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**Учебное пособие**

**по английскому языку**

 **по теме: « Спорт в Британии и США »**

 **учебной дисциплины**

 **Иностранный язык**

 для студентов очной и заочной формы обучения

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Учебное пособие предназначены для студентов СПО для совершенствования лексического материала и расширению страноведческих знаний по теме «Спорт в Великобритании и США». Методические указания, как по содержанию, так и по объему соответствуют ФГОС 3-го поколения и рабочей программе.

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**СОДЕРЖАНИЕ**

Введение ……………………………………....................................... 4

1. Sports in Great Britain…………………………………………………….. 5

2. Summer and Winter Sports………………………………………………… 7

3. The History of the Olympic Games…………………………………………9

4. Olympic Games ……………………………………………………………11

5. Sport in the USA(1)……………………………………………………… 13

6. Sport in the USA(2)……………………………………………………… 14

7. Sport in the USA (3) ………………………………………………………15

 8. Sports in Britain…………………………………………………………...17

 9. Sport in the USA (3)……………………………………………………… 18

9. Sport in Great Britain (1)………………………………………………… 19

10. Sport in Great Britain (2)………………………………………………… 20

11. Sport in Great Britain (3)………………………………………………… 21

12. Sports…………………………………………………………………… 22

13. Sport in My School……………………………………………………… 23

14. Sport in Australia………………………………………………………… 24

15. My Favorite Sport……………………………………………………… 25

16. Squash…………………………………………………………………… 26

17. Cycling ……………………………………………………………………27

18. The kinds of sport………………………………………………………… 28

19.Список литературы……………………………………………………….35

Введение

Данное методическое пособие может служить конкретным учебным материалом как для аудиторных занятий, так и в качестве дополнительного учебного материала по теме «Спорт». Пособие может быть использовано в колледжах, средних специальных заведениях, в высших учебных заведениях, а также на курсах английского языка.

Основная цель пособия - расширение активного словаря и закрепление лексического материала по теме, а также систематизация имеющихся знаний по теме «Спорт в Великобритании и США». В текстах представлено много интересного и познавательного материала, позволяющего понять традиции, обычаи и развитие различных видов спорта в странах изучаемого языка.

Каждый текст снабжен тематическим словарем и вопросами для последующего обсуждения и закрепления лексического материала по определенной тематике. Все тексты составлены на посильном лексико-грамматическом материале и могут быть использованы студентами различного уровня подготовки.

 Использование предлагаемого пособия способствует повышению знаний по английскому языку для осуществления компетентной профессиональной деятельности.

**Sports in Great Britain**

England is a sports-loving nation. Sports in England take many forms: organized spoils, which attract huge crowds to encourage their favourite team to victory, athletic games played for recreation and others.

Some sports are called spectator sports, when the number of spectators is greater than the number of people playing in the game. Other sports are called participant, sports attracting large crowds only on special occasions such as tournaments.

The game peculiarly associated with England is cricket. Many other games too are English in origin, but have been accepted with enthusiasm in other countries; cricket has been seriously and extensively accepted only in the Commonwealth, particularly in Australia, India, Pakistan.

Cricket is slow, and a spectator, sitting in the afternoon sun after his lunch, may be excused for having a little sleep for half an hour. Cricket is making no progress in popularity. Association football or soccer is very popular. Nearly 49 million spectators each year attend matches between the great professional teams organized by the Football League. The biggest event in England is the Cup Final played at the Empire Stadium, Wembley, in a London suburb.

Rugby football is played with an egg-shaped ball which may be carried and thrown (but not forward). Rugby is played mainly by the amateurs.

The games of golf and tennis are played by great numbers of people. Golf is played in the countryside. It consists in driving a small ball towards and into holes separated by considerable distances, by means of special "golf clubs" The aim is to go round using as few strokes as possible. There are many tennis clubs, but every town provides tennis courts in public parks. The world championship tennis matches are held at Wimbledon in London, during June and July.

Next to football, the chief spectator sport in Britain is horse-racing. A lot of people are interested in the races and risk money on the horse which they think will win. Britain is also famous for motor-car racing, boat-racing, dog-racing, and even

races for donkeys. The famous boat-race between the teams of Oxford and Cambridge attracts large crowds of people.

Various forms of athletics, such as running, boxing, jumping, swimming are wide-spread in England. The English weather is not always cold enough to ski, skate, or toboggan, but winter is a good season for hunting and fishing.

Indeed sport in one form or another forms an essential part of daily life in Britain.

