

In the time out



In the time out



The fases of the activity

- .We revised the parts of the body
- .Each of us chose a movement
- .With the English teacher we found out how to say the movements in English
- .We decided the sequence of the movements
- .We memorized our movements in the correct order
- .We chose the musical background and we performed the movements following the rhythm we agreed upon
- .At the end we filmed the video of the activity

The reasons of the activity

Since we as students spend a lot of hours at school sitting at our desks to study or to do our homework, it can happen that we adopt unhealthy postures.



•Therefore we have thought to perform some movements in class during the time out.

The importance of breathing

The last movement is "take a deep breath". Breathing is important for our well-being. In the same way in which our thoughts and feelings affect our breathing, so breathing can influence the ways we react to different situations.



Life skills

Our daily activities are related to acquiring and improving life skills. They are abilities that allow us to have a positive attitude to life. Thanks to these abilities we can face life challenges and different requests. Life skills are...

21st Century Life Skills Framework

(to create opportunities amidst 21st century challenges.)



Assuming proper eating habits is related to life skills...



WHAT WE HAVE LEARNED

- To tell the movements in English
- To use the imperative and the past simple

•...and

•WE HAD FUN!!!

MOVE YOURSELF!!!



GOOD BYE

BY

THE SECOND A CLASS