

SPORTS ACTIVITIES

Цілі: формувати лексичні навички й навички вимови; вдосконалювати навички читання й усного мовлення; розвивати мовну здогадку й мовленнєву реакцію учнів; виховувати зацікавленість у розширенні своїх знань.

Procedure

1. Warm-up

- 1) Do you like sports?
- 2) Do you prefer playing or watching sports?
- 3) Do you have good or bad experiences with sports at school?
- 4) What's your favourite sport?

2. Reading

Do ex. 1, p. 134.

3. Speaking

Do ex. 2, p. 134.

4. Listening

Listen to the dialogue and do the task. Do you agree with the woman as for keeping to healthy lifestyle?

Man. Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream? And... uh... a slice of pizza from the fridge.

Woman. Anything else?

Man. None, that's all for now. Hey, hon, you know, they're organizing a company basketball team, and I'm thinking about joining. What do you think?

Woman. Humph

Man. "Humph" What do you mean "Humph". I was the star player in high school.

Woman. Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.

Man. So, what are you suggesting? Should I just abandon the idea? I'm not that out of shape.

Woman. Well. you ought to at least have a physical before you begin. I mean, it HAS been at least five years since you played at all.

Man. Well, okay, but.

Woman. And you need to watch your diet and cut back on the fatty foods, like ice cream. And you should try eating more fresh fruits and vegetables.

Man. Yeah, you're probably right.

Woman. And you should take up a little weight training to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. Oh, and you need to go to bed early instead of watching TV half the night.

Man. Hey, you're starting to sound like my personal fitness instructor!

Woman. No, I just love you, and I want you to be around for a long, long time.

1) What does the man want to do?

- a) play basketball with friends from work
- b) try out for the company baseball team
- c) get in shape and compete in a cycling race

2) What is the woman's main concern?

a) She is worried her husband will spend too much time away from home.

b) She is afraid her husband will become a fitness freak.

c) She is concerned about her husband's health.

3) What is the woman's first suggestion to her husband?

a) He should see a doctor.

b) Her husband should start with a light workout.

c) Her husband needs to visit a fitness trainer.

4) What does the woman advise about the man's diet?

a) He should consume less salt.

b) He should eat less fatty foods.

c) He should add more protein products to his diet.

5) Why does the man's wife recommend cycling?

a) It is good for improving muscle tone.

b) It helps strengthen the heart.

c) It helps develop mental toughness.

5. Reading

Do ex. 3, p. 134.

► Practice the new vocabulary.

Find the new words in the text and translate the sentences with them.

Do ex. 4, p. 136.

6. Reading and writing

Do ex. 6, p. 136.

Write down your ideas as for doing sports at school. Is it an important lesson? Why?

Draw your arguments.

7. Speaking

Do ex. 7, p. 136.

8. Summary

- 1) What do you know about sports?
- 2) What sport is played at Wimbledon? (Tennis)
- 3) In which country were the 2008 Olympic Games held? (China)
- 4) What country does the football player Romario come from? (Brazil)
- 5) What is the most popular indoor sport in the U.S.A.? (Basketball)
- 6) In which sport was Muhammad Ali the world champion? (Boxing)
- 7) Which famous golf player's mother comes from Thailand? (Tiger Woods)
- 8) What is longest running race in the Olympic Games called? (The marathon)
- 9) Who won the 2003 British Open golf tournament? (Ben Curtis)

9. Homework

Ex. 5, p. 136.

CAN WE DO WITHOUT SPORT?

Цілі: вдосконалювати лексичні навички та навички вимови, аудіювання, читання й усного мовлення; розвивати логічне мислення; виховувати правильне ставлення до спорту, а також загальну культуру учнів.

Procedure

1. Warm-up

Do ex. 1, 2, 3, p. 137.

2. Speaking

Express your opinion for and against of doing sports. (Checking the homework)

3. Writing

Do ex. 4, p. 137.

4. Reading and speaking

Read the text and answer the questions.

The modern way of life when people have little physical activity, use cars instead of walking, watch television for many hours and work on computers is turning them into legless creatures. Although a lot of people are interested in staying healthy, not many people do very much about it. Only 10 per cent of adults take part in sport more than twice a week.

