

TO WATCH OR TO PARTICIPATE?

Цілі: вдосконалювати навички усного мовлення й читання; розвивати культуру спілкування й мовленнєву реакцію учнів; виховувати правильне ставлення до здорового способу життя.

Procedure

1. Warm-up

1) Do you prefer watching sports at the stadium, at home on TV, or in a bar on a giant screen?

2) What sports do you like to watch?

3) What sports do you hate to watch?

2. Reading and speaking

Check ex. 4, p. 144 (homework)

3. Reading and speaking

Read the dialogue and express your attitude to going in for sports. Do you agree with everything what is written here.

— Do you like playing sports?

— No, I don't. It takes a lot of time and energy. Going in for sports only means to work and to work hard.

— I wouldn't say that. It is not necessary to become a professional sportsman. You may go in for sports when you have free time. You can swim in summer and go skiing or skating in winter. Sport is very important for our health.

— Why are you so sure? As a result of sport people have broken legs and arms and other injuries. Some kinds of sport are really dangerous, for example, rock climbing or parachuting. Besides, sport makes me unhappy when I lose.

— On the contrary, sport can be fun as well. I particularly enjoy playing football with my classmates after classes. There is a sports ground outside our school and we usually go in for sports in the open air. And at our PE lessons we usually play volleyball and basketball.

— I can't stand taking part in school contests. To be a good sportsman doesn't suit everyone. If everybody takes part in competitions who will have fun? As for me, I prefer to watch sports programmes on TV. I am a viewer rather than a participant.

— Really? Which sports do you like watching?

— I enjoy watching team sports such as football and hockey. The matches are always exciting. Sometimes I go to the stadium with my friends to support my favourite teams.

— I also like to watch sports programmes on TV. But watching sports events and going in for sports are two different things. Sport helps us to stay in good shape, to keep fit and to be healthy. It make us more organized and better disciplined in our daily activities. Besides, it is a good way to meet people and to make new friends.

— Do you go in for on a regular basis? What is your favourite sport?

— My favourite sport is swimming. I have already been swimming for 5 years and I go to the swimming pool twice a week. It helps me to keep fit and to stay healthy. I hardly ever catch a cold and I never suffer from anything.

4. Listening

► Do the quiz.

1) I'm a little upset because my team _____ last night.

a) lost

b) failed

2) If you don't want to shoot the ball, ____ it.

a) pace

b) pass

3) Going to the gym will help you get in ____.

a) shape

b) sharp

4) The Canadian hockey team ____ six goals against Switzerland.

a) marked

b) scored

5) Dwayne Wade was trying to score, but he was ____ by another player.

a) fouled

b) failed

6) The person who makes sure that a game is played according to the rules is called a ____.

a) rep / representative

b) ref / referee

7) Nancy is a huge ____ of the San Antonio Spurs. They're her favorite team.

a) fanatic

b) fan

8) The Olympics are ____ every four years.

a) happen

b) held

9) Athletes have to _____ long and hard to achieve success.

a) train

b) trail

10) What is the half-way point of a game called?

a) half-game

b) halftime

Key: 1 a; 2 b; 3 a; 4 b; 5 a; 6 b; 7 b; 8 b; 9 a; 10 b.

5. Reading and speaking

Do ex. 5, p. 145.

6. Summary

1) What do you do to keep fit?

2) What do you think the top five most watched sports are in the world?

3) Do you think everybody should practice sports?

4) Do you think playing sports helps people work better as a team at work?

7. Homework

Ex. 7, p. 146.

EXTREME AND UNUSUAL SPORTS

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Procedure

1. Warm-up

- 1) What sport do you think is the most dangerous?
- 2) What sport do you think is the most expensive?
- 3) What extreme sports do you know?

2. Speaking

Do ex. 7, p. 146. (Homework)

3. Reading

Read the text and do the tasks.

