



Negative aspects of computer use and Healthy lifestyle


Боканова Регина Ренатовна
 учитель информатики
 КГУ "Школа-лицей №3
 отдела образования Житикаринского района"
 Управления образования акимата Костанайской области
 Клен Ольга Валерьевна
 учитель английского языка
 КГУ "Школа-лицей №3
 отдела образования Житикаринского района"
 Управления образования акимата Костанайской области

Learning objectives	8.4.1.1 give examples of the influence of various electronic devices on the human body and effectively use protection methods 8.4.5.1 - deduce meaning from context in extended texts on a range of familiar general and curricular topics; 8.2.6.1L6 – deduce meaning from context with little or no support in extended talk on a growing range of general and curricular topics 8.3.7.1S7 – use appropriate subject-specific vocabulary and syntax to talk about a range of general topics, and some curricular topics
Lesson objectives	repeat and reinforce aspects of the influence of a computer on the user's health when working on a computer, ways to reduce the negative impact, the formation of knowledge about health, ideas about good habits
Assessment criteria	give examples of the effects of various electronic devices on the human body and the consequences of exposure lists and explains methods of protection against the harmful effects of electronic devices, gives examples of healthy lifestyle habits

Plan

Planned timings	Planned activities	Learners' activities	Evaluation	Re-sources
Beginning 5 min	R.R. Hello dear students! Today we have a non-standard lesson, but a single lesson of computer science and English. We are holding it together with an English teacher Olga Valeryevna. Demonstration of drawings and output on the topic of the lesson. Setting lesson goals. The teacher summarizes the answers of the students and pronounces the purpose of the lesson. «On your desks are self-assessment sheets with criteria. During the lesson, you need to put points for each correctly completed task» An interactive task - search for words related to the topic of the lesson	Students express their opinion. Complete self-assessment sheets. Suggested answers: 1. Health 2. Activity 3. Hygiene 4. Habit	Verbal evaluation	PPP https://learn-ingapps.org/watch?v=pb6um0n5322
Middle 30 min	O.V. Each of you wants to be healthy and successful in this life. Let's watch the video now and tell me what you need to do to lead a healthy lifestyle. Also on your tables are cards with questions. Watch the video and answer the following questions: 1) To be healthy, what should I eat?	Students watch the video and answer questions about the video. Learners answer: 1. d	Mutual avaluation Peer-to-peer assessment using the	

