**15.05 – 4 пара**

**Тема урока«Здоровый образ жизни. Present Continuous».**

***Цель –*** введение новых знаний по теме «Present Continuous», отработка лекси-ческих навыков по теме «Здоровый образ жизни».

 ***Теоретические сведения***

 Действие во времени Present Continuous происходят в определённый момент в настоящем времени.

Маркеры этого времени:

Now – сейчас

Аt thе moment – в данный момент

Образование Present Continuous

Глагол-связка to be имеет следующие формы:

|  |  |
| --- | --- |
| местоимение | форма глагола |
| I  | **am**  |
| he/she/it  | **is** |
| we/you/they | **are** |

Образование утвердительных предложений:

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (am, is, are) | смысловой глагол +**ing** | обстоятельство времени |
| Children | are | read**ing** | now |

 Вопросы в настоящем длительном времени начинаются либо со вспомогательного глагола to be, либо с вопросительного местоимения. Подлежащее всегда ставится между am/is/are и смысловым глаголом:

|  |  |  |  |
| --- | --- | --- | --- |
| глагол-связка to be (am, is, are) | существительное | смысловой глагол +**ing** | обстоятельство времени |
| **Аre** | сhildren | read**ing** | now? |

 Не забывайте, что в английском языке слова располагаются в строгом порядке. Нельзя подлежащее ставить после глагольной конструкции, равно как и перед ней. Все дополнения и обстоятельства идут в конец предложения.

 В кратких ответах на вопрос в настоящем длительном времени основной глагол опускается, задействованы только местоимение и форма to be:

Are you working now? **Yes, I am.** Ты работаешь сейчас? Да.

Is Jeremy sleeping? No, he is not. Джереми спит? Нет.

 Образование отрицательных предложений происходит с помощью вспомогательных глаголов (am, is, are). После вспомогательного глагола ставится частица not.

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (am, is, are) + not | смысловой глагол +**ing** | обстоятельство времени |
| Children | are **not** | read**ing** | now |

Примеры: She is not (isn’t) working now. – Она не работает сейчас.

We are not (aren’t) reading now. – Мы не читаем сейчас.

***Порядок выполнения***

***Задание 1.*** Прочтите и переведите текст письменно.

Today healthy lifestyle is becoming more and more popular both with the old and the young. People have become more health-conscious. They say that the greatest wealth is health. And it’s so true. The healthier we are, the better we feel. The better we feel, the longer we live.

A healthy diet is an essential part of staying healthy. We know that we should not stuff ourselves with fast food, sweets, sausages, pastry and fat food. Due to medical research, this type of food shortens our life, it leads to obesity, heart and blood vessels diseases, diabetes, gastric problems and lots of other serious ailments. To prevent all these problems we should enjoy well-balanced home-made meals with a lot of organic fruits, vegetables, dairy products, grains and seafood. We are what we eat.

Keeping fit and going in for sports is also important for our health. Lack of exercise in our life is a serious problem. In big cities people spend hours sitting in front of computers, TV-sets and other gadgets. We walk less because we mainly use cars and public transport. We certainly don’t have to be professional sportsmen, but we should visit fitness clubs, go jogging, walk much, swim, go cycling or roller-skating or just dance. Doctors say that regular moderate physical activity is necessary for our body because it protects us from strokes and heart diseases, flue and obesity.

We must understand the harm of bad habits for our health. Smoking, drinking or taking drugs mean serious illnesses and even death from lung cancer or liver diseases, for instance. Cigarettes kill about 3 million heavy-smokers every year. Drug addicts die very young. So I think there is no place for bad habits in a healthy way of life.

Taking a proper rest and getting enough sleep, from 8 to 10 hours daily, are also great healthy habits. Sleep is the food for our brain and the rest for our muscles. Moreover we should avoid getting nervous or worried for no reason.

Healthy way of life concerns our body, mind and soul. Healthy people live longer, they are more successful and they enjoy their life. I believe that it’s not difficult at all to follow these simple rules, and they are worth it.

## *Задание 2.* Добавьте окончание -ing к следующим глаголам:

Work, swim, come, play, lie, tell, get, take, cut, drink, make, hit, sleep, try, look, walk, serve, eat, die, sit, cry, ski, travel, smile, begin, prepare, stop, listen, shave.

***Задание 3.*** Дополните предложения нужной формой глагола to be (am, is, are).

1. Frank and Martin … watching a TV show now.
2. Kelly … washing her dress in the bathroom.
3. Our teacher … writing something on the blackboard.
4. It … getting dark.
5. The birds … singing sweetly in the garden.
6. I … preparing for my report at the moment.
7. The children … decorating the hall for the party.
8. The wind … blowing now.
9. People … speaking quietly in the conference-hall.
10. You … waiting for the call.

##  *Задание 4.* Составьте предложения в the Present Continuous.

1. I/play/tennis/with/my/friend/now.
2. We/walk/on/the/ beach/now.
3. They/have/a/great/time/at/the/camp/at/the/ moment.
4. Angela/paint/a/beautiful/picture/now.
5. Tina/ and/Pam/stay/in/a/five-star/hotel.
6. It/rain/outdoors/at/the/ moment.
7. Bobby/prepare/for/the/test/in/his/room.
8. The/ dog/bark/at/some/strangers.
9. The/water/in/the/kettle/boil.
10. Somebody/knock/at/the/door.
11. The/children/still/sleep.
12. You/watch/the/sunset/now.
13. The/girls/choose/the/ costumes/for/the/party.
14. We/wait/for/the/bus/at/the/ bus-stop.
15. A/little/girl/cry.

##  Задание 5. Поставьте глаголы в скобках в правильную форму.

1. Alice and Ron … (to sit) in a cafe now.
2. It … (not to snow) outdoors now.
3. We …(to wait) for our teacher in the classroom.
4. I … (to watch) the children playing in the yard.
5. The girls … (to argue) about what present to buy for Lewis.
6. Andrew … (not to have) a rest at the moment.
7. Look! All the people … (to come) into the hall.
8. Unfortunately our experiment… (not to go) according to the plan.
9. Pam … (to stand) too close to the road.
10. The students … (not to have) a lecture now.
11. Her health … (to improve) day after day.
12. The rainforests … (to disappear) from our planet nowadays.
13. The baby-sitter … (not to look) after the child because the child … (to sleep) now.
14. Look! The guide … (topoint) at some ancient building.
15. I… (not to discuss) this question now.

***Задание 6.***Сделайте предложения  вопросительными.

1. We are gathering apples in the garden.
2. Mary is listening to music now.
3. I’m sweeping the floor in the kitchen.
4. The cat is running after the mouse.
5. The boys are making a plane.
6. The wind is getting stronger.
7. You’re building a nice house.
8. I’m taking a bath now.
9. A woman is feeding the chickens.
10. They are trying to catch a taxi.

***Содержание отчета***

1. Тема и цель занятия.

2. Прочтите и переведите текст.

3. Добавьте окончание -ing.

4. Дополните предложения нужной формой глагола to be (am, is, are).

5. Составьте предложения в the Present Continuous.

6. Поставьте глаголы в скобках в правильную форму.

7. Поставьте глаголы в форму Present Continuous.

8. Сделайте предложения  вопросительными.

9. Сделайте вывод.

***Контрольные вопросы***

1 Когда употребляется Present Continuous?

2 Как изменяется глагол в настоящем длительном времени?

3 Знаете ли вы временные маркеры этого времени?