 **Topical Vocabulary:**

a sports-loving nation - нация любителей спорта

organized sports - организованный спорт

to attract crowds - зд.: привлекать большое количество зрителей

to encourage one's favourite - болеть за любимую команду

an athletic game - спортивная игра

to play a game tor recreation - играть во что-либо ради отдыха

a spectator sport - «зрительский» вид спорта

 participant - массовый (о виде спорта)

 a tournament – турнир

 crieket - крикет

to be English in origin - быть английским по происхождению

to be accepted with enthusiasm - приниматься с энтузиазмом

the Commonwealth - Британское Содружество

to make no progress in popularity - не становиться более популярным to

 to attend a match - посещать матч

a professional team - профессиональная команда

to be organized by the Football League - организовываться Лигой футбола

the Cup Final - финал Кубка

rugby football (rugger) - регби

an amateur - любитель

golf - гольф

**Summer and Winter Sports**

People all over the world are very fond of sports and games. That is one of the things in which people of every nationality and class are united.

The most popular outdoor winter sports are shooting, hunting, hockey and, in the countries where the weather is frosty and there is much snow — skating, skiing and tobogganing. It's so nice to go to the skating-rink on a frosty sunny day. Some people prefer to be out of town in such weather and to sledge or to ski in the woods. Many people greatly enjoy figure-skating and ski-jumping.

Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding and many other sports. Among outdoor games football takes the first place in public interests; this game is played in all the countries of the world. The other games that have firmly established themselves in favour in different countries are cricket, volley-ball, basketball, and so on. Badminton is also very popular both with young and old.

All the year round many people indulge in boxing, wrestling, gymnastics and track and field events. Scores of young girls and women go in for callisthenics. Over the last few years aerobics has become popular with young girls and women. Aerobics helps them to be slim, healthy and strong. The interest for it greatly increased thanks to Jane Fonda, a prominent American actress, the founder of this kind of sport. This woman may serve as an impressive example of inexhaustible health, cheerfulness and beauty. Being a great enthusiast of aerobics she has been trying to initiate many women all over the world into this sport.

Among indoor games which one can go in for all the year round are billiards, table tennis, draughts, chess, of course. The results of chess tournamets are studied and discussed by enthusiasts in different countries.

So we have all grounds to say that sport is one of the things that makes people kin.

**Questions:**

What are people all over the world fond of?

What unites people of every nationality?

Why do people prefer to be out of town on a frosty sunny day?

What are the most popular outdoor winter sports?

What opportunities for sports does summer afford?

What game takes the first place in public interest?

When do many people indulge in boxing, wrestling, athletics, gymnastics?

Who goes in for calisthenics?

Why is chess the great international game?

**Vocabulary:**

to be fond of smith — любить, нравиться

to unite — объединять

outdoor winter sports — зимние виды спорта на открытом воздухе

shooting — стрельба

hunting — охота

tobogganing — санный спорт

to sledge — кататься на санках

yachting — парусный спорт

gliding -— планерный спорт

to establish oneself in favour — стать в почете

lawn-tennis — теннис

track and field events — легкая атлетика

scores of young girls and women — множество девушек и женщин

calisthenics — ритмическая гимнастика

indoor games — игры в закрытом помещении

impressive example — замечательный пример

inexhaustible — неисчерпаемый

cheerfulness — бодрость

enthusiast — энтузиаст

to initiate — приобщить кого-то к чему-то

tournament — турнир, спортивное соревнование

**The History of the Olympic Games**

Long ago ancient Greeks often waged wars. Small states suffered and lost much even if they did not take any side and stayed out of wars. The ruler of such a small state, Elis, wanted to live in peace with all neighbours. He was a good diplomat because his negotiations were successful and Elis was recognized a neutral state. To celebrate this achievement, he organized athletic games.

In the beginning this feast lasted one day, but later a whole month was devoted to it. All wars and feuds were stopped by special heralds who rode in all directions of Greece.

The games were held every four years in Olympia on the territory of Elis. The first games which later were called the Olympic Games were held about a thousand years before our era.

Usually the Olympic Games began before the middle of the summer. Best athletes arrived from many Greek states to Olympia to compete in running, long jumps, throwing of discus and javelin and wrestling. In the course of time fist fighting (boxing) and chariot races were also included in the Games.

All athletes took an oath that they had been preparing well for the Games and promised to compete honestly and keep the rules of the sacred Olympics. The athletes took part in all kinds of competitions. Winners were called "olympionics", they were awarded olive wreaths and cups of olive oil. This tradition has survived. In our time sportsmen often get cups and wreaths for winning the first place in sports competitions.

