

Lesson scenario: 10 exercises - Get up from the computer
Class V

Initial greeting of students and introduction of the lesson topic: "10 exercises - Get up from the computer".

Principles of computer hygiene:

- Discuss some computer hygiene principles such as correct posture, ergonomic equipment and regular muscle stretching breaks.

Importance of getting up:

- Explaining why getting up from the computer regularly is important for our health and well-being.

Interactive task:

- Presenting an interactive task for students to help them better understand the topic and apply the information they have learnt in practice.

Exercises:

- Present 10 exercises that students can do to get up from the computer and stretch their muscles. Each exercise should be described in detail and visually presented on slides.

Summary:

- Emphasise the importance of getting up from the computer regularly and doing simple exercises.
- Encourage daily practice of these exercises to maintain a healthy lifestyle. Praca domowa:
- Introduce the homework assignment, which involves doing exercises for a week and recording progress in a diary.

Questions and debriefing:

- Giving students the opportunity to ask questions about the topic discussed.
- Summarising the lesson and recalling the main points.

Introduction:

Hello students! Today's lesson will focus on the topic of computer hygiene and the importance of getting up regularly. Why is this important? Because sitting in front of a computer for long periods of time can have a negative impact on our health and well-being. Sitting in the same position for too long can lead to back pain, stiff muscles, fatigue and reduced concentration. This is why it is worth taking care of our body and introducing healthy habits while working at the computer.

Principles of computer hygiene: Let's now move on to discuss some computer hygiene rules that will help us maintain correct posture and avoid excessive muscle tension.

1. Correct body position: Sit up straight, with your back against the back of the chair. Keep your feet on the floor and your forearms parallel to the floor to avoid excessive strain on your spine.
2. Ergonomic equipment: Use an ergonomically shaped chair and desk that provide adequate support for the body.

3. Regular breaks: Grant yourself regular breaks to stretch your muscles, relieve tension and take a break from the screen.

Regular muscle stretching and rest breaks are important. The WHO recommends getting up from your workstation every hour and doing short stretching exercises to help relieve muscle tension and improve blood circulation.

Interactive task:

<https://wordwall.net/pl/resource/2060154/informatyka/prawidlowa-postawa-podczas-pracy-przy-komputerze>

The importance of getting up: now let's move on to the main topic - the importance of getting up from the computer. You know that sitting for long periods of time can have a negative impact on our health and well-being. That's why it makes sense to get up from your desk regularly and engage in physical activity. When we get up, we stimulate blood circulation, stretch our muscles and energise our body. This allows us to remain more focused and effective in our work.

Homework:

Do the following 10 exercises every day for a week.

Create a diary and record your progress in it

Exercise 1: Marching in place

- Stand up straight in your seat.
- Take brisk steps, lifting your knees as if you were walking.
- Continue for 1-2 minutes.

Exercise 2: squats

- Stand straight with your legs hip-width apart.
- Slowly bend your knees and lower your body down as if you were sitting on an invisible chair.
- Return to the starting position and repeat 10-15 times.

Exercise 3: Forward bends

- Stand straight, feet hip width apart.
- Straighten your back and then bend at the hips, lowering your hands towards the floor.
- Try to touch your toes or as far as you can.
- Hold for a few seconds, then return to the starting position.
- Repeat 8-10 times.

Exercise 4: Push-ups on the wall

- Find a solid wall and lean against it, spreading your arms shoulder width apart.
- Perform push-ups by bending your elbows and bringing your chest close to the wall.
- Repeat 10-15 times.

Exercise 5: Leg raise

- Sit on the edge of a chair or bench, keeping your hands on the seat for support.
- Raise one leg to hip height and then lower it.
- Repeat 10-15 times for each leg.

Exercise 6: Shoulder rotations

- stand straight, spreading your legs hip-width apart.
- lift your arms out to your sides, then perform smooth rotational movements back and forth.
- repeat for 30-60 seconds.

Exercise 7: Stretching the neck muscles

- Sit on a chair with your feet hip width apart.
- Gently tilt your head to one side, trying to touch your ear with your shoulder.
- Hold for a few seconds and then repeat on the other side.
- Repeat 5-8 times with each side.

Exercise 8: Hip rotations

- stand straight with your hands on your hips.
- perform smooth rotational movements with your hips, circling in one direction for 30 seconds, then change direction.

Exercise 9: Trunk twists

- stand straight, spreading your legs hip-width apart.
- perform torso twists, bending to the side and touching the opposite knee with your hand.
- repeat 10-12 times on each side.

Exercise 10: Shoulder raises

- Stand straight, spreading your legs hip-width apart.
- Lift your arms out to your sides, then slowly raise them as if you want to reach the ceiling.
- Hold for a few seconds and then lower your arms.
- Repeat 8-10 times.

Summary: In summary, getting up from the computer regularly and doing simple exercise can make a huge difference to our health and wellbeing. Remember the principles of computer hygiene and engage in physical activity to maintain muscle flexibility, improve blood circulation and energise yourself. I encourage you to practice these exercises on a daily basis so that you can reap the full benefits of computer work and enjoy a healthy lifestyle.