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SPORT СПОРТ

Методические рекомендации

*Витебск
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В методические рекомендации включены тематические тексты, языковые и речевые упражнения и задания по теме «Спорт».

Данное издание предназначено для иностранных студентов 2-го курса, обучающихся по специальности «Романо-германская филология («Английский язык»).

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Репозиторий ВГУ

ПРЕДИСЛОВИЕ

Настоящее учебное издание предназначено для иностранных студентов 2-го курса, обучающихся по специальности «Романо-германская филология (Английский язык)». Методические рекомендации составлены в соответствии с программными требованиями по курсу «Основной иностранный язык (Английский)».

Цель издания – формирование лексических навыков и речевых умений по теме «Спорт».

Оно состоит из трех частей: «Виды спорта, представители различных видов спорта, спортивные арены и спортивное снаряжение», «Участие в спортивных соревнованиях» и «Любительский и профессиональный спорт».

Первая часть направлена на формирование лексической компетенции. В рамках второй и третьей рассматриваются темы: «Преимущества и недостатки отдельных видов спорта», «Победы и поражения», «Женщины в спорте», «Футбол», «Спорт в Великобритании», «Спорт как хобби», «Проблемы спорта высших достижений» и «Дети в профессиональном спорте».

Каждая часть включает тематическую лексику, основные и дополнительные тексты, диалоги и задания на развитие навыков понимания английской речи на слух. Все тексты снабжены тренировочными упражнениями и коммуникативно-речевыми вопросами для стимулирования неподготовленной речи. Каждая часть заканчивается заданиями для самоконтроля.

SPORT

UNIT 1

SPORTS, ATHLETES, PLACES AND FACILITIES

Essential Vocabulary

<i>Sports and Games</i>	equestrian sports	(rifle) shooting
angling/ fishing	fencing	rowing and canoeing
archery	football/ soccer	rugby
track-and-field	golf	shot-putting
(athletics)	gymnastics	skating (figure ~, roller ~)
badminton	(hang) gliding	skiing (cross-country ~,
basketball	high (long ~, triple ~)	downhill ~)
baseball	jump	ski jump
biathlon	hockey	slalom
billiards	hurdle races	snowboarding
bowling	jogging	squash
boxing	(lawn) tennis	steeplechase
callisthenics	marathon (race)	swimming
car (motorcycle ~)	mountaineering/ rock	tobogganing
racing	climbing	trampolining
chess	net-ball	volleyball
cricket	pentathlon, decathlon	water polo
cycling	parachuting/ ski-diving	weight-lifting
draughts	ping-pong/ table tennis	windsurfing
discus (hammer ~,	pole vaulting	wrestling
javelin ~) throwing	race/ run, relay racing	yachting
diving, scuba diving	rafting	

Sports Equipment

arrow, bow	climbing rope	rings
ball	club	shot
bar	cue, table	shuttlecock
parallel / uneven bars	discus	skates
wall bars	goal, net	skis, ski pole
barbell, dumbbell/ weight	hammer	toboggan
bat	hurdle	spring board
side horse	javelin	stick, puck
beam	landing mat	target
buck	obstacle	trampoline
chessboard, chessman, draughtsman	racket	treadmill
	rifle	

Sports Venues

ring
rink
scoreboard

slope
(shooting) range
sports ground
sports hall

stadium
the stands
track
(water) pool

Competitions

championship
contest
event
game
match
tournament

Protective Wear and Equipment

(crash) helmet
gloves
goggles
knee (elbow ~, shin ~, shoulder ~) pad
landing mat
(mouth) guard

Participants

amateur
athlete, sportsman/ ~ woman
(chess) player
coach
competitor/ contestant/ opponent/ rival
crew (rowing ~)
favourite, *ant.* outsider
(national, Olympic, local) team
official (umpire, referee, judge)
runner-up

substitute
winner, *ant.* loser
be a good/bad loser

Audience

the crowd
fan/ follower/ supporter
spectator
sports-lover
to cheer/ root/ shout for
to follow/ to support/ to back

Discussing Sports Events

anti-doping rules
at the start / at the finish
to beat/ defeat
to deprive of a medal
to disqualify from a competition
to do/ practise / play / sports
to dribble the ball
to draw (a game)
to end (a game) in a draw/ tie
to commit a foul
to comply with the rules
fair play, *ant.* foul play
score
set, round, half-time, period
to hold (a championship)
to cater for (sports)
to hit the bull's eye
to clear (a bar)
to knock (the ball)

to pass (the baton)
to perform (a high jump)
positive drug test
to run (four laps on the track)
to qualify for a competition
to serve (a shuttlecock)
to score (a goal, a point)
to set up (beat/ break ~, hold ~) a
record
to shoot (the puck)
to swim (the butterfly)
to take part in a sport
to tackle the opponent
to throw (a ball)
to train for a competition
to win , *ant.* to lose (a game)
to win a medal
to win by (2 points)

I. Vocabulary Exercises

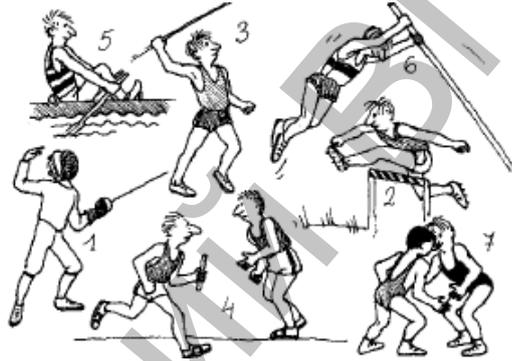
1 Sports

1. Practise the pronunciation of the words and phrases.

Biathlon, bowling, calisthenics, climbing, cycling, draughts, scuba diving, equestrian sports, gymnastics, hurdle race, jogging, marathon, mountaineering, pole vaulting, parachuting, squash, steeplechase, soccer, tobogganing, trampolining, wrestling, yachting.

2. Match the sports with the right pictures.

- rowing
- javelin
- pole vault
- hurdles
- fencing
- relay race
- wrestling



3. Give names for the illustrated sports.



4. Group the sports under these headings:

- sports played in teams
- individual sports
- sports played with a ball
- sports played outdoors
- sports played indoors
- summer sports
- racing sports
- winter sports
- aquatic sports
- combative sports
- board games
- track-and-field events

2 Sports Equipment

NOTE: For tennis, squash and badminton you need *a racket*. For baseball and table tennis you need *a bat*. For golf you need *clubs*. For hockey you need *sticks*.