The olympionics of ancient Greece became very popular. Best craftsmen were chosen to make honourary cups, many poets wrote and recited in public poems about the best athletes. Sculptors made their statues which were put up at the birthplace of the winners.The Olympic Games were accompanied by arts festivals. Poets recited their poems, singers sang hymns, dancers danced and orators pronounced speeches — all this in honour of the sacred Games.

Only men could take part in the Olympic Games. Women were not allowed even to watch the competitions at the stadium under the fear of death penalty. There was a single exception, when a woman coached her son and accompanied him to the stadium in men's clothes. That brave woman was spared the penalty because her son excelled in many events.

Magnificent strong bodies inspired artists and sculptors. They painted wall pictures and made statues of marble and bronze, so now we can admire the corporal beauty of ancient and eternally young discus thrower, javelin bearer and others.

The Olympic Games had been held for about eleven hundred years, until the emperor Theodosius banned them for religious reasons in 394 A. D.

The revival of the Olympic Games began long time afterwards, in 1892, when a young French teacher Pierre de Coubertin made a public speech before the Union of French sports clubs in Paris. At that time many people in many countries practised various kinds of sports and games. They wanted to make friends and compete with sportsmen from other lands. Pierre de Coubertin understood the importance of sports which unified peoples of the world and served the cause of peace like in ancient time.

On the 23rd of June 1894 the International Congress of amateur sportsmen made an important decision: to revive the Olympic Games and to establish the International Olympic Committee which would be responsible for the administration of the modern Olympic Games. The first Committee consisted of 12 members. Now 82 members of the International Olympic
Committee control the affairs of all member countries which joined the Olympic movement.

**Questions:**

What did ancient Greeks do long ago?

What did the ruler of a small state want to do?

Why did the ruler organize athletic games?

How long did the first feast last?

When did the Olympic Games begin?

How were the winners called?

What were the Olympic Games accompanied by?

Who was not allowed to take part in the Olympic Games?

When did the revival of the Olympic Games begin?

**Vocabulary:**

to wage wars — вести войну

ruler — правитель

feast — праздник

herald — гонец, посланник
 javelin — копье
 sacred — священный
 wreath — венок
 chariot races — бега

 to be spared the penalty — быть избавленным от наказания

**Olympic Games**

The world's greatest international sports games are known as the Olympic Games. The Olympic idea means friendship, fraternity and cooperation among the people of the world. The Olympic Movement proves that real peace can be achieved through sport. The Olympic emblem is five interlinked rings: blue, yellow, black, green and red. Any national flag contains at least one of these colours.

The original Olympic Games began in ancient Greece in 776 B.C. These games were part of a festival held every fourth year in honor of God Zeus at the place called Olympia. It was a great athletic festival, including competitions in wrestling, foot racing and chariot racing, rowing and others. The games were for men only. Greek women were forbidden not only to participate but also to watch the Olympics.

The first modern Olympic Games were held in Athens in 1896. Then they were resumed in London after the War. Since then the Olympics are held every fourth year in different countries.

The ancient Greeks had no winter sports. Only in 1924 the first Winter Olympic Games were held in France. Now they are being held regularly.

**Questions:**

What is the world's greatest sports games?

What does the Olympic idea mean?

What is the Olympic emblem?

Why have these colours been chosen?

When and where did the original Olympic Games begin?

Did women participate in the games?

When were the first modern Olympic Games held? Where?

Are the Olympics held in the same place?

When did the Winter Olympic Games start being held? Where?

**Vocabulary:**

peace — мир

fraternity — братство

contain(s) — содержать

ancient — древний

B.C. (before Christ) — до нашей эры

Zeus — Зевс

to participate — участвовать

to resume — возобновлять

**Sport in the USA(3)**

 Americans are very fond of sport. The most popular sports in the USA are football, which is played from April to October, baseball, played from September to December, basketball played from October to April and ice hockey, played in most northern cities from October to March.

American football derives from the English game of rugby. It started at Harvard University in the 1870's. It is a game for two teams of eleven men on the field. The object of the game is to have the control of the ball and to score points by carrying it across the goal-line.

Baseball is a team game derived from the English game of cricket. It is played with a bat and ball by two teams of nine players each, on a field with four bases. Baseball is the national game in the USA and it is very popular in Canada too.

Basketball is a game which nowadays is popular all over the world. It was invented in 1891. During the 20's the first US league championship was organized. In the 70's the American Championship was divided into two leagues: the ABA (American Basketball Association), which does not exist any longer and which played with a blue, red and white ball and the NBA (National Basketball Association).

The NBA is a professional league which still plays.

There are more activities which Americans take part in such as golf, swimming, tennis, aerobics, wrestling, etc.

