



State of Israel
Ministry of Education
The Pedagogical Secretariat
Languages Department
Inspectorate for English
Language Education

Healthy Lifestyle for Grade 9

שיעורים בנושא אורח חיים בריא לכיתה ט'

מטרת
השיעור
(Can-Do
Statement)

Spoken Reception (SR)

Can understand the gist of a conversation and/or discussion provided articulation is intelligible and the topic and context are familiar

Can generally identify the topic of clearly conducted conversation and/or discussion around him/her

Can understand the main information in dialogues about familiar activities, especially if articulated clearly

Can understand basic (personal) information (e.g., someone's hobbies and interests) in dialogues, especially if spoken clearly and guided by written prompts

Can understand basic and key information as well as questions on familiar, everyday activities (e.g., classroom activities, sports, cooking) especially when articulated clearly

Can understand teacher questions

Can follow the main points in short TV programs or video clips on familiar topics

Written Reception (WR):

Can understand the main points made in informational texts that deal with the topic (adapted CEFR A2)

Can understand most general factual information on familiar subjects of interest

Spoken Production (SP):

Can express opinions on subjects relating to everyday life

Can present his/her opinion in a structured, coherent manner especially provided he/she can prepare in advance (A2)

Written Production (WP):

Can work out how to communicate the main point(s) he/she wants to convey, exploiting available resources and limiting the message to what he/she can recall or find the means to express

Spoken Interaction (SI):

Can interact with reasonable ease in structured situations, short social exchanges, and conversations using vocabulary from Bands I & II.

חלק 1:
חימום
ושבירת קרח
(Warm-up
& Spoken

התלמידים ירימו יד אם הם חושבים שהם בכותר
How fit are you?

A. Work with a partner. Read the quotation about health, then answer the questions.

Reception)
 – דקות 15
 חלק 2:
 חשיפה
 לאוצר מילים
 מרכזי
 (Vocabulary
 & Written
 Reception)
 – דקות 20

“Health is not valued until sickness comes.”

Thomas Fuller (1608-1661)
 Thomas Fuller was an English Historian

1. Do you think about your health only when you get sick?
2. What do you do to keep healthy?

B. Online Quiz:

1. Take the following [online quiz](#) to check how physically fit you are.
2. What is your result?

Vocabulary: Study the new words:

Activities in [Hebrew](#)

Activities in [Arabic](#)

(Students can switch templates when studying the new words. They can choose from different templates like: match-up words, crossword, word search, flashcards, quiz...)

תרגמו את רשימת המילים

Word	Translation (תרגום)	Word	Translation (תרגום)
benefit		reduce	
improve		increase	

	<table border="1"> <tr> <td>produce</td> <td></td> <td></td> <td></td> </tr> <tr> <td>a sense of pride</td> <td></td> <td>anxiety</td> <td></td> </tr> <tr> <td>Diabetes</td> <td></td> <td>drop</td> <td></td> </tr> <tr> <td>keep you on track</td> <td></td> <td>inspire</td> <td></td> </tr> <tr> <td>taking into consideration</td> <td></td> <td>motivation</td> <td></td> </tr> <tr> <td>expert</td> <td></td> <td>wise</td> <td></td> </tr> <tr> <td>effect</td> <td></td> <td></td> <td></td> </tr> </table>	produce				a sense of pride		anxiety		Diabetes		drop		keep you on track		inspire		taking into consideration		motivation		expert		wise		effect			
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הפסקה קצרה או התרענות (5 דקות)																													
	Lesson 2																												
חלק 3: תרגול פעיל (Spoken Interaction & Movement) – דקות 30	<p>Speaking: Talking about staying healthy. (Reader's Theater) המורה קוראת את הדיאלוג לכל הכיתה פעם ראשונה. אח"כ כל תלמיד קורא לבד את הדיאלוג ולבסוף מתרגל דיאלוג עם חברו</p> <p>- האם לדובר A יש מוטיבציה להיות בכושר?</p>																												

	<p>1. Read the conversation. Is Speaker A motivated to keep fit?</p> <p>A: You seem pretty fit. Do you do any regular exercise?</p> <p>B: Yeah. I go to the gym a few times a week.</p> <p>A: What do you do there?</p> <p>B: I do some stretching and then usually run for half an hour or so.</p> <p>A: Don't you get bored? How do you motivate yourself?</p> <p>B: Well, I often go with a friend. Also, I recently bought a wearable watch tracker. It helps me learn more about my lifestyle habits, and motivates me to do more. How about you? Do you do much exercise?</p> <p>A: Not very often. I am usually too tired after school. Maybe I should sign up for a class at the gym. I think that will make me more motivated!</p> <p>2. Practice the conversation with a partner and act it out. (Reader's Theater)</p> <p>3. With a partner, talk about what you do to keep fit, how you motivate yourself, and if you use any technology to keep track of your health. Use the expressions in green above to help you. (See the activity below for differential learning).</p> <p>Example: Do you do any regular exercise? I try to go swimming every week.</p>
<p>Differential Learning</p> <p>למידה</p>	<p>For exercise 3, students have these optional answers to read and choose from:</p> <p>1. What do you do to keep fit?</p> <ul style="list-style-type: none"> • "I usually walk to school every morning. It is a good way to