5. Indicate which equipment is used in the following sports.

a)	ball	bat	bow	gloves	puck	stick	skis	club	table	arrow
archery										
baseball										
boxing										
cricket										
golf										
hockey										
ping pong										
skiing										

b)	oar	shuttlecock	cue	sword	pins	racket	rifle	table
fencing								
badminton								
billiards								
rowing								
shooting								
bowling								
tennis								

6. Put the words into the right category. You can use some words more than once.

swimming	field	metal ball	fencing
pitch	shorts	trunks and swimsuits	shoulder pads
fencing mask	ring	mouth guard	racing track
football	flagsticks	motor racing	epee, sabre, sword, foil
boxing	gloves	golf	pool, lane
goggles	platform	course	jersey
shin pads	shot-putting	crash helmet	boots
clubs	whistle	headgear	vest

Sport	Place / Venue	Sportswear and Equipment

7. Say in which sport every word in the group would be used.

crawl	board	bow	wetsuit
backstroke	square	arrow	mask and tube
butterfly	pawns	target	air container
breaststroke	queen	bull's eye	flippers

8. In which sports do you:

- | | |
|--|-------------------|
| 1) pot the ball with a cue? | a) ping-pong |
| 2) hit the ball with a racket ? | b) tobogganing |
| 3) use a pair of oars? | c) snooker |
| 4) serve the ball with a bat? | d) lawn tennis |
| 5) have to serve the shuttlecock? | e) golf |
| 6) shoot the puck with a stick? | f) indoor running |
| 7) hit the ball with a club? | g) biathlon |
| 8) ski across fields and then shoot a rifle? | h) bowling |
| 9) slide down a hill on a toboggan? | i) archery |
| 10) shoot arrows to hit the bull's eye? | j) rowing |
| 11) fight with a long thin sword? | k) gymnastics |
| 12) roll a heavy ball to knock down a group of pins? | l) fencing |
| 13) perform balance exercises on the beam? | m) badminton |
| 14) workout on the treadmill? | n) hockey |

9. Translate the words and phrases.

Стрела и лук, ружье, воланчик для бадминтона, ракетка, шведская стенка, бревно, гимнастический козел, конь, канат, батут, фигура в шахматах, клюшка в гольфе, хоккейная клюшка, шайба, штанга, молот для метания, копье, ядро, планка для прыжков в высоту, препятствие, лыжная палка, шлем, щиток, очки, капа, гимнастический мат.

3 Sports Venues and Competitions

NOTE: The playing area for football, rugby, hockey and cricket is called **a pitch**; for tennis, volleyball, basketball, squash and badminton it is **a court**; for golf it is **a course**.

10. Match the words from columns A and B to name sports grounds.

A			B		
a boxing	a golf	a shooting	course	court	
a football	a race	a running	slope	pool, lane	ring
a skating	a squash	a tennis	rink	table	track
a swimming	a ski	a billiard	pitch	range	

11. Which sport is described?

It's performed in a ring.

It's done on a race-track.

It's played on a court.

It's done on a pitch.

It's performed on an ice-ring.

It's contested at the shooting range.

12. Match the sports with the right kinds of events. For some of the sports there can be several engagements.

	game	match	tournament	competition	race	contest
<i>football</i>						
<i>skiing</i>						
<i>chess</i>						
<i>tennis</i>						
<i>shooting</i>						
<i>horse</i>						
<i>boxing</i>						
<i>motor</i>						
<i>fencing</i>						

13. Translate the phrases.

Лыжная гонка, шахматный турнир, теннисный турнир, соревнование по стрельбе, соревнование по фехтованию, матч по боксу, конные скачки, мотогонки.

14. Read the text and describe any sports centre you visited.

There is a big multi-purpose sports centre catering for many indoor and outdoor sports near my home. There are tennis, basketball and squash courts, a football pitch, a swimming pool, a sports hall with a climbing wall, trampolines and boxing rings and even a skating ring. There is also a separate athletics stadium, where 20, 000 spectators can watch the track and field events. The athletes get ready in modern changing rooms and the officials time and measure the events with modern equipment. A huge electronic scoreboard shows the results.

15. Listening. Listen to Sam talking to his friend Jake about a visit to a sports club. Match the people (1-5) with the sports (A-G).

1 Paul	2 Greg	3 Hannah	4 Susan	5 Mike
--------	--------	----------	---------	--------

A	B	C	D	E	F	G
weight training	table tennis	water aerobics	tennis	boxing	badminton	hockey

4 Participants and Audience

NOTE1: - *er* can be used for many sports, e.g. *footballer, swimmer, windsurfer, high-jumper, cricketer, golfer*, etc. *Player* is often necessary, e.g. *tennis-player, snooker-player, darts-player*; we can also say *football-player, cricket-player*. Some names must be learned separately, e.g. *canoeist, mountaineer, jockey*, etc.

16. What do you call a person who does/ plays these sports?

wrestling	swimming	mountaineering	racing	draughts
cycling	diving	boxing	football	athletics
weight-lifting	running	skiing	chess	yachting
pole vault	archery	hockey	basketball	gymnastics

17. Translate into English.

Велосипедист, альпинист, пловец, борец, тяжелоатлет, шахматист, шашист, прыгун с шестом, гимнаст, яхтсмен, лучник, лыжник, футболист.

NOTE 2: When you describe the playing area for football and the area around for *the crowd* (the people who watch, also called *spectators*) it is called *a stadium*, e.g. Wembley Stadium.

Players: Some games are played by individuals, others are team games. In a team, there are *players* and *substitutes*. One player is *the captain*, and there is *a coach*. A *beginner/ novice/ newcomer* is someone who has just joined the team.

Officials: Football, rugby and hockey have *a referee* but tennis, cricket and baseball have *an umpire*. In football the referee has *a whistle* to control the game and *two linesmen* to assist him. In tennis there are *line judges* to decide if the ball is “in” or “out”.