	<p>a) junk food b) salt c) fried food d) healthy food 2) What is important for a healthy lifestyle? a) regular physical activity b) time c) rest d) hobby 3) It's also important sometimes to talk about your problems with _____ a) colleague b) boss c) good friend d) dog R.R. Now we will check how well you know the rules of a healthy lifestyle. The game "Kahoot" in English. Let's move on to the next task. The division into groups according to the degree of activity and cognitive activity of students is carried out by the teacher (groups A, B and C) Group A: Sociologists Group B: Analysts Group C: Idea Generators The group work by the "Case" method. Each of the groups receives its own "resource case" and a task for it. Performed and formatted in English. The first group. (A) (method "Cluster") Task: Make a cluster "Negative and positive aspects of computer use"</p> <table border="1" data-bbox="309 1048 861 1559"> <thead> <tr> <th>Criteria</th> <th>Descriptors</th> <th>Level of study skills</th> </tr> </thead> <tbody> <tr> <td rowspan="3">Give examples</td> <td>Name at least five negative aspects of using electronic devices</td> <td rowspan="3">Knowledge Understanding Application</td> </tr> <tr> <td>Name at least 5 useful aspects of the influence of electronic devices</td> </tr> <tr> <td>Graphically represents the received information</td> </tr> </tbody> </table> <p>The second group (B) (method "Fishbone") Task: Compile a memo for the safe use of a computer based on the "Fishbone" scheme Where is the problem? : "The computer has a negative impact on the human body." The bottom row of bones - the facts of the negative impact of PC The top row of bones - methods of protection against the negative effects of PC</p> <table border="1" data-bbox="309 1861 861 2002"> <thead> <tr> <th>Criteria</th> <th>Descriptors</th> <th>Level of study skills</th> </tr> </thead> <tbody> <tr> <td>Give examples of</td> <td>Names at least 5 facts of the</td> <td>Understanding</td> </tr> </tbody> </table>	Criteria	Descriptors	Level of study skills	Give examples	Name at least five negative aspects of using electronic devices	Knowledge Understanding Application	Name at least 5 useful aspects of the influence of electronic devices	Graphically represents the received information	Criteria	Descriptors	Level of study skills	Give examples of	Names at least 5 facts of the	Understanding	<p>2. a 3. c</p> <p>Students work in a group, defend their projects. Put points on self-assessment sheets.</p>	<p>thumb method: Criteria for evaluating the work of groups (external evaluation, groups evaluate the work of other groups).</p>  <p>by protecting / explaining the cluster, everything was presented in an accessible, understandable language. The answer to the question is complete.</p>  <p>– The issue has been partially resolved. The material is presented in hard-to-reach language, the speaker defending the work cannot answer additional questions on the material. Mistakes, which were</p>	<p>Kahoot</p>
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	the influence of various electronic devices on the human body	negative impact of PC Determines the consequences of electromagnetic radiation on the human body	Application Analysis Evaluation	<p>Students raise their hands up if they think the answer is correct or sit down if they think the answer is incorrect.</p>	<p>made.  None of the group members can answer the question.</p>	
	Use protection methods effectively	Offers at least 5 methods of protection against the negative effects of PC				
	Formulate rules for safe work with a PC.	Makes a conclusion about the effectiveness of methods of protection against the negative effects of PC				
<p>The third group (C) (Project method) Make a project "Alternative methods of protection" Students are invited to make a creative mini-project about what a safe workplace for a PC user should be like.</p>						
Criteria	Descriptors	Level of academic achievement				
Effective use of protection methods.	Divides protection methods according to their degree of effectiveness	Synthesis Analysis Evaluation				
Offer alternative methods of protection	Names alternative defense methods Presents his answer in the form of a presentation					
<p>The teacher gives each group the opportunity to answer their question in front of the audience. O.V. And now it's time to relax and do a warm-up: Minute of physical activity «I will read the sentences. After each sentence, each of you either sits down or raises your hands up. If you think, that the answer is correct (True), then raise your hands up. If you</p>						

	<p>think, that the answer is incorrect (False), then sit down.</p> <p>«Are you ready? Let's start!»</p> <p>The teacher reads one sentence at a time. Students raise their hands up or sit down. After each sentence, the answer appears on the screen. Students check themselves.</p> <p>R.R. Now it's time for practical work.</p> <p>The task for the development of reading literacy, the task on the computer. Students must read the text in Russian, highlight the main points and build a diagram in Excel.</p> <p>Harmful factors when working at a computer</p> <p>According to scientists, when working at a computer, we have identified negative consequences: 40% load on vision, 20% osteochondrosis, 20% constrained posture, 7% diseases of the joints of the hands, 5% shortness of breath, 4% computer addiction, 4% radiation.</p> <p>Vocabulary:</p> <p>load on vision- нагрузка на зрение osteochondrosis- остеохондроз constrained posture -стесненная поза diseases of the joints of the hands- заболевания суставов кистей рук shortness of breath- затрудненное дыхание computer addiction- компьютерная зависимость radiation- излучение</p> <p>Put points on the self-assessment sheet.</p> <p>O.V. Reception "Words from a hat"</p> <p>The student stands with his back to the blackboard. A picture of the word from the hat appears on the board. All other participants, without naming the word itself, must describe it in English so that the student can guess what it is about.</p> <p>R.R. Situational task</p> <p>There are cards with various situations on the tables, and students must analyze the actions of the characters and express their opinion</p>	<p>Students work at the computer, build a chart in Excel.</p>		
<p>End 5 min</p>	<p>Calculation of points in self-assessment sheets, summing up</p> <p>Reflection "Telegram"</p> <p>Comments from teachers and students.</p> <p>Home work (differentiated choice task):</p> <ol style="list-style-type: none"> 1. Group: Create a health information leaflet 2. Group: Analyze the degree of negative impact of electrical appliances on you and your loved ones. Submit your answer in the form of an essay in English 	<p>Summing up their work. Students complete the form and send it to the teacher</p>	<p>Individual evaluation</p>	<p>https://docs.google.com/forms/d/1Uds8a qoOGqh bX174N BRWz4 2ZPVc m1z292 Q9sD- CH4Gc/edit</p>