**Vocabulary:**

field — поле

invented — изобретена

**Sport in the USA(2)**

Americans' interest in sports seems excessive to many foreign visitors. Television networks spend millions of dollars arranging to telecast sports events. Publications about sports sell widely. In the US professional athletes can become national heroes.

Sports are associated with educational institutions in a way is unique. High schools have coaches as faculty members, and school teams compete with each other.

Nowhere else in the world are sports associated with colleges and universities in the way they are in the States. College sports, especially football, are conducted in an atmosphere of intense excitement and pageantry. Games between teams attract nationwide television audiences.

The sport that is most popular in most parts of the world — soccer — is not well known in the US. The most popular sports are football and baseball, games that are not played in large number of countries.

Sports play such an important role in American life that the sociology of sports, sports medicine, and sports psychology have become respectable specializations.

Many Americans jog every day, or play tennis or bridge two or three times a week. They go on ski trips and hunting expeditions that require weeks of planning and organizing. In the Americans' view, all these activities are worth the discomfort they may cause because they contribute to health and physical fitness. That is probably why Americans are known as a healthy nation.

**Questions:**

Are Americans interested in sports?

Do professional athletes become national heroes?

Аге there sport teams in high schools?

Are there any coaches in the faculty?

What are the most popular sports in the USA?

What specializations have become respectable thanks sport?

Why do Americans spend so much time on sport activities?

 **Vocabulary:**

excessive — чрезмерный

unique — уникальный, единственный в своем роде

high school — средняя школа

coach — тренер

pageantry — пышность, блеск

sociology — социология

to require — требовать

to contribute — способствовать

 physical — физический

**Sports in Britain**

The British are a sports-loving nation. Cricket, soccer, rugby, tennis, squash, table tennis, badminton, canoeing and snooker were all invented in Britain, The first rules for such sports as boxing, golf, hockey, yachting and horse-racing also originated from Britain. The most popular sports that people take part in, rather than watching, are angling, snooker and darts. Cricket is very much the English game. A match can take five days — and still end in a draw. A form of cricket was being played 250 years ago.

Football began as a contest between neighbouring villages — with no limit to the number on each side, no fixed pitch and almost no rules. The Football Association drew up the rules of the modern game in 1863 and in 1888 12 clubs joined together to form the first Football League,- England won the World Cup 4n 1966. Rugby and football became two separate sports when the rules laid down by the Football Association said that only the goalkeeper could handle the ball. Two kinds of rugby are played in Britain. Rugby Union is played by amateurs in teams of 15 in the south of England and in Wales (where it is the national sport). Rugby League is played by professionals in teams of 13 in the north of England.

Golf was probably invented in Holland, but has been played in Scotland for at least 400 years. At first, it was played with balls made of wood, then of leather stuffed with feathers. The first rules for tennis were drawn up by the All-England Lawn Tennis and Croquet Club when it held its first tournament in the London suburb of Wimbledon in 1877. Wimbledon is j still the world's most famous tennis event.

There are a lot of sports and games which are popular both among youngsters and grown-ups. 25 million of grownup people take part in sports. Sports is on the programme of all state and private schools and universities. Nearly all schools have sports' grounds and swimming pools. Indeed, sports is a part of everyday life in Britain.

 **Vocabulary :**

a sports-loving nation нация любителей спорта

cricket-крикет

soccer- футбол

rugby-регби

squash-сквош

snooker- бильярд

to be invented- быть изобретенным

rules for smth- правила для чего-либо гонки

yachting-гонки на яхтах

horse-racing-скачки

to originate from- происходить из (какой-либо страны)

to take part in smth- принимать участие в чем-либо

angling- ловля рыбы «дротики»

darts-«дротики»

to end in a draw- закончиться вничью

a contest - соревнование

between-между

to draw up the rules- разработать правила

Football League- Лига футбола

to win the World Cup - выиграть Кубок мира

to lay down the rules- сформулировать правила

a goalkeeper -вратарь

to handle the ball- касаться мяча рукой

to be played by amateurs in teams of... a professional

the All-England Lawn

tenuis and Croquet Clu

to hold a tournament

проводить турнир- проводить турнир

to be on the programme of - входить в программу чего-либо

to be a part everyday life-быть частью повседневной жизни

**Sport in the USA (1)**

Americans play tennis, hockey and most other international sports but they do not play football in the same way as the1 rest of the world. The players can run with the ball, touch and push each other. Players wear special clothes for American football with helmets on their heads, because the game can be dangerous. Like international football teams, American teams have eleven players. The field looks different and even the\ ball is a different shape, American football is Very different game.