18. Match definitions 1-14 with people in sport a-n.

- | | |
|--|------------------|
| 1. the leader of the team | a. a referee |
| 2. the man in the goal | b. the captain |
| 3. the instructor of the team | c. contestants |
| 4. the players of the other team | d. spectators |
| 5. the person who plays for the love of the game | e. substitute |
| 6. the person who ensures fair play in sports such as football, basketball or boxing, are followed | f. opponents |
| 7. the person who makes sure that the players comply with the rules in sports such as tennis, baseball and cricket | g. an official |
| 8. the person who decides on the results of a competition such as figure-skating | h. a novice |
| 9. the common name for a judge, referee or umpire | i. a coach |
| 10. the person who has just joined the team | j. an athlete |
| 11. a sportsman or a sportswoman | k. a goal-keeper |
| 12. the people who gather at the stadium to cheer | l. a judge |
| 13. athletes competing in an event | m. an amateur |
| 14. a player who takes the place of another player | n. an umpire |

5 Discussing Sports Events

NOTE 1: Generally, you use:

go if the sport ends in ‘-ing’

do if the sport is more of a physical activity, a martial art or does not use a ball

play if the sport is competitive.

So:

I *go* swimming, cycling, canoeing, dancing, etc.

I *do* judo, athletics, gymnastics, weightlifting, karate, etc.

I *play* football, handball, chess, badminton, tennis, golf, etc.

19. Fill in *go*, *do* or *play*.

___ basketball	___ football	___ aerobics
___ running	___ gymnastics	___ baseball
___ karate	___ golf	___ cycling
___ swimming	___ windsurfing	___ scuba-diving

20. Complete the sentences with the correct form of *go*, *do* or *play*.

1. Do you want to ___ hiking with me?
2. Have you ever ___ ice-hockey?
3. I find ___ yoga to be very relaxing.
4. How often do you ___ tennis?
5. They ___ sailing yesterday.
6. He ___ weightlifting
7. She ___ aerobics twice a week.
8. ___ chess is a good mental exercise.
9. I ___ athletics at school.
10. Are you ___ skiing this winter?

21. Complete the dialogue with *go*, *do* or *play*. Choose any other sports and act out similar dialogues.

A: Do you play any sports? Bob?

B: Yes, I ___ volleyball. How about you?

A: Well, I've never ___ volleyball, but I ___ gymnastics and I sometimes ___ windsurfing.

B: Windsurfing? That sounds like fun! Have you ever ___ skiing?

A: No, I haven't – but I'd like to try.

B: So would I. Why don't we ___ skiing this weekend?

A: That's a great idea!

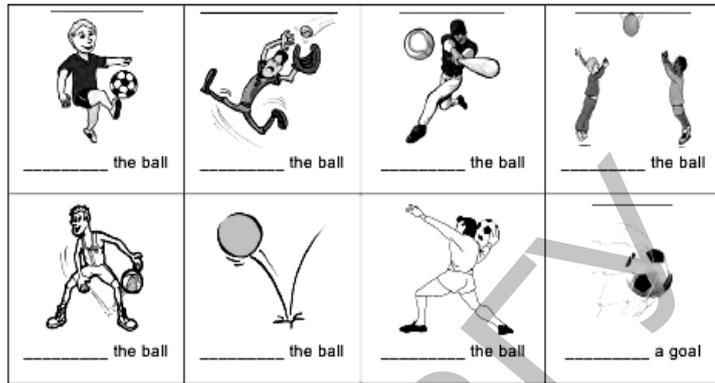
NOTE 2:

In ball games you can	knock	serve	throw	head	the ball		
	pass	hit	catch	kick		handle	hit
	bounce	hold	touch				

22. Complete the actions with the verbs (move from left to right).

score
throw
catch
pass

bounce
hit
kick
dribble



23. Complete the sentences with the verbs describing actions with the ball.

- In football, players can ___ and ___ but the players can't ___.
- In rugby, players can ___ but they can't ___.
- In basketball, players can ___ but they can't ___.
- In volleyball, players can ___ but they can't ___.
- My favourite sport to play is ___ because I like to ___.

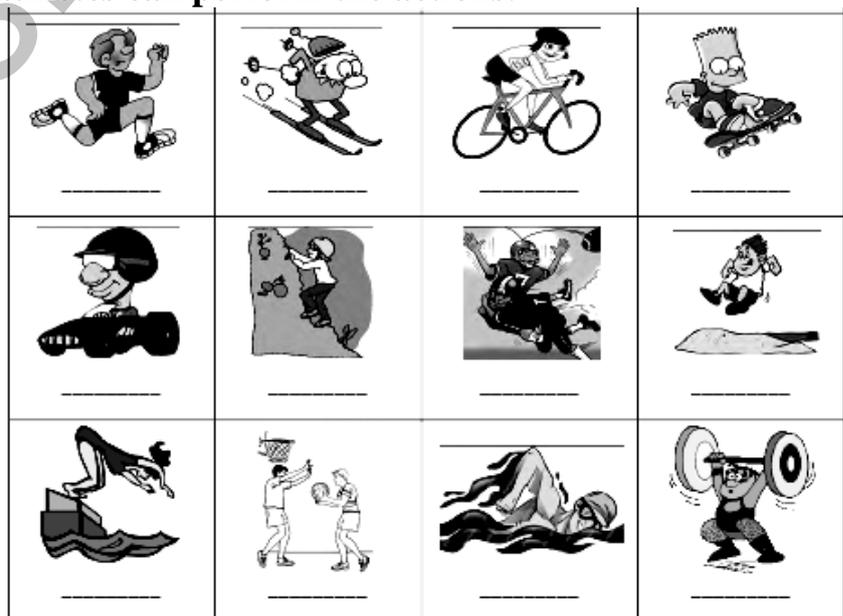
24. Translate the phrases.

Ударить по мячу, бросить мяч, ударить головой по мячу, подать мяч, поймать мяч, ударить ногой по мячу, брать мяч в руки, играть с мячом (стучать мячом о поверхности), держать мяч, вести мяч (в футболе и баскетболе).

