

**READY?
STEADY?
GO!!**

CLIL
PHYSICAL EDUCATION
2nd ESO

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Ignacio Martí Llesma



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UNIT 1: HEALTH AND BODY HYGIENE

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O. LEARNING OBJECTIVES.

- ◇ Meaning of health.
- ◇ Meaning of physical fitness.
- ◇ Differences between bad and good habits.
- ◇ Know the importance of having a good body hygiene.

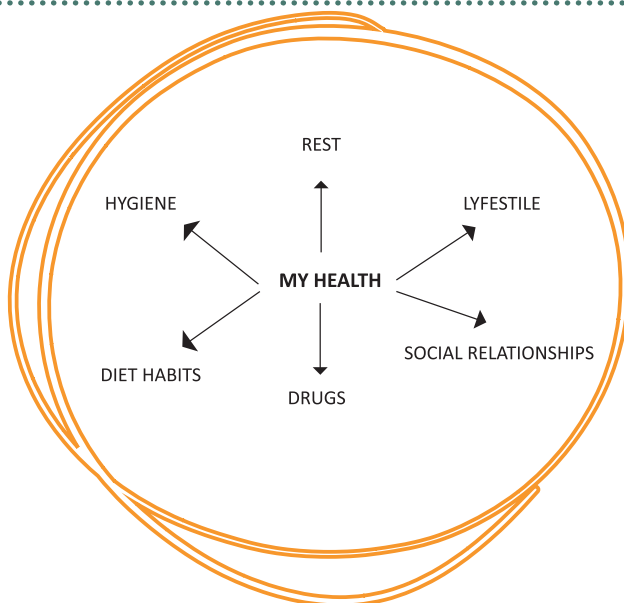
I. KEY VOCABULARY.

- ◇ Health.
- ◇ Physical condition
- ◇ Fitness.
- ◇ Lifestyle.
- ◇ Physical weakness.

2. CONCEPT OF HEALTH.

According to **World Health Organisation (WHO)** Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

3. FACTORS THAT TAKE PART IN MY HEALTH









4. HYGIENE

The hygiene has been one of the human worries from the beginning. In the Ancient Cultures, people used to take measures to prevent sicknesses (public baths, for instance).

During our adolescence it is necessary to increase our hygiene because some hormonal changes take place. They affect the body secretions, causing a bigger quantity of fat in the skin and hair, increasing the perspiration, etc.

We should not consider the hygiene as a hard duty, but as way for welfare and pleasant life.

<p>ADVANTAGES OF A CORRECT HYGIENE</p>	
<p>◇ It helps to prevent illnesses and infections.</p>	
<p>◇ It improves the personal health and the social relationships.</p>	
<p>◇ The shower activates the circulation. A cold one in the morning gives us vitality. A warm or hot one at night relaxes us.</p>	

5. THE HYGIENE AND PHYSICAL EDUCATION.

- ◇ A perfect toilet-bag should have at least: GEL/SOAP, TOWEL, DEODORANT (PERFUM), COMB, T-SHIRT. All of this will help you to be clean without using too much time.
- ◇ For a shower, the soap and shampoo should be neutral, to prevent allergies.



- ◇ You have to take a shower every day and to wash your hair 2 or 3 times a week.
- ◇ It is also important not to share personal items such as combs, brushes, or towels to avoid lice.
- ◇ When you go for a shower, please don't forget to take clean underwear and a pair of flip-flops.

DID YOU KNOW...?

Hygiene comes from the Hygieia, the Greek goddess of health.

The human body is home to 1000 species of bacteria.

The soap removes the viral particles that have attached themselves to surfaces and suspends them in the water, so they can be washed away.



6. CONCEPT OF PHYSICAL FITNESS

What does it mean to be in good physical condition?

Physical fitness is defined as the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist diseases and to react to emergency situations.

If you are in a good physical condition you will be able to carry out your daily tasks without undue fatigue.

If you practice a physical activity regularly you will obtain the following **benefits**:

- ◇ A better working of the heart and the circulatory system.
- ◇ It improves the respiratory capacity.



- ◇ It improves your muscles, bones and joints.
- ◇ It improves the activity of the nervous system.
- ◇ It improves THE PHYSICAL CONDITION.
- ◇ It helps you make friends.
- ◇ What does it mean to be in good physical condition?
- ◇ To be physically fit means to be in a good state of health and well-being.

SOME SYMPTOMS OF BAD PHYSICAL FITNESS	SOME CAUSES WHICH PROVOQUE BAD PHYSICAL FITNESS
Fast heart beat during low intensity exercise.	A sedentary lifestyle.
	
Rapid breathing.	Poor diet
Backache 	
Bad posture/muscular pain	Stress
	



<p>Overweight</p>	<p>Excess alcohol and tobacco</p>
<p>Sleep issues</p>	<p>Illnesses</p>
<p>Functional and cognitive Impairment.</p>	



6. ACTIVITIES

Fill up the gaps and think about your lifestyle?

1. Do you do/practice/play any sport or physical activity?

- a) Yes, I
- b) No, I

2. How many days per week do you play... it?

◇ I.....

3. For how long?

◇ I.....

4. My physical condition is:

bad	good	very good	excellent
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DON'T FORGET THAT...

- ◇ Living a healthy lifestyle can help you to prevent chronic diseases and long-term illnesses.
- ◇ It's important to eat a varied and balanced diet to stay healthy. You need to drink plenty of water and eat at least five portions of fruit and vegetables every day. You also need to make sure you exercise regularly to keep your heart, lungs and muscles strong and healthy.
- ◇ Practice good hygiene by keeping yourself clean and germ free.
- ◇ Don't forget to take your toilet bag (to the with a clean T-shirt, a towel and gel.
- ◇ It's also important to get plenty of sleep to make sure your body has time to recover and recharge.

5. Write 3 things you should do to improve your physical condition:

1. To improve my physical condition I should.....
2.
3.

6. Write 2 things you should not do in order to keep you fit:

- To keep...

-

-

.....

.....

.....

.....



ACTIVITIES TO REINFORCE LEARNING

- 1. Choose one of the unhealthy habits and explain how it affects your body health. Make a poster (70 cm x 50 cm). Add some images to make it more visual and clear.**
- 2. Prepare a short monologue (1') in order to explain to your classmates the bad consequences of carrying on with that unhealthy habit.**

7. WEBSITES

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>

<https://www.acsm.org/>