Americans love winter sports and ice hockey is the most popular game. This game is very fast and can be dangerous. Basketball is another popular game in America. Basketball is the most popular summer sport in America. The first American baseball match was in 1839 in New York. To play baseball you need two teams of nine players. Americans start playing baseball young. There are "leagues" which children of eight can join. The top players become big stars and earn a lot of money every year.

**Questions:**

Describe the way Americans play football.

Do Americans love winter sports?

How many people are there is basketball team?

When did American baseball match first take place?

What do you need to play baseball?

**Vocabulary:**

to push — толкать

helmet — шлем

shape — форма

league — лига

to earn — зарабатывать

**Sport in Great Britain (3)**

British people are very fond of sports. Sport is part of their normal life. The two most popular games are football and cricket.

Football, also called soccer, is the most popular sport in the United Kingdom. England, Wales, Scotland and Northern Ireland have their own Football Leagues and national teams. Games are played on Saturday afternoons from August to April. In addition to the FL games there is a competition called the Football Association Cup. The Cup Final is played at Wembley Stadium (London) in May.

Cricket is considered to be the English National game. Its rules are very complicated. It is played by two teams of eleven men each, the player at a time tries to hit the ball with a bat. Golf is the Scottish national game. It originated in the 15th century and the most famous golf course in the world, known as the Royal and Ancient Club, is at St. Andrew's.

Lawn tennis was first played in Britain in the late 19th century. The most famous British championship is Wimbledon, played annually during the last week of June and the first week of July.

Those are the most popular kinds of sport in the UK. But there are many other sports such as rugby, swimming, golf, horse-racing and the traditional fox-hunting.

**Questions:**

Are British fond of sports?

What is the most popular game in the UK?

Do all the parts of the UK have their Football Leagues and teams?

When and where the Football Association Cup final is played?

What is considered to be the English national game?

What is the name of the Scottish national game? When did it originate?

What are the other sports popular in the UK?

**Vocabulary:**

league — лига

team — команда

rule — правило

championship — чемпионат

complicated — сложный

**Sport in Great Britain (2)**

 The British have a reputation for being mad about sports. In fact they like watching sports more than playing them. The British are spectators and the most popular spectator sports are cricket and football.

Football is the most popular game. Football, or soccer, is an example of a professional game. The game of football was first played in Britain, and later people began to play football in other countries.

There are many amateur soccer players in Britain who play the game on Saturday or Sunday afternoon. Amateur clubs often play against professionals.

Almost every school has its football team and every boy in Britain knows a lot about the game. He can tell you the names of the players in the most important teams, he has pictures of them and knows the results of many matches.

Rugby is another popular British sport which is played in other countries. It is also called rugby football. The story is told that in 1823 boys at Rugby school in England were playing football in the normal way, when suddenly one boy picked the ball up and ran with it. That was how a new game was born. There are two forms of rugby football: the amateur game and the professional game. The two games have different rules.

Football is the favourite winter game in Britain and cricket is the favourite summer sport. Amateur cricket has the same rules as the professional game. A typical amateur cricket match takes place on a village green, an open space in the centre of the village. It is played between two teams — the "home" team and the "visitors" who come from another village.

**Questions:**

What reputation do the British have?

What is the most popular game in Britain?

Where was the game of football first played?

When do amateur soccer players play in Britain? .

What can every boy in Britain tell you?

How was rugby born?

What is the favourite summer sport?

Where does a typical cricket match take place?

**Vocabulary:**

reputation — репутация

to be mad about — быть без ума от...

soccer — футбол

amateur — любитель

rugby — регби

rules — правила

village green — деревенская лужайка

**Sport in Great Britain (1)**

Sport plays such a large part in British life that many idioms in the English language have come from the world of sport. For example, "that's not cricket" means "that's not fair" and "to play the game" means "to be fair". The most popular sport in England is football. A lot of people support their local clubs at matches on Saturday afternoons or watch the matches on television.

The football league in England and Wales has four divisions. Each division contains twenty teams. There are two main prizes each season. The football league championship is won by the team that is top of the first division. The final of this competition takes place every May at the famous Wembley stadium in London. Some of the best-known clubs in England are Manchester United, Liverpool and Arsenal. But many clubs have problems with money at the moment. Some people say that the league is too big and that the players get paid too much. Others say that television is making the crowds stay at home.

Sport has for a long time been a very important part of a child's education in Britain, not just — as you may think to develop physical abilities, but also to provide a certain kind of moral education. Team games encourage such social qualities as enthusiasm, cooperation, loyalty and unselfishness.

**Questions:**

Sport plays a large part in British life, isn't it?

What is the most popular sport in England?

How many divisions does league in England and Wales have?

What are the most famous football clubs in England.

What role does sport play in a child's education?

