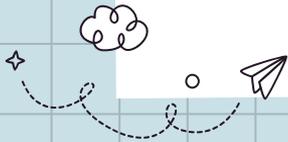


4° CLIL



PE and English Postural Education

CLIL Project



Structure of our project

1. Three main topics.

- Relationship between posture and emotions (closed and open posture)
- Ergonomics and sitting posture
- Risks and injuries related to poor posture

2. Dissemination.

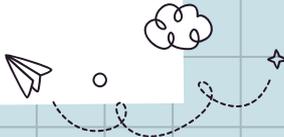
- Instructional Video
- Choose the best medium to share the results (website, poster, tiktok, kahoot, powtoon...)



Let's Go!

REMEMBER!

Active class participation and commitment to tasks
are crucial to achieve the goal.



01

Body posture and Emotions

How are they related? Can you **guess**?



Initial Questions

1

Can you **define** 'body language'? (We will check with the video).

What is your posture / What do you do when...

- ...the teacher is looking for someone to answer a question.
- ...the teacher asks you to come to the blackboard.

2

3

Think: What do you communicate with your body language? What can your posture tell about **you**?

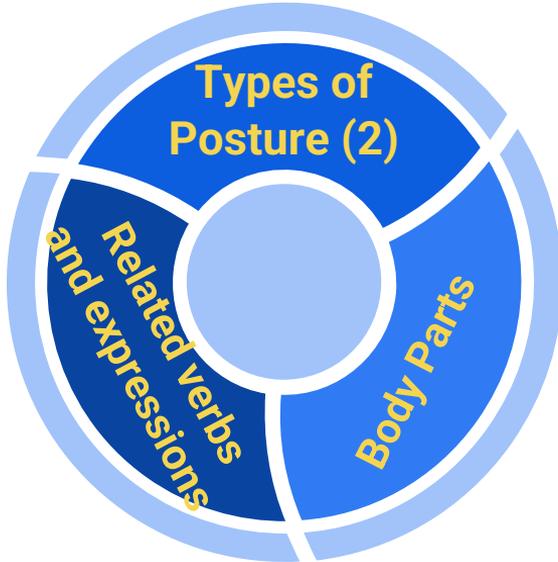
Vocabulary 1

Look at the following images and **identify** the type of **emotion** being displayed. Write down as many words as you can.



Vocabulary 2

Several of the following words will appear in the **TED Talk**. **Organise** them in the diagram below.



- Sternum
- Rib cage / chest
- Open
- Anatomic curves
- Spreading out
- Sitting bones
- Closed
- Spine
- Skull
- Top of the head
- Hunching
- To make yourself smaller / tiny
- Pelvis
- Crossing legs
- To wrap yourself up

TEDTalk - *Your body language may shape who you are*, by Amy Cuddy



“If you feel like you shouldn’t be somewhere: Fake it. Do it not until you make it—but until you become it.”

— AMY CUDDY

TEDGLOBAL2012

Take a look at the title of the talk.

- Can you come up with a **hypothesis** as to how our body language may shape who we are?
- You will be able to check your answers after watching the video.



TED Talk - time stamps



B - 2'32

Complete your definition of 'body language'.

3'45 - 5'30

What are non-verbal expressions of power and dominance?

How do we know these expressions are universal?

5'30 - 6'24

Before watching:

What is the role of gender in relation to open and closed positions?

7'04 - 8'30

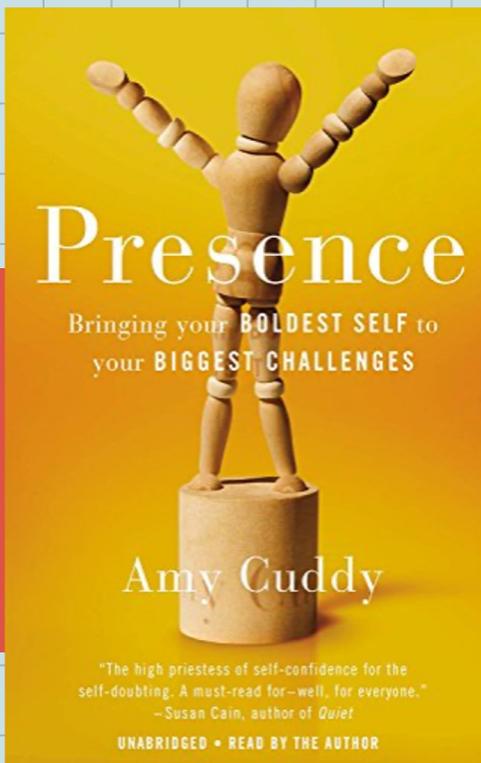
What was Ammy Cuddy's hypothesis?