25. Match the sports actions with the pictures (move from left to right).

Say in which sports athletes can perform the actions.

dive into the water
jump a winning distance
lift a barbell
climb a mountain
ride a bicycle
skate in a skate park
swim the crawl
ski down the slope
tackle the opponent
run fast
block the ball
drive a racing car



26. Find an appropriate definition for sports terms a-j.

- a. decathlon c. penalty e. set g. stands i. fair play
b. competition d. scoreboard f. match h. stadium j. foul play
1. A _____ is a complete game of football.
 2. A _____ means games played to find the best team.
 3. _____ is a sports competition with ten different events.
 4. A _____ is a place where big sports events take place.
 5. A _____ is part of a game of tennis or table-tennis.
 6. _____ is the correct playing.
 7. _____ is a disadvantage in sports given to a player or team for breaking a rule.
 8. _____ is the incorrect playing.
 9. A _____ is a board on which the points won in a game are recorded.
 10. The _____ are a construction where people stand or sit to watch a sports event at the sports ground.

NOTE 1: Winning and Losing

Spain **beat** Switzerland 3-2. (=Switzerland **lost to** Spain 3-2.)

In other words:

Spain **won** the match. (=Switzerland **lost** the match.)

Spain **won by** one goal.

Spain **defeated** Switzerland. (=Switzerland **were defeated** by Spain.)

Spain were **the winners**. (=Switzerland were **the losers**.)

If both teams or players have the same **score** (=the number of goals or points), it is **a draw/tie** (e.g. 2-2 is a draw/tie).

We can say

The match/game **was ended in a draw/tie**.

We can use **score**, **draw** and **tie** as verbs.

He **scored** 3 points in the last half of the game.

Neither side **scored** in the game.

We **drew** yesterday's match/game 2-2.

The two teams **drew**. The match **was drawn**.

The two sportsmen **tied** for first place.

27. Translate the words and phrases.

Обыграть соперников, проиграть соперникам, выиграть матч, проиграть в матче, выиграть матч с разницей в один гол, быть победителями, быть проигравшими, ничья, закончить матч вничью, закончиться вничью, забить два гола, набрать три очка, разделить первое место.

NOTE 2: A **match** is used for an organised **game**.

We had **a game** of football with a few friends in the park.

We've got an important **match** against a very good team next week.

When the game is still in progress, we often use the word *lead* to describe the position of the teams and players, or *latest* to describe the score.

HALF-TIME SCORE: SPAIN 2 SWITZERLAND 1

At half-time, Spain *are leading* Switzerland two-one. (=The *latest score* is two-one *to* Spain.)

Sampras *is leading* three-two in the first set. (=The *latest score* is three-two to Sampras.)

28. Translate the phrases.

Дружеская игра, международный матч, лидировать в первой половине игры, счет в матче, счет 3-2 в пользу России.

NOTE 3: What's *the score*?: In most games you score *goals* (e.g. football, hockey) or *points* (e.g. table tennis, basketball).

I *scored* the first goal.

We *won* the rugby game *with* 12 points *to* 3.

At the end of the game there is *a result* (i.e. Teams/players win, lose or draw). However, the scoring system – and the way we describe it – is different from game to game.

Football	Tennis
Spain 0-0 Italy (we say nil-nil)	15-0 (fifteen-love)
Spain 1-0 Italy (one-nil to Spain)	30-0 (thirty-love)
Spain 1-1 Italy (one-all)	30-30 (thirty-all)
Spain 1-2 Italy (two-one to Italy)	40-40 (deuce – a tied score that requires one player two successive points to win the game)
Spain 2-2 Italy (two-all)	
If <i>the final score</i> is 2-2 in a cup match, you may have to play <i>extra time</i> . And if the score is still 2-2 at the end of extra-time, the match is decided by <i>penalty shoot-out</i> .	Advantage X Game X Game and set to X (e.g. 6-3 or 7-5). If the score reaches 6-6 you have <i>a tie-break</i> to decide the set.

NOTE 4: Competitions: In many sports, players and teams play every week in a league (the player/team that wins the most games is the winner of the league championship). In most sports, there is also a cup competition, which is usually *a knock-out competition* (the stages of which are *quarter-final*, *semi-final* and *final*).

29. Translate the words and phrases.

Какой счет?; результат; финальный счет; играть дополнительное время; решать исход встречи в серии пенальти; играть тай брейк, чтобы решить исход сета; турнир с выбыванием; четвертьфинал; полуфинал; финал.

30. How do we say these scores?

- | | | | |
|--------------|------|-------|-------|
| 1. Football: | 0-0 | 2-1 | 4-4 |
| 2. Tennis: | 15-0 | 40-30 | 40-40 |

31. Complete the sentences using the prompts on the right.

- | | |
|---|----------------------------------|
| 1. 'Whose side are you on?' means... | the winners. |
| 2. It's 2:1 means... | the losers. |
| 3. It's 3:0 means... | score a goal. |
| 4. It's 2:2 means... | shout, whistle and cheer. |
| 5. If the team win they are called ... | 'Which team are you supporting?' |
| 6. If they lose the match they are... | it's two to one. |
| 7. Each team tries to... | it's three to nil. |
| 8. When the team scores its supporters... | it's two-all. |

32. Complete the sentences and the texts with suitable words.

1. Were many records ___ at the Olympics?
2. We've been ___ so many times that we deserve to be at the bottom of the league!
3. Congratulations! How many points did you ___ by?
4. Who ___ the world record for the 1000 metres? Is it a Russian?
5. I only once ___ a goal, and that was sheer luck.
6. Liverpool ___ Hamburg 4-2 yesterday.
7. In the World Cup Final of 1994, Brazil ___ Italy 3-2 in a ___ shoot-out.
8. After ninety minutes the ___ was 0-0: and it remained the same after thirty minutes of ___.
9. Ivanisevic ___ to Sampras in the second round.
10. Federer ___ the first ___ 6-4, but then ___ the second ___ on a ___. After that, Federer dominated the rest of the ___ and won easily. The final ___ was 4-6, 7-6, 6-1, 6-2.

