healthy food?

Do you always eat three meals a day?

Do you eat a lot of sweets? Are they healthy?

What vegetables do you eat? Why?

Do you take regular exercises to keep fit?

❖ Следующие упражнения коммуникативного характера предназначены для формирования умений устной и письменной речи. Выполнение таких заданий способствует формированию коммуникативных умений.

Exercise 11. Read the text and put its parts in a logical order.
Give the title (name) to the text.

Hence, we should eat healthy food and balance diet. Every day we should do exercises either in the morning or in the evening. We must take care of our health since childhood.

A well-known proverb says: “Health is better than wealth”. Health is one of the most important things for a man. When a man is unhealthy, he lives joyless, unhappy, difficult life, visiting doctors, taking medicine.

Health is freedom from disease and sickness. Without health, we cannot do any work and we cannot improve our life. Food, exercise, rest and sleep, good habits, air and light, punctuality and peace of mind are the primary conditions for good health.

- ❖ **Exercise 12.** Choose three sentences from the text which express its main idea and comment on it (group work).
- ❖ **Exercise 13.** Nowadays people want to be strong and healthy. What about you? Say what you should/ shouldn't do to be healthy.
- ❖ **Exercise 14.** You know the proverb "Early to bed and early to rise makes a man healthy, wealthy and wise". Think of a story to illustrate it and tell us your story (group work).
- ❖ **Exercise 15.** Ask your partners or find in the books about home medicine for a certain illness or accident.
- ❖ **Exercise 16.** Project work. Work in groups of 3-4 people. Draw or find and cut out pictures to illustrate your project. Make a collage. Write captions for the pictures. Explain them. Answer your partners' questions.

Таким образом, сочетание различных видов деятельности, выполнение упражнений, направленных на формирование навыков и умений в совокупности с разнообразными приемами, средствами и формами работы, создает условия для развития УУД и способствует достижению метапредметных результатов.

Спасибо за внимание!