<p>דיפרנציאלית</p>	<p>move."</p> <ul style="list-style-type: none"> ● "I like to play football with my friends in the afternoon." ● "I don't do much exercise, but I sometimes dance in my room." ● "I try to go to the park and ride my bike on the weekend." <p>2. How do you motivate yourself?</p> <ul style="list-style-type: none"> ● "I motivate myself by listening to fast music when I exercise." ● "I go to the park with a friend because it is more fun together." ● "My mom motivates me to go outside and play sports." ● "I think about being healthy and strong, and that helps me start." <p>3. Do you use any technology to keep track of your health?</p> <ul style="list-style-type: none"> ● "I use a simple app on my phone to count my steps every day." ● "I don't use technology. I just listen to my body when I am tired." ● "I have a watch that shows me how many calories I burn." ● "I sometimes watch YouTube videos to learn new exercises."
<p>חלק 4: הפקה ויצירה ללא מסכים (Spoken Interaction) – דקות 15</p>	<p>כל תלמיד מקבל שאלה מהרשימה שלמטה וצריך לשאול שלושה תלמידים את השאלה ולכתוב את התשובות. לאחר מכן, על התלמיד לדווח.</p> <p>Each student gets one question from the list below. They have to walk around the room and find three classmates to answer their specific question. Then they report back to the class:</p> <div style="border: 1px solid black; padding: 10px; background-color: #f9e79f;"> <ol style="list-style-type: none"> 1. How many times a week do you exercise? 2. Do you prefer to exercise alone or with a friend? Why? 3. What is your favorite way to stay active? Why? 4. Do you usually have enough energy to exercise after school? 5. How do you motivate yourself when you feel lazy? Why? 6. Does listening to music help you move more? Why? 7. Is joining a class at the gym more fun than </div>

	<p>running alone? Why?</p> <p>8. Do you go to the gym when you are tired? Why?</p> <p>9. Do you use a wearable watch or a phone app to count steps? Why?</p> <p>10. Do you think technology actually helps people stay healthy? Why?</p>
<p>חלק 5: סיכום ו"כרטיס "יציאה" (Wrap-up & Exit Ticket) – דקות 5</p>	<p>התלמידים מדווחים מה גילו לגבי התלמידים בכיתה.</p> <p>Students report back to class. What did you find out about your classmates?</p> <p>For example, they can say: "I found out that three people in our class love dancing to stay fit!"</p>
<p>Lesson 3 - Listening</p>	
<p>5-minute introduction after the break</p>	<p>כיתבו על הלוח את השאלה <i>Who is the fittest person you know, and what do they do?</i> תלמידים צריכים לדבר בזוגות ולשתף בכיתה 3-4 תשובות.</p> <p>Teacher writes on the board: "<i>Who is the fittest person you know, and what do they do?</i>"</p> <p>Execution: Have students quickly chat with the person next to them for two minutes, then elicit 3-4 answers from the class.</p>
<p>20 minutes האזנת הנשמע ושיחה/ Spoken Reception and spoken interaction</p>	<p><u>How to EASILY Kick Start a Healthy Lifestyle Fast.</u></p> <p>התלמידים יצפו בוידאו ויענו על השאלות הבאות עם המורה בכיתה</p> <p>Watch the video How to EASILY Kick Start a Healthy Lifestyle</p>

	<p>1. What is a SIMPLE change you can make to live a healthier lifestyle?</p> <ol style="list-style-type: none"> Going for a walk every day. Hiring a personal trainer. Eating junk food. <p>2. COMPLETE THE SENTENCE. Give ONE answer. According to experts, being outdoors makes us _____.</p> <p>3. CIRCLE THE CORRECT ANSWER. Eating dark chocolate boosts our happiness. TRUE/ FALSE</p> <p>4. What else can you do to improve your daily happiness?</p>
<p>5 minute break הפסקה</p>	
<p>10 minutes Written reception</p>	<p>Students answer this online quiz individually.</p>

<p>סיכום ו"כרטיס "יציאה" (Wrap-up & Exit Ticket) – דקות 5</p>	<p>Students fill out this exit ticket: Circle the correct answer based on the video:</p> <ol style="list-style-type: none"> To be healthy, I need a personal trainer. (Yes / No) Walking outside makes us feel (happier / angrier). It is good to eat (junk food / leafy greens). My Goal: One thing I want to do this week is: <ul style="list-style-type: none"> <input type="radio"/> [] Walk for 30 minutes. <input type="radio"/> [] Eat more fruit or nuts. <input type="radio"/> [] Laugh more with friends.
	<p>Lesson 4 - BENEFITS OF EXERCISE</p>
<p>Introduction 5 minutes</p>	<p>המורה שואל: מהם היתרונות של אימון גופני? What are the benefits of exercise?</p>
<p>Written Reception 40 minutes</p>	<p>BENEFITS OF EXERCISE It's important for teenagers to exercise for at least 60 minutes every day. Exercise is good for the body and mind. It helps the brain to work better and improves learning. When you exercise, your body produces chemicals that help you feel good. Exercise can also help to reduce depression and anxiety, and give you a sense of pride when you achieve a goal.</p> <p>Regular exercise can help you to keep a healthy weight, and lower the risk of getting some diseases like type 2 diabetes, heart disease, and high blood pressure. Jumping, running, or lifting weights can help to keep your bones strong. Exercise can also help you age well, improve your quality of life, and reduce the chance of getting Alzheimer's.</p>