Consolidation

33. Choose the correct answer.

1. Some of the best golf ___ are to be found in England.
a) courses b) courts c) pitches d) tracks
2. This is the running ___ where the first 4-minute mile was run.
a) circle b) course c) ring d) track
3. Have you been able to book us a tennis ___ for tomorrow?
a) court b) field c) ground d) pitch
4. It seems that the world record for this event is almost impossible to ____ .
a) balance b) beat c) compare d) meet
5. She is a good runner but she's not much good at ____ .
a) barriers b) fences c) hurdles d) jumps
6. He ran four ___ of the course in half an hour.
a) hurdles b) laps c) sprints d) vaults

7. Mary tells me she is ___ my horse in the Derby.
a) backing b) betting c) gambling d) staking
8. All the athletes were wearing ___ suits when they came into the stadium.
a) jogging b) running c) sports d) track
9. The new sports centre ___ for all kinds of leisure activities.
a) caters b) deals c) furnishes d) supplies
10. I'm afraid we shall have to call ___ the match on account of the bad weather.
a) back b) in c) off d) on
11. In this race they ran four ___ on the track.
a) laps b) rounds c) turns d) courses
12. The crowd went wild when he ___ the winning goal.
a) beat b) scored c) won d) served
13. The surfer fell off his ___ into the waves.
a) sledge b) oar c) board d) paddle
14. He was ___ from the championship after they discovered he had been taking drugs.
a) defeated b) disqualified c) lost d) aimed
15. An ice-___ match is very exciting to watch.
a) skating b) hockey c) polo d) puck
16. When the ___ landed, the point stuck in the ground.
a) discus b) shot c) hammer d) javelin
17. They ___ gracefully over the ice.
a) slipped b) skidded c) skated d) rushed
18. His ___ is so fast that I can hardly see the ball.
a) saving b) shooting c) reservation d) service
19. The ___ sped from the bow towards the target.
a) dart b) rod c) arrow d) bullet
20. The championships are ___ every two years.
a) had b) made c) taken d) held
21. She ___ for taking part in the Olympics.
a) certified b) qualified c) empowered d) permitted

34. Complete each sentence with a word from the list. Use each word once only.

board	draw	lap	referee	runner-up
dive	fan	oar	round	whistle

1. While I was rowing across the lake I lost one _____.
2. Neither team deserved to lose and the match ended in a _____.
3. Ruth was well out in front by the end of the fifth _____.
4. After the rugby match David was attacked by an angry _____.
5. Brian impressed everyone with his _____ into the pool.
6. Our gym teacher used to make us stop by blowing a _____.

7. During the chess game Carol knocked all the pieces off the _____.
8. Our team was knocked out of the competition in the second _____.
9. During the match one of the spectators offered the _____ his glasses.
10. Denise won the race and her sister was a _____.

35. Read the definitions and say what sport is described.

- fighting with foils and swords;
- an athletic event in which the competitor has to perform a hop, a step and a jump;
- a headlong jump into water;
- a contest of speed;
- the sport of lifting barbells of specified weights in a prescribed manner;
- a field event in which competitors try to clear a high bar with a very flexible long pole;
- an athletic event in which the contestants try to hurl a heavy metal ball called a shot as far as possible;
- racing in a large boat with sails or an engine;
- a sport in which each contestant tries to overcome the other by throwing or/and pinning him to the ground;
- gliding in patterns on ice surface either solo or in pairs;
- a race with light barriers to jump;
- gliding over snow on long runners fastened to boots;
- a sport in which the participants shoot arrows from a bow trying to hit the centre of the target called the bull's eye;

36. True or false? Correct the wrong statements.

1. Football has an umpire.
2. A set of tennis is always decided on a tie-break.
3. If two teams have the same score at the end of the game, it is a draw.
4. Golf is played on a course.
5. If someone gives you the latest score, the game has finished.
6. Sticks are used in skiing and hockey.
7. In a knock-out competition, you can lose one or two games but still win the competition.
8. The people who watch a football match are the audience.
9. The official who gives the score in tennis is the judge.
10. Athletes wear gloves.
11. Tennis is played on a pitch.
12. Women wear trunks for swimming.
13. One of the four games near the end of a knock-out competition is called a semi-final.

14. The goal-keeper acts as a judge in football.
15. You hit a tennis ball with a club.
16. We use balls in badminton.
17. You may handle the ball in football.
18. People who play draughts are called draughtsmen.
19. Boxers fight with bare hands.
20. In basketball you can pin your opponent to the ground.

37. Listening. Do the sports quiz, then listen and check your answers.

Are you a True Sports Fan?

1. If you hear the umpire call 'love-forty' which sport is being played?
a. baseball b. football c. tennis
2. Which country won the 2002 Football World Cup?
a. England b. Brazil c. France
3. Which country has been awarded the highest number of medals throughout the history of the Olympics?
a. the USA b. Germany c. China
4. In athletics, what do we call the long distance race which is run over 26.2 miles (42.1 km)?
a. marathon b. decathlon c. pentathlon
5. In which sport must a lifejacket be worn at each training session?
a. swimming b. water polo c. canoeing

38. Translate the words and phrases.

Заниматься спортом, нарушить правило (совершить фол), перепрыгнуть через планку, забить гол, открыть счет, ударить по мячу, обыграть соперников, болеть за сборную команду, честная игра, нечестная игра, установить рекорд, попасть в яблочко, уметь достойно проигрывать, турнир, трибуны, тренироваться для соревнований, квалифицироваться для участия в соревнованиях, быть дисквалифицированным на соревнованиях, легкая атлетика, передавать эстафетную палочку, установить рекорд, тяжелая атлетика, толкание ядра, поле для гольфа, сделать подачу, ходить под парусом.

II. Reading and Speaking

1. Read the text and answer the questions.

Basketball

Basketball is played between two teams on a court with a three-metre-high basket at each end. There are five players in each team and up to seven substitutes. The aim of the game is to score points by throwing the ball in the basket. Players run along, bouncing and dribbling the ball, and passing it to each

other until one of them scores. If a player commits a foul, his team either loses the possession of the ball or their opponents may have one or more free throws. A basketball game organized by International Basketball Federation consists of 4 quarters (periods) of 10 minutes with 2 minutes gap between each quarter.