 **Vocabulary:**

idiom — идиома

to support — поддерживать

local — местный

league — лига

loyally — преданность

**Sports**

 Sport is probably as old as the humanity itself. It has been developing with the developing and growth of the mankind.

All over the world people of different ages are very fond of sports and games. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities. It makes for a healthy mind in a healthy body. Sports help people to keep in good health.

We all need to exercise. Even if you don't plan to make a career in sport you still have to practice. Regular exercises gives you more energy. That is why many people who suffer from general tiredness should take more exercise than more rest. Exercise makes you feel and look better. The best exercise is one which involves in repeated movements, those are: walking, jogging or swimming. Bending and stretching will add flexibility and feeling of lightness.

Among the sports popular in our country are football, basketball, swimming, volleyball, ice hockey, tennis, gymnastics, figure skating. A person can choose sports and games for any season, for any taste.

**Questions:**

1.Why is sport so important in our life?

2.Do all the people need exercise?

3.What should people who suffer from general tiredness do?

4.How does exercise change you?

5.What kind of exercise is the best?

6.What sports are popular in our country?

**Vocabulary:**

humanity — человечество

activity — деятельность

to make for — способствовать

health — здоровье

to exercise — упражняться

tiredness — усталость

flexibility — гибкость

**Sport in My School**

If you want to keep fit you must go in for one kind of sport or anotner. Sport is an essential part of my daily life. Every morning all the year round I do my morning exercises. Almost every day I do some training. In summer I go swimming or rowing. During my summer holidays I go on hikes. I usually spend my winter holidays in the country where I ski, skate or toboggan. I also go in for track-and-field (athletics) events.

Different sports and games are popular with my classmates. All my friends go in for different kinds of sport, such as water polo, gymnastics, horse- racing, wrestling, fencing, weightlifting, boxing, ice-hockey, speed-skating, figure-skating, football, basket-ball, volley-ball, etc. We have fine teams at our school and different kinds of competitions take place there. The boys of my school are crazy about football, they play football and the girls are football fans. The girls never miss a single match played by school teams.

And now a few words about our physical training lessons. In winter our physical training lessons are held out-of-doors. We go skiing or skating. When it is cold outside P.T. lessons are held indoors, in our school gymnasium. We play different team-games such as basket-ball or volley-ball. Besides we have some training in gymnastics.

In autumn and in spring, when the weather is warm we have P.T. lessons at our school stadium.

My school has a sports day once a year in late spring. On this day we have no lessons. All the competitors change their sports clothes, the spectators find their seats round the track ready to cheer. All the events take place at the same-time. This day is a great success every year. Even if the weather is not warm, we enjoy ourselves just the same.

**Questions:**

What do you do every morning all the year round?

Where do you usually spend your winter holidays?

What sports and games are popular with my classmates?

Where are our P. T. lessons held in winter?

On what day don't we have lessons?

**Vocabulary:**

 championship — чемпионат

 tournament — турнир

 to cheer — поддерживать

 water-polo — водное поло

 cycling — велоспорт

 diving — прыжки в воду

 fencing — фехтование

 gymnastic — гимнастика

 rowing — гребля

 weight-lifting — подъем штанги

 wrestling — борьба

 fan — болельщик

**Sport in Australia**

A lot of Australians think you shouldn't worry too much about life. But some things in life are really important, and to many Australian men, one of these things is sport. It's something they don't joke about. Sport matters. In pubs, clubs and even at work you'll often find men who can talk about only one thing — sport.

Australians are lucky. They have a perfect climate, and an endless amount of land. They have wonderful waves for surfers on their beaches. They also have a strong wish to win. Put these together and you get a lot of good sportsmen and women. In fact, Australia has a very high number of world champions, in all kinds of sports, for a country of only 16 million people.

Around the country you'll find plenty of opportunities for golf, squash, tennis, trail riding (horse or motorcycle), fishing and so on. Surfing is almost a religion for many Australians who follow the waves around the country and there are a number of important surfing contests.

You'll find football of assorted types including the unique Australian Rules Football. Then, there's motor racing and motorcycle racing, horse racing, yacht racing, cricket matches and lots more.

The best thing, of course, is to play sport yourself. But if you can't, or you don't want to, then you can watch other people doing it. Every year, more than 100,000 people go to the final of Australian Rules Football. Crowds of more than 90,000 watch the big cricket matches against India, Pakistan, New Zealand and England.

There are sport happenings and holidays in Australia year round. Here are some of them. In February there's Regatta Day with boat races and other water activities.

In June in Darwin the Beer Can Regatta takes place when there are boat races for boats constructed entirely out of beer cans — there are plenty of those in the world's beer drinking capital.

