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МЕТОДИЧЕСКАЯ РАЗРАБОТКА СПОРТ.

СПОРТ И ЗДОРОВЬЕ

1. Match the pictures to the sports



1		hockey
2		baseball
3		karate
4		swimming
5		gymnastic
6		skateboard
7		cycling
8		bowling

2. Answer the questions using do, does, don't or doesn't:

- ____ you go swimming?
- ____ your sister like football?
- ____ she play badminton on Fridays?
- ____ they do karate?
- ____ you do gymnastics?

3. Complete the sentences with the correct verb from the box.

Example: We play football in winter at my school.

Do you ____ much exercise?

I ____ basketball in the summer and winter.

We always ____ in the winter, as long as there is enough snow.

I go ____ twice a week in the summer.

We used to ____ camping in the mountains.

If want to ____ fit, you need to run three kilometres every day.

I used to ____ in the gym, but I'm getting a bit old for that now.

Do, work out, swimming, play, ski, go, keep

4. Complete the sentences with the correct word from the box.

spectator, trainers, individual, referee, team, medal, victory

- The ____ blew his whistle and the footballers started the game.

- Simpson's _____ means that he is now the European's heavyweight boxing champion.
- The ball went to the crowd and a _____ was injured.
- The volleyball team has got a new fitness _____.
- The winner felt very proud when the _____ was placed around his neck.
- You learn to work with other people by taking part in _____ sports, such as football and basketball.
- I prefer _____ sports, such as running.

5. Match each events to its description.

Long jump
Pole vault
Shot put
High jump
Discus
Javelin



- The athlete uses a long pole to leap over a high bar.
- The athlete runs and jumps forward as far as possible.
- The athlete throws a heavy disc through the air as far as possible.
- The athlete throws a heavy metal ball as far as possible.
- The athlete runs, then throws their body into the air and over the top of a bar.
- The athlete throws a heavy javelin as far as possible.



6. Put the right modal verb using the table above.

Modal verb	Express
Can (to be able to)	Ability I can swim
May (to be allowed to)	Permission You may go out
Must	Obligation You must go in for sports.
should	Advice You should study well.
Ought to	Advice You ought to remember the main rules of math.

Being a champion athlete.

What does it take to be an Olympic champion? There are lots of things an athlete (must, has to) do. First, athletes (have, to be) very hard - working and confident. Athletes (should trust, can) themselves and their coaches or trainers because if they do, they will (can, be able) to do well. Athletes (should, may) never to show off. If they do, no one will respect them. Finally, athletes (can, ought) to remember that doing their best is as important as winning.

7. Read the text and discuss the advantages of jazzercise.

We'd all like to get fit and stay in shape, wouldn't we? Doing sport is one way to keep fit and be healthy, but there is another way. Have you heard of jazzercise? It's a combination of jazz dance and exercise and it's a lot of fun!

Jazzercise is great exercise and fun for boys and girls who like to move to music. It's like dance with a little extra energy. The young love it. And you don't need to be an experienced dancer to join. The classes are open to anyone who wants to try.

These exercises are very popular with students in Europe. Those who do jazzercise say : "It's just so much fun, but it's a tough workout at the same time!"

So, if you've been thinking about doing something to stay fit and be healthy, you should try jazzercise.

8. Read the text and guess the word by the explanation of its meaning.

Healthy lifestyle.

The healthiest way of life for a person is constant movement and exercise. When exercise stops, illnesses quickly appear. But those who don't forget about sport have a happy and healthy life.

It is necessary to distinguish amateur sport and professional sport. The most important difference is that professional sportsmen, on the one hand, try to win, to break records and to achieve great results because it brings them glory, fame and commercial success. Amateur sportsmen, on the other hand, go in for sport to be healthy and feel well - and not to have a sport career.

One of the simplest and most ancient sports is running. It is an exercise which doesn't make you stronger (so your muscles don't become thicker) , but it makes you more resistant to stress. This sport, like many others, improves your health and even cures some illnesses.

If you are an amateur, you probably prefer jogging to running. Jogging is just like running, but here speed is not so important. Jogging is popular in Western countries. People jog several kilometers a day and found it very healthy. Doctors warn however, that jogging for more than twenty kilometers a week may be harmful for the joints.

In this case the best solution is skiing. Skiing is a very good winter sport. Two main types can be divided in this kind of sport: mountain skiing and cross - country skiing. When Russian people say skiing, they mean cross - country skiing. But Englishmen mean mountain skiing. Both kinds of sport are popular, but in order to go down the ski slopes you need more professionalism.

Besides these kinds of sports, there are games. Everyone knows such games as football, volleyball, basketball, hockey, tennis and others.

Everyone knows them and played at least one of these games. In some of them only two players take part (tennis), in others - a team of several players. These games improve velocity of reaction, ability to take quick decisions, and coordination. They are popular with children, who follow the older sportsmen and want to be like them.

Sport is so important for us, that lessons of physical training are included into school, college and university curriculums. Besides there are special schools, which prepare future sportsmen, trainers and Olympic champions.

Guess the word:

- Something that you can play, usually with rules;
- The best person in a sport or competition;
- To do better than your opponents in a game;
- An outdoor game played by two teams with curved sticks and a small hard cylinder;
- A team game in which players try to throw a ball through a hoop fixed three meters above the ground;
- A game played by two teams which try to kick an inflated ball into their opponent's goal;
- Someone who does something because he likes it without being paid for it.

9. Insert the vocabulary of the text into the following sentences.

- The sportsman wanted to____, so he ran very quickly. He won and became an _____. But he was very tired because he had run two _____.
- It is very difficult to _____ a record. Only the best _ can do it.
- Every football player must be _____ to stress.
- The ____ Zenit won the _____ match yesterday.
- If you go weightlifting your _____ become bigger and so you become stronger.
- Do you often have _____ lessons?
- Smoking is _____ for your health.
- Running _____ your health and even cures some illnesses.

10. Give antonyms from active vocabulary to the following words.

Amateur

Inability

Slowly

Unimportant

To lose

Individual play

Useful

Outdoor game

11. Speak about sports and games that you practice at your physical training lessons.