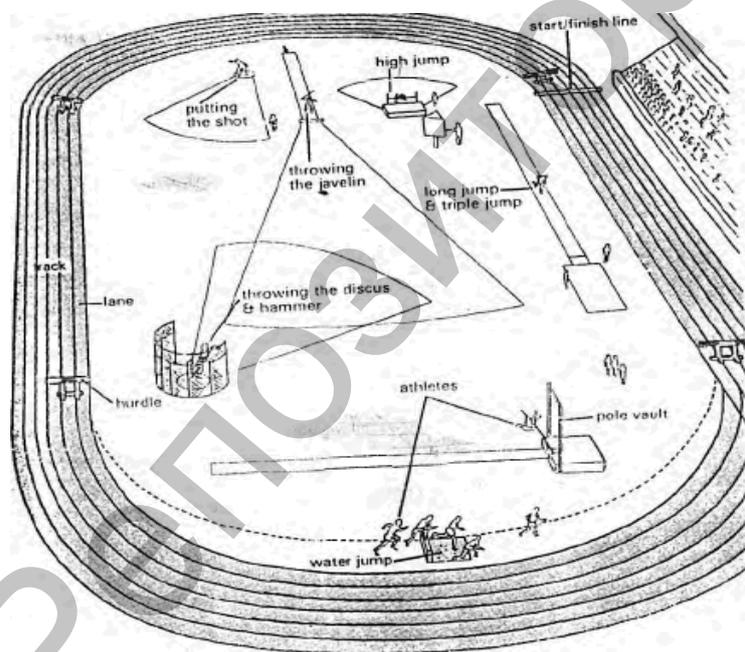
1. Is basketball an individual or team sport?
2. Where is it played?
3. How many players of each team may be on the court at one time?
4. What do we call the athletes who wait to play instead of their teammates?
5. What is the aim of the game?
6. What do players do to score?
7. How can players be punished for committing fouls?
8. How many periods does a basketball game consist of?

2. Read the text and answer the questions.

Track and Field Athletics

Track and field athletics is one of the most popular kinds of sport. It is often called the queen of sports.

The main parts of the events are contested either on the track or on the field of the stadium. All the races both in running and walking are held on the track.



At the start the athletes begin running after the commands 'On your mark, get set, go!'

The races include a lot of distances. The most famous sprint distance is 100 metres. Medium distances are 800, 1,500 and 3,000 metres. Long distance running is represented by 5,000 and 10,000 metres. The 10,000 meters race consists of 25 laps around the track! Marathon run is

the event for which a special course is marked outside the stadium because the stadium track is too small for it.

The hurdle distances are not long: 80, 110, 200 and 400 metres. Steeplechase is 3,000 metres course, usually of just over seven laps, including a total of 35 obstacles – athletes jump four hurdles and one water jump in each lap.

Track events also include relays, race walking and decathlon.

A great part of field events contain throwing sports. The four major disciplines are javelin throw, discuss throw, hammer throw and shot put. The farther you throw your object the better for you. The object which can be tossed away the farthest is the javelin.

All in all there are four varieties of jumping: in high jump and pole vault athletes clear a bar set as high as possible; the objective of long jump and triple jump is to try and jump as far as possible.

All athletes must comply with the anti-doping rules. If the officials discover that an athlete has been taking drugs, he / she is either disqualified from the competitions or is deprived of his/ her medal.

1. What is track and field athletics called?
2. Where are most of the events contested?
3. Where are the races held?
4. What distances do they include?
5. What is the most famous sprint distance?
6. What are the medium and long distances?
7. Where is the marathon run held?
8. In what races do athletes jump over hurdles?
9. What obstacles do athletes jump over in steeplechase? How many laps does steeplechase consist of?
10. What do the other track events include? Which of them is a team event?
11. What are the throwing sports? What is their aim?
12. How are the jumping events different?
13. What rules must all athletes comply with?
14. What happens in case of a positive drug test?

3. Read an interview with Linda, a rock-climber from the United States, and do the task that follows.

Interviewer Do many people do rock-climbing?

Linda Yes, it's surprising how many people do this as a hobby. Last year about 100,000 people started climbing as a hobby.

Interviewer Do you have to be very strong to climb rocks?

Linda No, when you climb you don't really need strength. I think balance and being careful are the most important things. You have to be really careful about the way you place your feet.

Interviewer Do you take part in climbing competitions?

Linda Yes, I do. Climbing competitions are really challenging. It is great to compete!

Interviewer Where do rock-climbing competitions take place?

Linda Not on cliffs, as you might think. Special indoor walls are built for rock-climbing competitions. There are bumps and holds on the side of the walls. They are like the sides of a rocky cliff. Climbers

don't see the wall before the competition. The competition has a time limit. The winner is the person who climbs the highest.

Interviewer Do you have to be brave to do rock-climbing?

Linda I know people think that you have to be brave, but I don't think I'm brave. I think you need to use your brains. In order to succeed, you have to plan well. In competitive climbing you have to plan your climb and then do it in a very short time. I only spend about a third of my time actually climbing; the rest of the time I plan my moves.

Interviewer Do all climbers take part in competitions?

Linda No, not all of them. A lot of people climb for fun, as a hobby. For them, every climb is a challenge.

Interviewer Do they travel to rocky places to climb?

Linda Some do. Some people like to climb in natural surroundings – where there are rocks, cliffs and mountains. Others just go to climbing gyms with special climbing walls inside.

Interviewer Can anybody learn to climb?

Linda Not exactly. I don't think it would be a good idea for nervous people.

Interviewer Do you need special training and equipment?

Linda Oh yes, that's most important. Don't try and start climbing without a good teacher. You must take lessons before you start. You also need the right equipment – special boots, a small hammer and pegs.

Arrange the information from the interview around the following headings:

<i>Participants</i>	<i>Sports Venues</i>	<i>Equipment</i>	<i>Competitions</i>

Skill Development

4. Choose your favourite team sport and complete the sentences below.

Read your sentences in class for your group-mates to guess the game.

1. There are ____ in each team.
2. The players wear ____ .
3. The players use ____ .
4. The players can ____.
5. The players can't ____.
6. The sport is played in / on / at ____.
7. The game lasts ____.

5. Find out about an individual sport you do or like and speak about it in class.

You can speak about the following:

1. participants and officials
2. equipment
3. place / venue for competitions
4. how to play and win
5. some of the rules

6. Find out about a famous sportsman/sportswoman. With a friend develop an imaginary interview with him/her.

7. Do research on the modern Olympic Games as the leading international sporting event and what summer and winter sports they feature, and present the information in class.

III. Check Yourself

1. Ask your partner.

What's the Russian for...?

1. yachting
2. to commit a foul
3. contest
4. scoreboard
5. the stands
6. to knock the ball
7. foul play
8. to pass the baton
9. to tackle the opponent
10. the national team
11. a 200 meters race
12. to qualify for a competition
13. to be a good loser

What's the English for...?