The majority of people live in towns and cities, where space for team sports is limited. To keep fit, most people take part in individual sports. Taking part in all of these sports is informal and casual. Most people just want to relax. If they do aerobics or go swimming,

they usually go to the sports centre, but not many people join a sport club.

Some people argue that sport is not very useful. It takes a lot of energy and time. As a result of going in for sports, people have broken legs and arms and other injuries. Besides, it makes you unhappy when you lose. A lot of people prefer to watch sports competitions rather than take part in sports. Thousands of people go to the stadiums to support their favourite teams and sportsman. The most popular spectator sports are football, hockey and figure skating. Most of the important competitions are televised and people enjoy watching sports programmes on TV. They needn't buy tickets and go to a stadium, especially in cold and rainy weather. But certainly watching sports events and going in for sports are two different things.

In my opinion, people can't do without sport. Sport plays an important role in our lives. I think sport helps us in different ways. First of all, it helps us to stay in good shape, to keep fit and to be healthy. It makes people strong, fast and agile. What is more, sport builds character, it teaches us to win and to lose. It makes us more organized and better disciplined in our daily activities. Besides, it is a good way to meet people and to make new friends. Sport is an essential part of our everyday life. To have a healthy mind you must have a healthy body. But to be healthy, it is not necessary to become a professional sportsman. You may go in for sports just for pleasure when you have free time. Some people jog every morning, some follow fitness classes shown on TV. Young people usually put on their roller-skates and skate in the streets and parks. A lot of young people spend their holidays hiking. It doesn't cost much and it is a really good way of getting away from crowds.

Physical education is an important subject at school. It helps pupils to keep fit and to relax after a hard working day. Each school has good sports facilities. A lot of different competitions are usually held at school and a great number of pupils take part in it. That's why I think sport is so popular in our country.

The most popular sports in Ukraine are football and hockey, skating and skiing, track and field and swimming, tennis and basketball. It

is not always easy to decide which sport to take up. The aim of all sports training is to improve fitness and skills, and to develop training programmes that are both safe and effective. The important thing, however, is that anyone who is not used to exercising should not do too much at the beginning. Moreover, it is better to do a little regularly exercise are a healthier heart, stronger bones, quicker reaction times and lees susceptibility to various illnesses. Scientists believe that if you go in for sports on a regular basis, it could even help you to live longer.

- 1) What kinds of sport are popular in Ukraine?
- 2) Are you against or for sports?
- 3) What are the advantages of going in for sports?
- 4) What are the disadvantages of going in for sports?
- 5) Is sport important to you? Why?
- 6) Do you go in for sports? Why?
- 7) What is your favorite kind sport?
- 8) Do you like to watch sports competitions? What competitions do you like to watch?
- 9) What outstanding sportsman/women do you know?
- 10) What do you prefer: to take part in sport or to watch it on TV? Why?
- 11) Why do some people prefer to watch sports competition and not to go in for sports?

5. Writing

Fill in the gaps with the new words on p. 137.

- 1) This event is the country's leading piano ____.
- 2) Our team ____ twice in the last ten minutes of the game.

- 3) I asked her to ____ her attention to the following points.
- 4) Wilson has ____ considerable success as a sportsman.
- 5) Reyes is an active ____ in different competitions.
- 6) His great ____ is to make all the players into a united team.

6. Reading

Do ex. 5, p. 137.

7. Summary

Fill in the gaps.

DO, PLAY OR GO WITH VARIOUS SPORTS

Use “play” with any competitive game that you can play, “go” with activities that can be done alone, and “do” with groups of related activities.

He used to (1) ____ jogging every day when he was at university.

I love (2) ____ a good game of chess from time to time.

She (3) ____ gymnastics for over five years now.

This summer we (4) ____ windsurfing every day on our vacation.

He's quite the athlete. He (5) ____ basketball, baseball and hockey, too.

My wife (6) ____ horse riding twice a week.

Why don't we (7) ____ a set of tennis?

Some people think that (8) ____ aerobics four times a week is the best possible way of keeping fit.

His idea of the perfect summer holiday is to rent a sailboat and (9) ____ sailing between the islands of the Tuscan archipelago.

He (10) ____ athletics for his local track club.

Key: 1 go; 2 playing; 3 has been doing; 4 are going to go; 5 plays; 6 goes; 7 play; 8 doing; 9 go; 10 does.

8. Homework

Write a short paragraph about the sports activities which you do in your school.