8'30 - 9'42

What do powerful male primates and human leaders have in common?

12'30 - 15'06

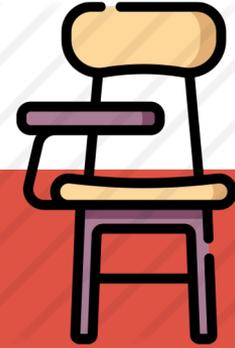
The experiment.



“So, if the goal is confidence, don’t fake it till you make it. Fake it till you become it.”

—Ammy Cuddy

- Then, what would be the best posture to take?
- Do you think the same applies to ‘sitting posture’?



02

Ergonomics and Sitting Posture

First things first:

- what do we understand by **ergonomics**?
Provide a **definition**.



Lead a healthy lifestyle

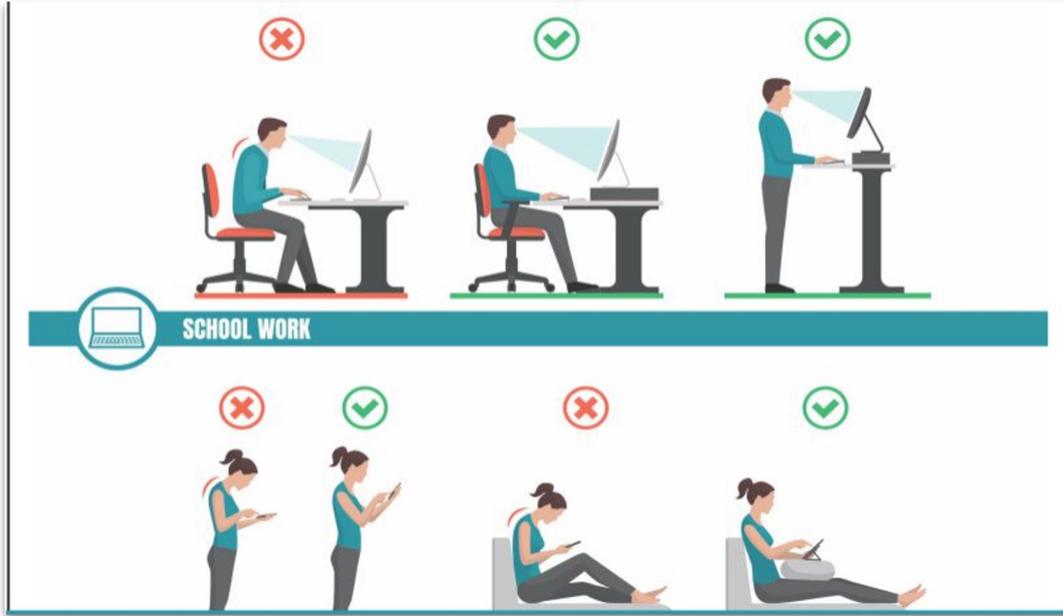
We all know about the usual advice to lead a healthy life.



However, what about **body posture**?

How relevant is it to keep a good posture?

Vocabulary Revision



From what you've seen in the PE class, are these pictures accurate? Explain.



Video

1. Look at this video from **TEDEd** and **identify** the main risks that develop from keeping a poor posture.
2. **COMPREHENSION**: How do “spine curves” develop? What are the main functions of these curves?
3. **Analysis**: What aspects should be considered to choose appropriate furniture?

Link: [The benefits of good posture - Murat Dalkılıç | TED-Ed](#)



03

Risks and Injuries

What would happen if we did not keep the right posture?

1. Write down each new word that appears in your classmates' answers.

Proper Sitting and Back Health



%

Did you know?
Percentage of students...

What do you
think of these
figures?

55-75%

...reporting back pain
(ages: 12-19).

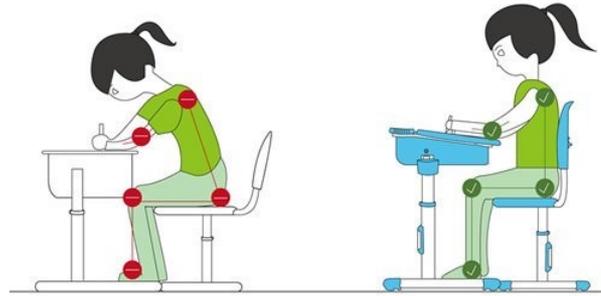
72%

...who choose passive
activities over
physical exercise in
their leisure time.

Task 1. Instructional Video

Create a **video** in which you instruct people on how to sit properly. You have to convince them about the relevance of this topic for their daily lives and show them how to do it.

2 – 4 minutes.



Task 2. Dissemination



Choose the best medium to share the results (website, poster, tiktok, powtoon...)

Remember to include some of the key aspects in the project. You have to target one group of students from the school.