Situation № 1. When Vitya came home from school, he immediately dined. Then it was time for rest. Vitya lay down on the couch and played games on the phone, so 2-2.5 hours passed, and then Vitya listened to the songs of his favorite musical group in headphones at full volume for another 2 hours, sitting at the computer. Finally, it was time for homework. Two weeks after such a rest (playing on the phone and listening to loud music), Vitya sat down to read, but everything began to blur before his eyes. Vitya ran to his grandmother and told everything. Grandmother answered Vita that today they would go to the doctor. But Vitya could not make out what his grandmother was saying to him and asked her to speak louder. At the appointment with an ophthalmologist, a diagnosis was made: "Violation of accommodation" and treatment was prescribed. The doctor said that 1 month after the treatment, Vitya's vision would be completely restored, and the ENT doctor warned Vitya that further listening to loud music would lead to deafness.

Questions: Why did Viti's eyesight begin to deteriorate? How much can a student work on a computer per day? How to prevent visual impairment? Suggest how Vitya spends his free time? Why does listening to loud music harm my hearing aid?

Situation № 2. My friend Amir is 15 years old, we are in the 8th grade.

Before the New Year holidays, we had common interests and we constantly spent a lot of time together: we went to the pool, to the skating rink, to the cinema, walked in the park.

But during these holidays, my family and I went to my grandmother, and Amir stayed in the city.

In the first days, we called up and he told me that he had downloaded an interesting game from the Internet, from which it was impossible to tear himself away, since the bonuses earned in the game earlier could "burn out".

After the holidays, Amir and I saw each other only at school.

He began to lag behind in his studies, skipped classes, stopped going to electives and the sports section.

On social networks, Amir published the results of his gaming victories, started a chat with new friends who, in most of the photos, played the same game.

Soon, Amir completely stopped communicating with classmates.

Amir's mom said there was nothing she could do about it.

Questions: What do you see as the problem in this situation? Why does Vitya skip classes, stop attending the section?

Do you think that if Vitya told his parents about the emergence of new gaming hobbies, the situation could change?

Situation № 3.

Vitya's long-awaited autumn holidays have come. But Vita was sad to be alone at home. He had nothing to do. After all, he already knew that listening to loud music for a long time, sitting at a computer for a long time is harmful, and Vitya had no friends. Therefore, Vitya was sent to rest in the village with his grandmother. Grandmother fed Vitya intensively all the holidays with dumplings, pies, cakes, fried meat, sandwiches with sausage. Vitya is happy to help his grandmother bring water from the pump, chop firewood, heat the stove, but the grandmother manages everything herself. Vitya does not allow to help with the housework, protects his grandson, but says: "You will earn more." After the holidays, my mother took Vitya for a scheduled examination at the clinic. The doctor measured Vitya's height and weight, and it turned out that Vitya was overweight. The doctor advised Vita to move more, and it is better to go to the sports section. Viti's mother enrolled her son in the basketball and karate section, which took place 3 times a week. Two months later, the excess weight was gone, and Vitya made many new friends.

Questions: Why is Viti overweight? Why didn't Vitya have friends? Why does the human body store fat in fat cells? It is known that fruitful work strengthens the health of people. What do you think Vitya can do in the village with his grandmother?