

CLASS	All classes 3 of the I.C. Villa Guardia
AGE	13
LEVEL	A 1/2
AIMS	<ul style="list-style-type: none"><li>- Improve conversation.</li><li>- Reflect on the meaning of the movement.</li><li>- Deepen the values of sport.</li><li>- Adopt a healthy lifestyle: 10.000 steps a day!</li></ul>
TIME	LESSON: 80 minutes in 2 lessons.
MATERIALS	<ul style="list-style-type: none"><li>- Power point presentation by the teacher.</li><li>- Worksheet for brainstorming.</li><li>- Data collection sheet.</li><li>- Pedometer.</li></ul>
PROCEDURE	Presentation of the objectives: speaking activity to understand the importance of daily physical activity.
STEP 1	Brainstorming: "Why is physical activity important to you?"
STEP 2	Think about a noun, or a verb or an adjective about movement. (To reinforce grammar awareness.)
STEP 3	Think about what is the best physical activity.
STEP 4	Presentation of pedometer.
STEP 5	Presentation of data collection sheet.
STEP 6	Let's start moving: movement game.

STEP 7	AFTER A WEEK: analysis of the results of the steps taken daily.
STEP 8	Think about how many steps you have to take daily for a correct lifestyle.
STEP 9	Brainstorming: "How would you increase your daily step count?"
STEP 10	Feedback students' sheet: I enjoyed this lesson because... I have learned that... I will go on doing this because...