**19.05 – 3 пара**

**Тема урока«Спорт. Pаst Continuous».**

***Цель –*** введение новых знаний по теме «Pаst Continuous», усвоение лексических навыков по теме «Спорт».

Действие во времени Pаst Continuous происходило в определённый момент в прошлом.

**Маркеры этого времени**:

From 5 to six Аt that moment All day long

**Образование Pаst Continuous:**

Глагол-связка to be имеет следующие формы:

|  |  |
| --- | --- |
| местоимение | форма глагола |
| I/ he/she/it | **was** |
| we/you/they | **were** |

**Образование утвердительных предложений**:

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (**was, were**) | смысловой глагол +  **ing** | обстоятельство времени |
| Children | were | read**ing** | at 2 o’clock. |

**Вопросы** в прошедшем длительном времени начинаются либо со вспомогательного глагола to be, либо с вопросительного местоимения.

|  |  |  |  |
| --- | --- | --- | --- |
| глагол-связка to be (**was, were**) | существительное | смысловой глагол +  **ing** | обстоятельство времени |
| **Were** | 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.

Образование отрицательных предложений происходит с помощью вспомогательных глаголов (**was, were**). После вспомогательного глагола ставится частица not.

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

**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. 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.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, go cycling.

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.

***Задание 2.***Дополните предложения нужной формой глагола to be (was, were).

1. Frank and Martin … watching a TV show at that moment.
2. Kelly … washing her dress in the bathroom when they came.
3. Our teacher … writing something on the blackboard all the lesson long.
4. It … getting dark at 7 o’clock.
5. The birds … singing sweetly in the garden all the night.

***Задание 3.*** Поставьте глаголы в скобках в правильную форму.

1. Alice and Ron … (to sit) in a cafe at that moment.
2. It … (not to snow) outdoors all the night.
3. We … (to wait) for our teacher in the classroom.
4. I … (to watch) the children playing in the yard at 10 o’clock.
5. The girls … (to argue) about what present to buy for Lewis.

***Задание 4****.* Сделайте предложения  вопросительными.

1. We were gathering apples in the garden for the whole day.
2. Mary was listening to music from 4 to 5 o’clock.
3. I was weeping the floor in the kitchen for 5 minutes.
4. The cat was running after the mouse when we came.
5. The boys were making a plane all the evening long.

**20.05 – 2 пара**

**Тема урока«Мой любимый вид спорта. Pаst Continuous».**

***Цель –*** отработка знаний по теме «Pаst Continuous», усвоение лексических навыков по теме «Спорт».

***Задание 1.*** Составьте предложения в Past Continuous.

1. I/to go home/at 4 o’clock yesterday.

2. We/to play basketball/at 6 o’clock last Sunday.

3. She/to talk with her friend/for forty minutes yesterday.

4.You/to wash the window/in the afternoon yesterday.

5.Nick/to ride his bike/all the evening.

6.Sheila and Dora/to wait for a bus/for half an hour.

7.They/to prepare for the party/all day yesterday.

8.I/to learn the poem/for an hour.

9.Dick/to paint the walls in his room/from 2 to 6 o’clock last Wednesday.

10.Eve and Tony/to skate/all day last Saturday.

***Задание*** *2****.*** Поставьте глаголы в скобках в правильную форму.

1. Alison … (to have) lunch at two o’clock yesterday.
2. Edward and Henry … (to play) the guitar all the evening.
3. Ben … (to run) in the park in the morning yesterday.
4. I … (to speak) to the manager from three to half past five last Thursday.
5. My grandparents … (to drive) to Poltava at this time yesterday.
6. Lucy … (to iron) clothes from 4 to 6 o’clock last Saturday.
7. You … (to sleep) for three hours in the afternoon.
8. Julia … (to listen) to news at this time yesterday.
9. My mother … (to dust) the furniture when I came home yesterday.
10. We … (to play) on the playground all day last Sunday.