In August in the Northern Territory camel racing is on in Alice Springs, and then the Apex Rodeo is held, one of the biggest rodeo in Australia — the town fills up with cowboys.

Meanwhile in Sydney, Australians biggest race takes place with 25,000 competitors running the 14 km from Hyde Park to Bondi Beach in the city ace. It is a public holiday in Victoria but the whole country shuts down for the three minutes or so which the race takes.

In December the Sydney-Hobart Yacht Race starts on the 26th, a fantastic sight as the yachts stream out of the harbour and head south.

**Questions:**

What do a lot of Australians think?

Why are Australians lucky?

What is surfing for many Australians?

Where do more that 100 000 people go every year?

What takes place in June in Darwin?

When does Alice Springs fill up with cowboys?

When does sporting attention turn to Melbourne?

Where is Australian Rules Football played?

**Vocabulary:**

to worry — волноваться

to joke — шутить

beach — пляж

contest — соревнование

to take place — проходить

to hit — ударять

racing — гонки

to shut down — прекращать работу

to stream out — выплывать

to head south — держать курс на юг

**My Favourite Sport**

We all need exercise. This is true for young people (in their teens) as well as for adults. Even if you don't plan make sports your main occupation. This is my opinion and I feel like it is true.

As long as I can remember myself I was always keen on tennis. I love this sport with its old noble traditions, though myself never dreamed of becoming anything more than an amateur.

I watch closely all tennis competitions and championships. There are a lot of them, but my favourite championship is Wimbledon because old tennis traditions remains there as they are. Some of the most well-known Wimbledon champions are: John McEnroe, Boris Becker, Steffi Graf, Monica Seles, My dream is to get a chance to watch at least one of them playing.

And meantime I play tennis with my friends. It is also a great opportunity to socialize with people who have similar interest (as any sport I suppose).

**Vocabulary:**

keen on — страстно любить

noble — благородный

amateur — любитель

to remain — оставаться

socialize — общаться

similar — похожий

**Squash**

Squash is another of those peculiarly English ball games. It was once confined to Britain and her colonies and played almost exclusively by members of the upper classes, but it must now be one of the world's fastest-growing sports, for the number of participants has increased in the last few years, and new courts are springing up in almost every country of the world.

The court consists of a square room in which two players, equipped with rackets similar in shape to tennis rackets, have to strike a small rubber ball.

When a player strikes the ball, it may rebound (отскакивать) from any of the four walls, but it must strike the front wall of the room before it touches the ground. His opponent then has to hit the ball in his turn. The ball must not bounce on the floor more than once before each player hits it; if a player fails to return the ball to the front wall or to hit the ball before it bounces twice, he loses the point.

One advantage of the game is that, since the court is covered, you don't have to rely on (полагаться) the weather. Moreover you needn't be a great athlete and it isn't necessary to possess exceptional (исключительный) coordination to play the game competently. At top level players have to be extremely fit and talented, but the average person can get good exercise and enjoy himself thoroughly even at his first attempt.

**Cycling**

We often hear a saying "Don't invent a bicycle" about something simple and known for a long time.

Really, the bicycle is old enough — more than a hundred years of age. Its first prototype appeared in 1791 in France. In 1800 a Russian peasant Artamonov made an iron bicycle and travelled on it from Nizhni Tagil to Moscow.

First bicycles looked odd; a large (about 1.5 m high) front wheel with a cranked axle.

The back wheel was usually smaller. Bicycles were made of iron and riding them was not comfortable because of shaking. They were even called "boneshakers'".

In 1868 rubber tyres were invented, first solid, then pneumatic. New types of bicycles appeared every year but only in 1885 people saw a model which looked like modern cycles. It had two almost equal wheels and a chain drive to the rear wheel. The frame of the cycle was diamond-shaped. This shape survived and became basic. The new machine looked more elegant than the old "spiders" which were soon abandoned. As time went by, new bicycles were invented — for two, three and even fifteen riders!

The first bicycle race was held in 1868 in Paris. But the sport became popular only several decades later because bicycles were expensive and only rich people could afford them. By the end of the 19th century many factories produced thousands of bicycles which became cheap, so many people could practise cycling and take part in various competitions.

Cycling competitions are generally divided into road and track events. Both kinds are in the Olympic programme. Olympic road events include individual and team races.

Individual races' distances are different usually up to 200 kilometres. The winner is the first cyclist who passes over the finish line with his front wheel.

In the team road event the teams start the. contest with 2— 4 minutes interval, and that team wins whose members get the best sum ot timings.

Track events take place on special cycling tracks which look like elongated stadiums with a sloping runway made of concrete, wood or plastics.