HISTORIC JUMPS MADE ABOVE MT. EVEREST

Three skydivers made history over Mount Everest on October 5th by being the first people to parachute above the world's highest mountain. The parachutists, from New Zealand, Britain and Canada, trained for many years to make their jumps. Their plane flew about 150 metres above Everest's peak when they leapt out. They had to wear oxygen masks and parachutes that were larger than usual to help them in the thin air. The three were in freefall for 30 seconds before their chutes opened and they glided down to land. A member of the jumpers' support team Krishna Aryal explained to the Reuters news agency what the jumps looked like from the ground: "They looked like tiny birds flying in the blue sky as they jumped from the plane," he said.

The skydivers were over the moon with their jump over Everest. New Zealander Wendy Smith said: "It was stunning. I had never seen so many mountains before. To be on top of the world was simply stunning". Britain's Holly Budge agreed, saying her jump

was “just spectacular”. Their jumps broke several skydiving records. They entered the record books for making the highest skydiving freefall at nearly 8,900 metres. They also landed on the world’s highest drop zone at 3,761 metres. Twenty-nine more daredevils are waiting for favourable weather conditions to make the same jump. The thrill seekers are part of the ‘Everest Skydive 2008’ event organized by the British extreme sports company High and Wild.

► True or false

- 1) Three skydivers jumped off the top of Mount Everest.
- 2) The decision to make the jumps was a sudden one taken recently.
- 3) The parachutes used in the jumps were half the usual size.
- 4) An onlooker said the skydivers flew with rare bluebirds in the sky.
- 5) The skydivers were over the moon about their jump.
- 6) The parachutists broke several skydiving records.
- 7) Mount Everest is 3,761 metres high.
- 8) There are nearly 30 jumpers waiting to make the jump above Everest.

Key: 1 F; 2 F; 3 F; 4 F; 5 T; 6 T; 7 F; 8 T.

Match the following synonyms:

1) mountaina	a) number of
2) leapt	b) small
3) chutes	c) very happy
4) glided	d) jumped
5) tiny	e) excitement
6) over the moon	f) floated

7) stunning	g) peak
8) several	h) good
9) favourable	i) parachutes
10) thrill	j) amazing

Key: 1 g; 2 d; 3 i; 4 f; 5 b; 6 c; 7 j; 8 a; 9 h; 10 e.

4. Speaking

► Work in pairs

SKYDIVING DISCUSSION

Student A

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'Everest'?
- 3) Would you like to skydive over Mount Everest?
- 4) What do you think of the tree skydivers in this story?
- 5) What do you think of skydiving as a hobby?
- 6) Why do you think skydivers like skydiving?
- 7) Would you like to be in freefall for 30 seconds?
- 8) What kinds of feelings do you think you'd have floating down to the ground from above Mount Everest?
- 9) What kind of training would the skydivers need to do this?
- 10) Would you like to fly like a bird?

Student B

- 1) Did you like reading this article?

- 2) When was the last time you were over the moon about something?
- 3) What would you do if you were on top of the world?
- 4) What is the most stunning or spectacular thing you've ever seen?
- 5) Would you rather dive in the sky or sea?
- 6) Have you ever done any daredevil things in your life?
- 7) Are you a thrill seeker?
- 8) Would you like to get into extreme sports?
- 9) What three adjectives describe skydiving or skydivers?
- 10) What questions would you like to ask the skydivers?

5. Reading

Read about unusual sports and say if we can call them real kinds of sport.

PANCAKE RACING — In which each participant carries a pancake in a frying pan. All the runners must toss their pancakes as they run and catch them in the frying pan.

WHEELBARROW AND STRAW BALE RACE — Each player in the team races over 50 yards with 4 straw bales on the barrow, then tosses the bales over a 6ft height bar. The quickest team wins.

WELLY / WELLIE WANGING OR THROWING — A freestyle sport that originated in Britain, most likely in the county of Yorkshire. Competitors are required to hurl a Wellington boot as far as possible within boundary lines, from a standing or running start. Each player has three throws, the longest distance thrown within the zone wins. Note that the word wellie is also often spelt as welly.

6. Summary

- 1) What is your country's national sport? Do you like it?

2) What are blood sports and extreme sports? Do you like them?

7. Homework

Look for some information and write a short paragraph about an extreme or unusual sport.