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**Grade: X**

**Subject: Psychology**

**Topic : The ability to communicate. Sport as a way of better communication**

**Lesson type:** A lesson to summarize and systematize knowledge, skills and attitudes.

**Lesson Objectives:**

A / Educational:

1. To formulate the basic aspects of personal typology and socio-cultural differences.
2. Identify peculiarities of communication between people and explore communicative skills.
3. Discuss the link between temperament and sport choices

B / educative:

1. Learning to understand and accept differences between people and social groups.
2. Build a sense of tolerance and continuity in communication.
3. To realize sport as a means of creating social groups.

C / Developing

1. To create skills for decision-making and conflict resolution.

**Lesson Tasks:**

A / Educational:

1. Know the peculiarities of communication between people.
2. To analyze and explore the communication skills of the personality.
3. Involve students in the spot events.

B / educative :

1. To develop a sense of empathy and tolerance in communication.
2. To build continuity in the differences between people.

C / Developing;

1. To know and apply the basic principles of making choices, decision making and conflict resolution.

**Learning methods:** Formal debate, discussion, talk, interpretation, sport games, sport events

**Plan:**

1. Communicative skills
2. Conflict-free communication
3. Making decisions
4. Sport activities

**Basic concepts**

1. Communicative skills, conflict resolution, decision making, selfishness, self-knowledge

**Lesson: 40 min**

**I. Organizational points:**

- Greetings to the class
- Introductory words and check availability of students

**II. Knowledge Update: -10 min.**

- is done by asking frontal questions:
- Have you ever been surprised by your own reactions? Do you think you know yourself well?
- Describe the most difficult decision you've ever made?
- Based on what you have learned so far, can you describe the causes of the eternal intergenerational conflict?
- Do you think that sport is a good way for better communication?

**III. Formulate the theme of the new lesson** (recorded on the board). A brief introduction to the previous lesson and the creation of an attitude towards the new topic.

Checking homework and discussion.

**IV. Presentation of the new topic.** The teacher emphasizes the main points of the lesson, and the students record the basic concepts and short definitions, take part in the discussions.

**1. Communication skills**

There are varieties of personalities in this world. The challenge for every person is to try to find the common and the difference between them and themselves.

The inability to communicate isolates us from the rest of us. Learning to live meaningfully means to get to know and understand ourselves.

**Questions:**

1. Do you take time to arrange your values, find out what makes you feel happy or sad?
2. Have you ever been surprised by your own reactions? Do you think you know yourself well?

**2. Conflict-free communication**

- Egoism - an obstacle to communication

**Exercise:**

- What affects you most in communicating between you and your parents, b / your friends, your / your teacher, your classmates?
- Do you always seek genuine communication at all costs? With whom? In what cases do you prefer insincerity?

**Exercise:** Let do some sport event together!

**1.1. Interpersonal Conflict. Ways to overcome**

The concept of interpersonal conflict

- basic psychological concepts
- The theory of the complex and inferiority of A. Adler
- Teachings of K. Jung's extravagance and introversion
- Form of manifestation and the way to solve internal conflicts

**Questions:**

1. Describe the most difficult decision you've ever made? What were the consequences?
2. Is it possible fight/avoid conflicts through sport? If yes, how?

**Game:**

My contacts with people"

Draw a chart of your contacts with people / from childhood through school years to the present day /.

How has the number of people you've been communicating increased or decreased? When was the most pleasure to communicate with others?

Who you choose to be part of your sport team?

**V. Summary and interpretation of the results. – 10 min.**

Recall the theme of the lesson.

The main topics of the lesson are summarized: focusing on the ability to communicate harmoniously with others and to avoid conflicting situations.

**Assessments of the tested:**

Marks are received by students who have taken an active part in the discussion.

**VI. Homework - 5 min.**

To create a game to achieve harmonious relationships and to organize a sporting march with games

**Closing moment:**

The topic of the other lesson is reported.

Release of the class.