- a. установить рекорд
- b. проводить соревнования
- c. честная игра
- d. принимать участие в спорте
- e. болельщик
- f. болеть за команду
- g. подать мяч
- h. уметь достойно проигрывать
- i. решить судьбу матча
- j. завоевать золото
- k. набирать очки
- l. запретить участвовать в соревнованиях
- m. лишать медали

2. Translate the sentences.

1. Тяжелая атлетика, борьба и бокс являются популярными видами спорта в Республике Беларусь.
2. В забеге на 110 метров с препятствиями ему не удалось перепрыгнуть через последний барьер. Он споткнулся, потерял равновесие и пересек финишную линию последним.
3. В теннис играют круглый год на различных кортах.
4. Вам не следует предпринимать попытки совершать прыжки в воду без специальной подготовки.

5. Вратарю разрешается трогать мяч руками.
6. Вы занимаетесь волейболом?
7. За двойной фальстарт спринтера дисквалифицируют из соревнований.
8. Зрители поддерживают своих спортсменов на стадионе.
9. Игра закончилась вничью.
10. Команда, набравшая большее число очков, выигрывает.
11. Лыжная гонка была отменена из-за влажной и необычно теплой погоды.
12. На последних Олимпийских играх русская толкательница ядра была лишена золотой медали и чемпионского титула из-за положительного результата допинг контроля.
13. Наша команда выбыла из соревнований.
14. Он забил первый гол.
15. Он тренирует нашу команду по плаванию.
16. Она завоевала золотую медаль на последних Олимпийских Играх.
17. Она отобралась (прошла квалификацию) на участие в международных соревнованиях.
18. Стрела, выпущенная из лука, попала в яблочко.
19. Тяжелоатлет поднял штангу весом в 115 кг.
20. Чтобы решить судьбу матча, им пришлось играть дополнительное время.
21. Этот прыгун с шестом умеет достойно проигрывать. Он занял только второе место после неудачной попытки взять планку на высоте 6,00м. Тем не менее, ему хватило мужества подойти к победителю и пожать ему руку.
22. Этот теннисист славится сильной и быстрой подачей. Не думаю, что на турнире у него есть равный соперник.

UNIT 2 DOING SPORTS

Essential Vocabulary

Nouns and noun phrases

advances (of women's basketball)
all-year-round sport
also-ran
beaten finalist
commentator
confined space
consolation prize for
damage to (the eye)
dead-heat
derby
excellent winter choice
excessive swing
feeling of distance / balance
field (=participants) of (fifteen)
first team
friendly rivalry
goalmouth
handicap race
heat
home/visiting team
hot favourite
infringement of the rules
instant strength
kick-off
one-sided victory

Verbs and verb phrases

not to stand a chance
to anticipate the direction of the
opponent's attack
to ban from a competition
to be a world in itself
to be bound to do sth
to be in a photo finish (for a place)
to be/keep towards the back of the field
to disqualify from a competition /
(in an event) for an offence
to be in a class of one's own
to be trained by a coach

outsider
own-goal
quickness of visual reaction
reigning (champion)
rigorous training
posture
scope for (improvisation)
single combat
showmanship
stamina
staunch supporter / fan
the fitness conscious
top athlete
training session
walk-over
whistle for half / full time

Adjectives

agile
superior to
supportive of
well beaten
hardy
proficient
supple
well-coordinated

to jostle for (the ball)
to keep the trophy on goal difference
to lead from start to finish
to leave sb exhausted
to master the classical stance
to outclass
to outnumber
to overtake (sb) at the finish
to perfect sth
to perform (passes)
to play (goal-keeper, defender /
(right/left/centre) back, forward /
striker)

to beat opponents at high competitive levels	to play a game of one's life
to best world records	to play against sb
to chant in unison	to play with/against the wind
to comply with the rules	to pose danger to
to commit a foul	to promote sb to (the first team)
to contest the referee's decision	to rebound off
to disallow a goal	to regain the trophy
to dive (to catch the ball)	to relegate sb to (the substitutes' bench)
to end up stranded	to retain a title
to excel (at a sport / oneself)	to run like lightning
to execute (skilful passes)	to shoot through the air
to face fierce competition	to slaughter one's opponents
to flash into the goal	to stop a participant (in the first round)
to flock to a soccer match	to suffer a defeat
to foresee the direction of the opponent's attack	to survive a training session
to get away from it all	to switch from defence to attack
to give sb a free-kick	to tackle the opponent
to go from bad to worse	to take the lead / to be in the lead
to handle sth like a virtuoso	to try for the first place
	to win/lose the toss

I. Reading and Speaking

1 Describing Sports

1. Read the passages and do the tasks that follow.

1.

It is not only a sport; it is art, science, and a world in itself. The difficulty and the unique beauty of this game lie in great scope for improvisation, because it is not possible to foresee all situations during training sessions. A player of this game has to have many qualities. He must skate excellently – not just quickly, but also be able to change speed at the right time, suddenly slow down, turn and change the direction. He must handle his stick like a virtuoso, execute skilful passes to his teammates and be able to receive the puck and make an unexpected shot at the opponents' goal.

2.

One may go in for this kind of sport since the age of twelve. It is the most durable kind of sport because there are sportsmen/women doing it who are forty or even older. It develops skill, strength, special endurance, quickness of visual reaction and the feeling of distance because in any single combat a lot depends on the athlete's reaction, his ability to anticipate the direction of the opponent's attack, to switch instantly from defence to attack. Today this sport is practised throughout the world with three weapons: the foil, the epee, and the sabre.

3.

In this sport, the sportsman stands with his left side half-turned towards his opponent. The left foot is moved forward. The right foot is kept at a distance of a small step back. The body weight is evenly distributed over the slightly bent legs. So as to protect the chin, the head is tilted slightly forward. The left fist is kept at shoulder level, the right – by the right side of the chin. The arms are not tense either. In order to master the classical stance in this sport, one has to practise daily in front of the mirror perfecting this very important basic position.

4.

It is a five-a-side ball game played by both men and women. It requires a small court area with a hard surface. The team that wins the toss selects the goal they will attack during the first period. A centre pass starts the game with the whistle of the umpire. The ball is thrown in any manner from one player to another. Points are scored by throwing the ball above and through the ring on the goal post.

5.

