



Cofinanziato
dall'Unione europea

Erasmus + Project
«How many steps?»

n.1 PE Clil lesson

Villa Guardia, 20th November 2023

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LESSON 1



BRAINSTORMING

“Why is physical activity important to you?”



noun or adjective or verb
(ex.: Fun – funny – to have fun)

Why is physical activity important to you?"

Noun , adjective or verb?

physical health tiring to have
fun

to be physically fit mental health energy

relaxing rules fair play

to lose weight to improve agility

to experience healthy competition active

healthy to increase self-esteem strong

socializing strength endurance

speed

to improve the cardiovascular and respiratory system



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What is the best physical activity?





What is the best physical activity?

Walking regularly several times a week is a real panacea for your health.





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The pedometer





Presentation of data collection sheet.

	steps	Notes = activities
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		



Let's start moving: movement game.

FIND TWO CLASSMATES WHO...

... SPEAK A DIALECT

QUESTION	CLASSMATE 1	CLASSMATE 2

... CAN PLAY TENNIS

QUESTION	CLASSMATE 1	CLASSMATE 2

... HAVE THREE BROTHERS OR SISTERS

QUESTION	CLASSMATE 1	CLASSMATE 2

... WENT TO THE CINEMA ON CHRISTMAS DAY

QUESTION	CLASSMATE 1	CLASSMATE 2

... CAN RIDE A HORSE

QUESTION	CLASSMATE 1	CLASSMATE 2

... WOULD LIKE TO TRY PARACHUTING

QUESTION	CLASSMATE 1	CLASSMATE 2

... LIKE COOKING

QUESTION	CLASSMATE 1	CLASSMATE 2

... WENT SKIING DURING THE XMAS HOLIDAYS

QUESTION	CLASSMATE 1	CLASSMATE 2



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LESSON 2

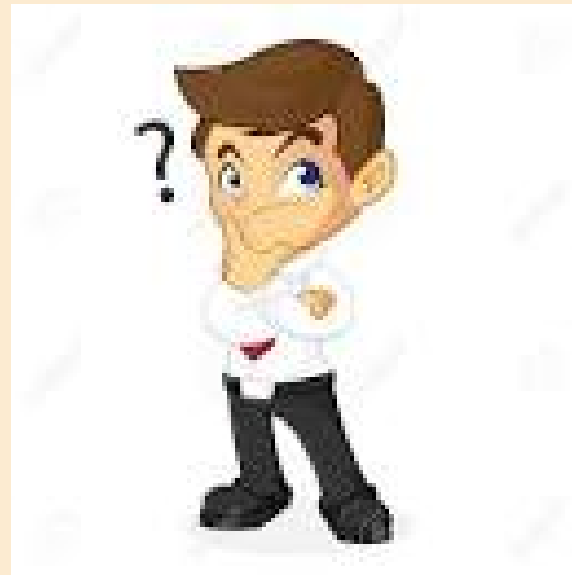
Analysis of the results of the steps taken daily.





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**How many steps do you need to take daily
for a healthy lifestyle?**





How many steps do you need to take daily for a healthy lifestyle?

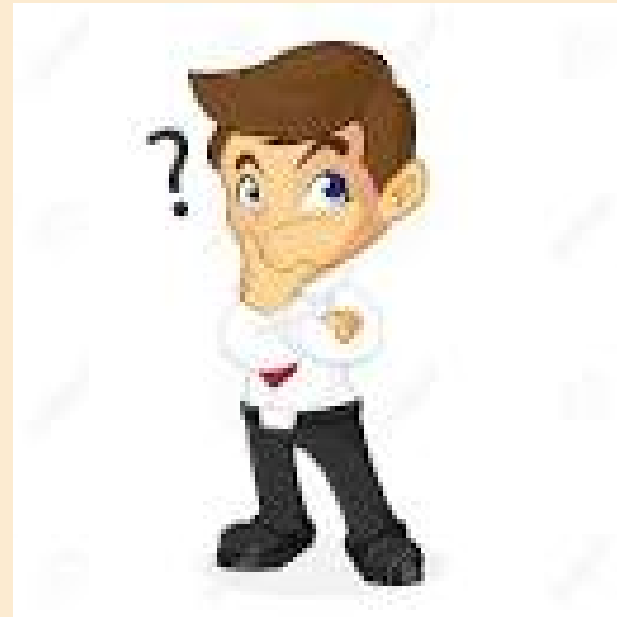
The WHO (World Health Organization) recommends that we take at least 10.000 steps a day, that means more or less 7.5 kilometers, that is 4.7 miles.



BRAINSTORMING

“How would you increase your daily step count?”

- Walking the dog.
- Taking the stairs instead of the elevator.
- Walking during the time break.
- Going to school/to the gym/to the shops on foot.
- Playing in the garden.
- Skipping. (Jumping the skipping rope)
- Parking your bicycle farther than your destination.





Feedback students sheet:

I enjoyed this lesson because...

I have learned that...

I will keep counting steps because...