Track events are very spectacular. The Olympic programme Includes 1 km sprint races, 1 km heat or time trial, individual pursuit and team pursuit over 4 km.

Modern sport bicycles are very light but firm machines made of special metals.

Cyclists wear jersey shirts with pockets on the back, tight knee-long woolen shorts, perforated shoes, a cap or a leather crash helmet and mitts on their hands.

**Questions:**

How old is a bicycle?

Who invented the first all-metal bicycle?

How did the first bicycles look like?

When were pneumatic types invented?

Where and when were the first bicycle races held?

When did cycling become a mass sport?

What events are included in cycling competitions?

 Can you describe a cycling track?

**Vocabulary:**

 tyre — шина

 rubber — резина
 concrete — цемент
 pursuit — преследование

 perforated — перфорированный, с отверстиями
 crash helmet — шлем безопасности

 rubber — резина
 concrete — цемент
 pursuit — преследование

 perforated — перфорированный, с отверстиями

**The kinds of sport**

An athlete - спортсмен

Archery - стрельба из лука

Arrow - стрела

Badminton - бадминтон

Barbell - штанга

Baseball - бейзбол

Basketball - баскетбол

Bat - ракетка

Beach volleyball - пляжный волейбол

Biathlon - биатлон

Billiards - бильярд

Bow - лук

Bowling/ skittles - боулинг/кегли

Boxing - бокс

Breaststroke - брасс

Bridge - мостик

Butterfly stroke - баттерфляй

Canoeing - гребля на каноэ

Car racing - гонки

Chess - шахматы

Climbing - скалолазанье

Climbing rope - канат

Club - клюшка

Coach - тренер

Court - корт

Crawl stroke - кроль

Crew - команда

Cricket - крикет

Cross-country skiing / langlauf - бег на лыжах

Crouch start - низкий старт

Cue - кий

Curling - кёрлинг

Cycling - велоспорт

Darts - метание дротиков, дартс

Dice - кости

Diving - прыжки в воду

Downhill skiing - горнолыжный спорт

Draughts - шашки

Fencing - фехтование

Figure skating - фигурное катание

Fin/flipper - ласт

Fishing - спортивная рыбалка

Fist ball - ручной мяч

Fitness centre - центр укрепления здоровья

Football/soccer - футбол

Gliding - планеризм

Goal - ворота

Goal - стойка ворот, гол

Golf - гольф

Googles - очки для подводного плаванья

Gym - гимнастический зал

Gymnastics - гимнастика

Handball - гандбол

Hang gliding - дельтапланеризм

High jump - прыжки в высоту

Hockey - хоккей

Hurdle race - бег с барьерами

Ice rink - каток

In-line skating - конькобежный спорт

Instructor - инструктор

Javelin - копье

Jogging - бег трусцой

Judo - дзюдо

Karate - [карате](http://karatov.ru/)

Long jump - прыжки в длину

Martial arts - боевые искусства

Motorbike sports - мотоциклетный спорт

Mountaineering - альпинизм

National team - сборная страны

Net - сетка

Oar - весло

Orienteering - спортивное ориентирование

Pad - щитки

Parachuting - парашютный спорт

Pole-vaulting - прыжки с шестом

Polo - поло

Puck - шайба

Racetrack - беговая дорожка

Racket - ракетка

Referee - судья

Riding - верховая езда

Rifle - спортивная винтовка

Ring - ринг

Rowing - гребля

Rugby - рэгби

Running race - состязание в беге

Sailing - парусный спорт

Shooting - стрельба

Shuttlecock - волан

Side split - шпагат

Ski poles - лыжные палки

Skipping/jumping rope - скакалка

Skis - лыжи

Snooker - снукер (игра на бильярде)

Sports ground - спортивная площадка

Stadium - стадион

Stick - хоккейная клюшка

Swords - мечи, шпаги

Team - команда

To break a record - побить рекорд

To compete in a championship - участвовать в чемпионате

To draw a game - свести игру вничью

To lose the competition - проиграть соревнование

To score points, goals - набирать очки, забивать голы

To set records - устанавливать рекорды

To train - тренироваться

To win the competition - победить в соревнованиях

To win the cup - выиграть кубок

Tobogganing - санный спорт

Tournament - турнир

Track-and-field - легкая атлетика

Triathlon - триатлон

Triple jump - тройной прыжок

Tug of war - перетягивание каната

Volleyball - волейбол

Water polo - водное поло

Water skiing - водные лыжи

Waterski - водные лыжи

Weight lifting - тяжелая атлетика

Working out - занятия на снарядах

Wrestling - борьба

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