

What can you remember from the article CLIL - Physical and vocabulary exercises?

Self-Assessment

Methodology tip: Getting students involved in self-assessment (SA) has the potential of higher improvements in their achievement. First, students learn the skill of self-reflection and self-evaluation (soft skill). Second, they revise the given topic (knowledge) and third, they decide what steps need to be taken to reach their set learning objectives (planning).

After having read the article about CLIL - Physical and Vocabulary Exercises, check what you have learnt. For each task, mark the box that best matches your ability.

✓ ✓ I understand and can explain it to a friend.

✓ I understand and can do it by myself.

? I understand but I am not sure.

X I do not understand.

| | I can... | ✓ ✓ | ✓ | ? | X |
|----|--------------------------------------------------------------------------------------------------------------|-----|---|---|---|
| 1 | I can name at least three sports which are played on a court. | | | | |
| 2 | I can name at least three sports which are played on a pitch. | | | | |
| 3 | I can name at least three sports which are held on a track. | | | | |
| 4 | I can name at least five water sports. | | | | |
| 5 | I can give the name of sport which involves athletes riding and performing tricks on a movable board. | | | | |
| 6 | I can explain who a coach potato is. | | | | |
| 7 | I can give some advice to a coach potato how to become more active and live healthier. | | | | |
| 8 | I can name at least 6 types of exercise from the Daily Warmup picture. | | | | |
| 9 | I can say/write four essential phases of physical exercises. | | | | |
| 10 | I can explain why it is good to respect these four phases. | | | | |
| 11 | I can give advice to athletes how to prevent injuries during practicing sports. | | | | |
| 12 | I can name at least seven benefits of a regular physical exercise. | | | | |
| 13 | I can say/write the main advantage of participating aerobic activities (running, cycling, swimming...). | | | | |
| 14 | I can say/write the main advantage of participating resistance exercises (strength exercises, bodybuilding). | | | | |
| 15 | I can say/write what part of body is a joint. | | | | |

Now, check your answers with the key and compare the results with the self-assessment of your knowledge in the box. How many times were you right? Are you satisfied with the result? If not, go back to the article, read it again and find the answers while reading it.

Tip for better learning: Try to retell the main ideas about sport and its benefits. Use new words you have learnt. Write new words/phrases on paper cuttings (one word/phrase per cutting). Each time you say the word on a paper cutting, turn it over (face down). Continue speaking until you have turned over all cuttings. This technique will help you to improve vocabulary.

Key:

1. a court – e.g. tennis, volleyball, basketball, badminton. If you mentioned 3 and more sports = ✓ ✓ , 2 = ✓ 1 = ? 0 = X.
2. a pitch – e.g. football, baseball, American football, rugby, cricket. If you mentioned 3 and more sports = ✓ ✓ , 2 = ✓ 1 = ? 0 = X.
3. a track – e.g. running, car racing, horse racing, dog racing. If you mentioned 3 and more sports = ✓ ✓ , 2 = ✓ 1 = ? 0 = X.

4. water sports – e.g. swimming, water polo, rafting, canoeing, diving, boat racing, windsurfing, water aerobics, artistic swimming, jet skiing. If you mentioned 5 and more sports = ✓ ✓ , 4 -3 = ✓ 2 - 1 =? 0 = **X**.
5. skateboarding
6. A couch potato is someone who spends free time in front of the screens (TV, PC, phone...) and he or she isn't usually fond of any sports and PE.
7. Pieces of advice: e.g. go for a longer walk twice a week, include a short warmup exercise in your daily routine, take up a physical activity you may like, don't spent too much time in front of the screens, read books or magazines, go out with friends, talk to friends rather than chatting online. If you mentioned 4 and more = ✓ ✓ , 3 - 2 = ✓ 1 = ? , 0 = **X**.
8. **See the picture of DAYLY WARMUP** If you mentioned 6 and more = ✓ ✓ , 5 - 3 = ✓ 2 - 1 =? 0 = **X**.
9. Four essential phases of physical exercises: warmup, stretching, training (conditioning) and cooldown.
10. It is advisable for athletes to respect these four phases, so they prevent injuries during an intensive physical activity.
11. Pieces of advice: e.g. be concentrated and careful, play fairly, enjoy the movement, don't forget about four phases. If you mentioned 3 and more = ✓ ✓ , 2 = ✓ 1 =? 0 = **X**.
12. Check it with benefits mentioned in the article. There are eleven benefits all together. If you mentioned 7 and more = ✓ ✓ , 6 - 5 = ✓ 4 - 2 =? 1 - 0 = **X**.
13. Your body's ability to transport and use oxygen (in the lungs and blood) will be better if you practice aerobic activities.
14. Your muscles will be bigger and stronger if you practice resistance exercises.
15. A joint is a place in your body where two bones are connected e.g. an elbow/hip/knee joint.