One of the biggest reasons people **drop** an exercise program is **lack of interest**. If what you're doing isn't fun, it's hard to keep it up. But there are many different sports and activities to try to see which one **inspires** you. If you need a little more **motivation**, take a class, join a team, or find an exercise buddy to help **keep you on track**.

Taking into consideration all the health benefits of being physically active, it's easy to see why exercise is **wise**. Remember, it's never too late to start exercising. And the great thing about exercise is that it's never too late to start. Even small amounts of exercise like taking a short bike ride or walking the dog, can make a difference. If you are new to exercise, start with a few minutes a day and slowly build to the recommended amount of at least 60 minutes.

Answer the following questions about the text “Benefits of Exercise.

QUESTIONS:

1. How can exercise help reduce depression and anxiety?
(lines 1-6)
 - a. By producing chemicals that make you feel good.
 - b. By increasing the risk of diseases.
 - c. By improving bone strength.

2. COMPLETE THE SENTENCE. (lines 12-16)
ONE reason people drop an exercise program is
_____.

3. COMPLETE THE SENTENCE with ONE WORD. (lines 12-16)

Taking a class or joining a team are _____ of activities or sports that teenagers can try if they want to stay motivated to exercise.

4. Besides physical health, what are some benefits of exercise mentioned in the text?
-

Understanding Main Ideas

Choose the statement that best summarizes the main point of the passage.

- Regular exercise is important for teenagers as it improves both the body and mind, benefiting overall health and well-being.
- Teenagers can stay motivated to exercise by trying different sports and activities.
- Physical activity helps teenagers focus more in school.

Healthy Lifestyle

Building Vocabulary:

Fill in the blank with the appropriate word.

*improve produce reduce anxiety a sense of pride
diabetes*

1. Engaging in hobbies or activities you enjoy can _____ stress levels.
2. Eating a balanced diet can help _____ the risk of developing _____.
3. Smiling and laughing can _____ your mood.
4. Achieving a personal goal can give you _____.
5. When you exercise, your body _____ chemicals that help you feel good.

Differential Learning (easier version of the text)	<p>Benefits of Exercise (CEFR A1)</p> <p>It is good for teenagers to exercise for 60 minutes every day. Exercise is important for your body and your brain. It helps you learn better and feel happy. When you move your body, you feel good. Exercise also helps you feel less sad or worried.</p> <p>Regular exercise helps you stay at a healthy weight. It also keeps your heart healthy. Activities like jumping and running make your bones strong. Exercise helps you stay healthy when you get older.</p> <p>Many people stop exercising because it is boring. It is important to find an activity that is fun! You can play a sport, join a team, or exercise with a friend. This helps you stay motivated.</p> <p>Remember, it is never too late to start. You can start with just a few minutes a day. You can walk the dog or ride a bike. Small steps make a big difference!</p> <hr/> <p>Reading Comprehension Quiz</p> <p>1. How many minutes should teenagers exercise every day? a) 10 minutes b) 30 minutes c) 60 minutes</p> <p>2. Exercise helps your brain to... a) work better b) forget things c) feel bored</p>

3. How does exercise make you feel emotionally?

- a) Angry
- b) Happy
- c) Scared

4. What happens to your bones when you jump or run?

- a) They get weak
- b) They stay the same
- c) They get strong

5. Why do many people stop exercising?

- a) They are too fast
- b) It is boring
- c) They have too many friends

6. What is a good way to stay motivated?

- a) Exercise alone
- b) Exercise with a friend
- c) Watch TV all day

7. Is it ever too late to start exercising?

- a) Yes, after age 20
- b) No, it is never too late
- c) Only in the morning

8. Which of these is a "small step" for exercise?

- a) Running a marathon
- b) Walking the dog
- c) Sleeping 10 hours

9. How should a beginner start exercising?

- a) Start with 5 hours a day
- b) Start with a few minutes
- c) Don't start at all

10. Exercise helps your heart and...

- a) helps you stay at a healthy weight

	<p>b) makes you shorter c) gives you more homework</p>
Recorded Lesson to view in class.	<p>Lesson 5 - Healthy Eating Habits</p> <p>Students watch this <u>recorded Lesson</u>. תלמידים צופים בשיעור המוקלט ומבצעים את המטלות. להלן המצגת של השיעור</p> <p>Use the lesson's PowerPoint Presentation to teach the lesson.</p> <p>More information on healthy lifestyle: Healthy Lifestyle</p>