**SCENARIO**

**The Alpine environment**

General purpose

* getting to know the landscape of the Alps.
* getting to know the climatic and plant levels of the Alps.

Operational goals

* indicates the location of the Alps and the Alpine countries on the map,
* understands the relationship between climate and vegetation type,
* lists the features of plants' adaptation to water,
* understands the need for physical activity,

Description of the lesson.

Physical activity is an integral part of every day. This does not change the fact that most people move too little and too rarely.

But is movement equal to movement?

Specialists from various fields emphasize the great importance of regular physical activity in shaping health and keeping the body in the best possible shape for many years.

According to the World Health Organization (WHO), physical activity is defined as body movement caused by skeletal muscles, which requires energy. Therefore, with reference to this characteristic, physical activity should include not only organized sports activities, but also typical everyday professional activity and housework.

Why should the term "physical activity" not be confused with "exercise"?

Exercise is a type of physical activity that is planned, specific, repetitive and aimed at improving physical fitness.

Physical activity in everyday life can be divided into professional, sports, home or other activities. Energy expenditure can be determined by the number of calories (kcal) needed to provide energy for a specific activity. Therefore, you should remember that apart from typical sports exercises, all other physical activities also bring health benefits.

One of such activities may be, for example, a trip to the mountains, of course depending on your own abilities and health condition. A trip to the mountains, even a short one, requires preparation. We need to get acquainted with the weather, plan the route, and prepare everything necessary on the trail.

I invite you to a small trip to the Alps.

1. Introduction.
   1. Familiarization with the location of the Alps - based on landscape maps,

tourist, we determine the location of the mountains,

* 1. Mark on the outline map of Europe the countries where the Alps are located:

-Austria, France, Liechtenstein, Monaco, Germany, Slovenia, Switzerland, Hungary, Italy,

* 1. Alpine landscape – fragment of the film
     + world of plants and animals
     + plant systematics - consolidation of knowledge, analysis of the diagram

II. Development.

1. How are mountains formed?

-analysis of schematic drawings 2. Climatic and plant levels in the Alps

* + upper montane trees: pine, spruce, fir,
  + Animals:

mammals - northern chamois, alpine ibex, white-tailed hare, brown bear, alpine marmot, snowpole,

birds - wallcreeper, golden eagle, ptarmigan, mountain ptarmigan, common crow, seer,

amphibians – black salamander, spotted salamander,

* + find the above-mentioned animals on the Internet, print their photos,

1. What should you take with you to the mountains? - individual work,
   * the illustration shows a backpack into which we put the necessary items, i.e.... - children write names on the illustration

items,

* + we compare our task with others and fill in any gaps in the backpack,

1. What sports can you do in the Alps? - work in groups
2. Regional cuisine – Tyrolean cuisine
   * Swiss cheeses III.Summary.

1. The highest mountain peaks 2. Alpine lakes - photographs

Worksheets 1. Solve the crossword and rebuses

own work

1. Make an album about alpine animals (photos of animals printed during the lesson).
2. Make a flower from yellow cheese and vegetables
3. How did plants adapt to life in water?

Experience - fold and ridge mountains - description

Salt dough – a glass of flour, a glass of salt and water; pour flour and salt into a bowl, gradually add water to knead a uniform mass - for testing, the mass must be stiffer.

Divide the ready salt dough into 3 portions, put each portion in a separate bowl and add a different food coloring to each portion, mix, and get a dough in 3 colors.

On the pad, place 3 layers of mass horizontally, one on top of the other, e.g. yellow mass, then place a layer of red mass on it, and then a layer of green mass. Then, with our hands, we slowly begin to squeeze the colored mass arranged in this way - a vertical fold is created - i.e. a fold mountain.

We make the log mountain differently - you will need a knife.