***Задание 3.***Дополните предложения when или while.

1. The boys were playing football… the ball flew into the window.
2. Ronny was painting the fence … the bucket of paint turned over.
3. Denny was putting a tent… the girls were gathering wood for fire.
4. Rita was sleeping … the alarm-clock rang.
5. Nelly was peeling potatoes … her sister was cutting chicken into pieces.
6. Nigel was skiing … he fell down and broke his leg.
7. They were arguing … Mrs Elliot entered the room.
8. … my mother was watching her favourite show on TV, father was making coffee.
9. She was typing a letter … she found some mistakes.
10. They were driving towards the village … it started to snow.

***Контрольные вопросы***

1. Дайте определение времени Past Continuous.
2. Как образуется это время?

**21.05 - 2 пара**

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

***Цель –*** введение новых знаний по теме «Future Continuous», усвоение лексических навыков по теме «Здоровый образ жизни».

Действие во времени Future Continuous будет происходить в определённый момент в будущем времени.

**Маркеры времени**:

At 6 o’clock tomorrow– в 6 часов завтра Аt that moment tomorrow – в тот момент завтра

**Образование Future Continuous**

Глагол-связка to be имеет следующие формы:

|  |  |
| --- | --- |
| местоимение | форма глагола |
| I/ he/she/it/ we/you/they | **will be** |

**Образование утвердительных предложений:**

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол-связка to be (**will be**) | смысловой глагол + **ing** | обстоятельство времени |
| Children | **will be** | read**ing** | at that moment tomorrow. |

**Вопросы в прошедшем длительном времени** начинаются со вспомогательного глагола to be.

|  |  |  |  |
| --- | --- | --- | --- |
| глагол-связка to be (**will be**) | существительное | смысловой глагол + **ing** | обстоятельство времени |
| **Will be** | сhildren | read**ing** | at that moment tomorrow? |

**Образование отрицательных предложений** происходит с помощью вспомогательных глаголов (**will be**). После вспомогательного глагола ставится частица not.

|  |  |  |  |
| --- | --- | --- | --- |
| существительное | глагол to be (**will be**) + not | смысловой глагол + **ing** | обстоятельство времени |
| Children | **will be** **not** | read**ing** | at that moment tomorrow. |

***Задание 1.*** Переведите текст письменно.

Health is very important for every person. Everybody wants to be healthy and active. But in spite of that a lot of people nowadays have different illnesses and other health problems. I take care of my health because I like to feel well. But sometimes it seems that everyone all around me is ill, so it’s very easy to get sick. Sometimes I’m tired or stressed and I have a headache. So I have to use an aspirin or some other pain killer.

I don’t like to go to the doctor, but sometimes I have to. I go to the dentist once a year, because it’s important to look after your teeth. I hate toothache and can’t understand people who are ready to tolerate it because they are scared to go to the dentist.

In my opinion people should try to keep fit, eat healthy food and do some sports. But even if you do all that, it doesn’t guarantee that you won’t have some serious disease like asthma or cancer. The reason of it is a high level of pollution of the environment.

***Задание 2.*** Ответьте на вопросы.

1.What is very important for every person?

2. Does anyone wants to be healthy and active?

3. What do people have nowadays?

4.What can you use when you are tired or stressed?

5. Why is it important to go to the dentist once a year?

6. Why should people try to do to be healthy?

***Задание 3.*** Вставьте Future Continuous.

1. This time next Monday, I \_\_\_\_\_\_\_ in a huge office in New York. (work)
2. This time on Tuesday, Mary \_\_\_\_\_\_on a beach in Italy. (sunbathe)
3. Don’t make noise after midnight – I \_\_\_\_\_\_soundly, I hope. (sleep)
4. Jackeline \_\_\_\_\_to Kenya tomorrow at this time. (fly)
5. Students \_\_\_\_\_\_copies while he \_\_\_\_\_\_the report. (make/ finish)

## *Задание 4.* Составьте предложения, используя Future Continuous.

1. Sue/to do/homework/at 5 o’clock/tomorrow.
2. We/to sunbathe/from 9 to 12 o’clock/tomorrow morning.
3. Nick and Jack/to drive/to Berlin/at this time/next Monday.
4. You/to have/a conference/from 3 to 5 o’clock/tomorrow.
5. My cousin/ to practise/in the gym/at 7 o’clock/tomorrow evening.