\*\*Lesson Scenario\*\*

\*\*Body as an Incredible Machine\*\*

\*\*Substantive Material\*\*

\*\*1. Teacher's Lecture\*\*

We can say that our body is our home. And it's not entirely accurate to say that we have a body. We are the body. The body is us. Have you ever wondered how many complex functions our body performs for us around the clock? Look at the graphic below, here are examples of the most important ones:

- Heartbeat,

- Blood circulation in veins and arteries,

- Opening and closing eyelids - all day (except during sleep),

- Breathing - around the clock,

- Work of movement muscles - all day,

- Work of muscles forming tissues and organs - all day,

- Musculoskeletal system - all day, when we move or sit/lie down,

- Brain - around the clock.

As you can see, the body can be called a magical machine, thanks to which we can do so much every day. Take a moment to think about your favorite activities and which body parts are particularly necessary for you to perform them?

Notice how many beautiful, joyful activities we can list. It seems so obvious to us. That we don't have to do anything, and we will always be able to do whatever we want. Thanks to the power of our bodies, we can achieve seemingly impossible things. Every body is capable of so much, regardless of whether someone considers it beautiful or ugly, slim, or fat. It's worth asking ourselves an important question: have I ever looked at my body this way?

Another phenomenon related to the body is its capabilities despite various adversities, such as chronic illnesses or disability. We know plenty of examples - even from the world of sports, of people who despite their disabilities or difficult health experiences, achieve the highest sports titles!

One of the most well-known and simultaneously decorated Paralympians is Natalia Partyka - a table tennis player, who went to her first Paralympic Games at the age of 11. At the age of 15, she won two medals - gold individually and silver in a team event. She has 4 individual gold Paralympic medals to her name, to which she recently added a gold team medal at the Rio de Janeiro Paralympic Games and in Tokyo. Together with her team, she also has two silver and one bronze medal, as well as a bronze medal individually won at the Tokyo Paralympic Games. She has been awarded the title of individual world champion six times.

Natalia Partyka is therefore an example of a person whose body, despite certain dysfunctions, can rise to the heights of ability when it comes to sports skills. This is a perfect example - confirming the statement that the human body is an incredible "machine".

https://www.youtube.com/watch?v=3tH-C6mJEn8

Now I invite you to read the "letter to the body" from a teenager from the USA. (Attachment No. 23)

T: What do you think about this letter? Do you like the form of expression of respect and gratitude to the body?

\*\*2. Summary\*\*

Today you had the opportunity to look at the body with kinder eyes than teenagers usually do. We live in times when often all attention is focused on how the body looks, rather than on how much good it does for us every day. In return for its work, it deserves good treatment, including a good diet and a significant dose of daily exercise. It's worth remembering this, especially when we find ourselves comparing with others in terms of appearance. Is it really so important to us? I hope that after today's lesson, it will be much less so!

As part of your homework, read an interview with another person who, despite serious health difficulties, became a triathlete.

https://triathlonlife.pl/po-transplantacji-startuje-w-triathlonie/