



# 《高中英语》（上外版）

必修第三册第三单元

## Healthy Lifestyle

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# 《高中英语》（上外版）

## 必修第三册第三单元



课时	授课内容
1	Getting Started/ Reading A
2	Reading A/ Vocabulary Focus
3	Reading A/ Grammar in Use
4	Listening and Viewing
5	Moving Forward
6	Reading B/ Critical Thinking
7	Further Exploration/ Self-assessment

# 学习目标 Learning Objectives:

**At the end of the lesson, you will be able to ...**

1.理解健康习惯记录表的使用目的和文本特征。

understand the purpose and features of health habit tracker;

2.理解如何进行互评并向同伴提供有建设性的反馈意见。

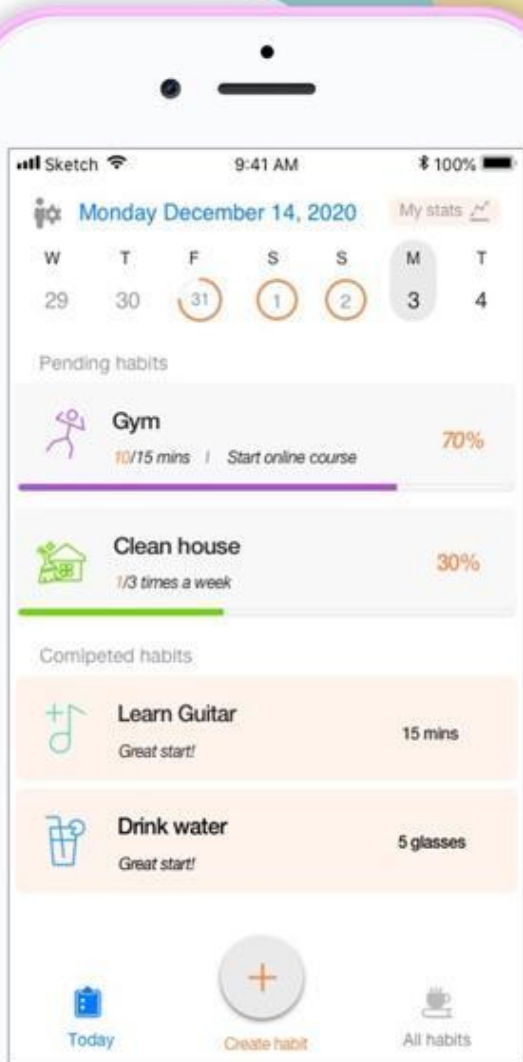
understand how to perform peer-editing and give constructive feedback to their peers;

3.使用健康习惯记录表，将健康生活相关的意识化作行动。

turn health awareness into health action with the help of the habit tracker.



# MAKE A DAILY ROUTINE



## Health Habit Tracker



A chart made to **track** the **healthy habits**  
that people want to take up

# What are some healthy habits we have learned in Unit 3 ?

## For Example:

1. Take routine physical activities (Reading A)
2. Form healthy social relationships (Listening & Viewing)
3. Stay away from junk food and soft drinks (Moving Forward)
4. Wash your hands to remove the germs. (Reading B)
5. ...

Habit \_\_\_\_\_ Start \_\_\_\_/\_\_\_\_/\_\_\_\_

Why? \_\_\_\_\_

What I Need to Do \_\_\_\_\_

Challenges \_\_\_\_\_

Solutions \_\_\_\_\_

Tracker

	S	M	T	W	T	F	S
Week 1							
Week 2							
Week 3							
Week 4							

Reviews

	What Worked?	What Didn't?	Changes to Make
Week 1			
Week 2			
Week 3			
Week 4			

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Take routine physical activities

Doing physical exercises can keep us fit, strengthen our muscles, and is also helpful to our metabolism.

I do not have enough spare time to do exercise on a daily basis.

I can cut down the time I spend on playing video games and watching TV.

Habit \_\_\_\_\_ Start    /    /

Why?

What I Need to Do →

Challenges

Solutions

Tracker

	S	M	T	W	T	F	S
Week 1							
Week 2							
Week 3							
Week 4							

Reviews	What Worked?	What Didn't?	Changes to Make
Week 1			
Week 2			
Week 3			
Week 4			

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## Break it down!

1. Jog for 20 minutes every morning and evening.
2. Do 3 sets of push-ups and sit-ups before going to bed.
3. Find a “buddy” who is willing to exercise with me.
4. Try not to skip my daily exercise, even when feeling very tired!

# Now it is your turn! Fill out **the first half** of your Health Habit Tracker

Think about:

1. What is the health habit that I need to build right now and why?
2. How can I break down the procedure of building a new habit?
3. What are some potential challenges and solutions related with my habit?

Habit \_\_\_\_\_ Start \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Why? \_\_\_\_\_

What I Need to Do \_\_\_\_\_

Challenges \_\_\_\_\_

Solutions \_\_\_\_\_

Tracker

	S	M	T	W	T	F	S
Week 1							
Week 2							
Week 3							
Week 4							

Reviews

	What Worked?	What Didn't?	Changes to Make
Week 1			
Week 2			
Week 3			
Week 4			

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## In your group:

1. Take turns to share your health habit trackers.
2. Listen to your groupmates' feedback and take notes.
3. Comment on your groupmates' trackers.
4. Revise your own health habit tracker.

Here are some phrases you can use during the discussion:

- I think this part can be even better if you ... / I think this part is missing ...
- I am not sure about how to..., could you give me some suggestions?
- Could you join us and improve this habit tracker together?
- Thank you so much for sharing your habit tracker / feedback!

*Be respectful !*

## Let's do a Gallery Walk!

1. Pick out the best health habit tracker in your group and put it on the table.
2. Walk around and read other groups' health habit trackers.
3. Put a sticker on the habit tracker you love most and **write a compliment** on the sticker.  
(e.g. : “I like that your tracker includes a lot of details!”)
4. The group that has **the most stickers** is the winner!



**Let's give a round of applause to the winning group!**

# Closing:

**Let's quickly share:**

1. What is the healthy habit that I chose?
2. What is one thing that I have learned from my classmates' trackers?
3. Who helped me when making the health habit tracker?



## Assignments:

1. Review and reflect on Unit 3, then finish the self-assessment on page 49.
2. Fill out the habit tracker and share progress in Wechat group every week.

Thank you!