Athletes doing this sport belong to the category of ‘flying people’. But in contrast to gymnasts, acrobats, long and high jumpers, the direction of their ‘flight’ is not upwards but downwards. The ‘flights’ they perform are no less difficult for that. The longest is performed from a height of ten metres and lasts 1,3 seconds. In that tiny space of time the athletes must execute a variety of twists and spins. The greater the complexity of the ‘flight’ and the greater the precision and elegance with which it is performed, the higher the marks.

6.

The athlete going in for this sport must possess many qualities to beat his rivals. He must be hardy, well-coordinated and supple, and he must have quick reflexes. And what matters most of all, he needs the so-called instant strength to tear the rival from the mat and throw him down on his shoulder blades.

7.

It is one of the fastest games in the world. It’s designed for the fitness conscious, and surviving a forty-minute session of the game leaves you completely exhausted. Two people play in a small confined space surrounded by high walls with no net to keep them apart. They use rackets to hit in turn a small rubber ball against the court walls. Stamina and anticipation are all-important as the ball can pose danger. Rebounding off the walls it shoots through the air extremely fast and when connecting with flesh leaves bruises that hurt a lot. But the most alarming injury is damage to the eye. Players with an excessive swing are also a hazard. In a game where two people are always jostling for the ball, a broken nose is only a racket away.

a. Say what sport is described in each passage.

b. Read and translate

- **the words.**

Unique, scope, handle, virtuoso, improvisation, unexpected, durable, combat, foresee, anticipate, session, instantly, endurance, quickness, visual, execute, precision, possess, well-coordinated, survive, tear, bruise.

- **the phrases:**

Great scope, to foresee a situation, a training session, to handle one's stick like a virtuoso, a durable kind of sport, to develop endurance and quickness of visual reaction, single combat, to be half-turned towards one's opponent, to master the classical stance, to perfect the basic position, a five-a-side ball game, a court area with a hard surface, the whistle of the umpire, perform 'flights', execute twists and spins, to have quick reflexes, the fitness conscious, to leave sb completely exhausted, a small confined space, to keep the players apart, stamina and anticipation, to pose danger, leave bruises, an excessive swing.

c. Complete the phrases with the missing prepositions. Read and translate them.

A world ___ itself, lie ___ great scope ___ improvisation, to change speed ___ the right time, to slow ___, to execute passes ___ one's teammates, to make an unexpected shot ___ the opponents' goal, go ___ ___ a sport, a lot depends ___ the athlete's reactions, to switch instantly ___ defence ___ attack, to be kept ___ a small distance ___ a small step back, to be evenly distributed ___ the slightly bent legs, to practise ___ front ___ the mirror, to throw the ball ___ any manner, ___ contrast ___ gymnasts, to tear the rival ___ the mat, throw the rival ___ ___ his shoulder blades, to be designed ___ the fitness conscious, to shoot ___ the air, damage ___ the eye, jostle ___ the ball.

d. Translate the words and phrases.

огромное поле для импровизации;
менять скорость в нужное время;
спорт, в котором возрастная планка;
выше, чем в других видах спорта;
единоборство;
овладеть классической стойкой;
бросить противника на лопатки;
предвидеть ситуацию;
тренировка;
производить искусные передачи
товарищам по команде;
мгновенно переходить от защиты к
атаке;
пасс с центра поля;

оставлять синяки;
владеть клюшкой подобно виртуозу;
свисток судьи в баскетболе;
способность предвидеть
направление атаки противника;
стоять вполоборота к сопернику;
чувство дистанции;
исполнять изгибы и кручения;
иметь хорошую координацию и
быть гибким;
сделать неожиданный бросок по
воротам противника;
голова, слегка наклоненная вперед;
оторвать противника от мата;

держат кулак на уровне плеча с правой стороны подбородка; развивать выносливость; тормозить, разворачиваться и менять направление; быстрота зрительной реакции; выдержать тренировку;

равномерно распределить вес тела на слегка согнутых ногах; толкаться, бросаясь к мячу; принять шайбу; тренироваться ежедневно; люди, заботящиеся о своем здоровье;

e. Complete the sentences and develop the ideas.

1. To become a top hockey-player one should ____.
2. Training sessions in fencing aim at ____.
3. When a boxer takes the classical stance he ____.
4. The rules of basketball are quite simple. They are ____.
5. To get the highest marks in diving one should ____.
6. To be able to throw the opponent on his shoulder blades the wrestler must ____.
7. They say that in squash it is better to lose a game than to burst a blood vessel because ____.

f. Skill Development

Imagine that a friend of yours has won in one of the sports described above. Congratulate him/her on his/her success. You are impressed by your friend's sporting skills, and your friend is justly flattered.

2 Sports Benefits and Challenges

2. Look through the information on sports and do the tasks that follow.

Athletics

All branches of athletics are beneficial. You really need to be dedicated to enjoy them, as this is not advisable for anyone who did not enjoy sport previously.

Boxing

This is excellent for arms and legs and good for letting-off steam. You have to be light on your feet, even if you are a heavy weight, and that may be why most boxers are excellent dancers.

Climbing

This is good for the single-minded, and exercises arms and legs very well. Psychological make-up is important in climbing – you need to be calm, resourceful and have great powers of concentration. Amateurs must not, of course, attempt difficult climbs alone or in bad weather – they can easily end up stranded.

Football and Rugby

These are both very good for leg muscles and general fitness. Football is a physically demanding sport, no matter what position you play. It requires strength, speed and agility. And when you are playing avoid fattening drinks and snacks after the game.

Gymnastics

These are marvellous for developing a sense of grace and poise as well as being good for muscles generally. This is an increasingly popular sport that could be well worth considering seriously if you are fit, agile and have a good sense of balance.

Riding

Riding is becoming more and more popular, and it is certainly a good way of getting away from it all. It is excellent for posture and can benefit thigh muscles. The major disadvantage is that riding is more dangerous if compared to other sports. When you fall off a horse, you might easily get injured.

Skating

This is great fun, and is good for legs, ankles and general posture and has a definite air of glamour about it, too. It is, however, probably better started young – children do not have so far to fall, and tend to fall less clumsily.

Squash

This is good for maximum exercise in minimum time. Forty minutes for a game is usually quite enough. You need to be agile, wiry and have a good eye. Squash is an excellent winter choice as it is played indoors.

Swimming

This is another excellent all-year-round sport. Sadly, many adults forget about serious swimming once their school days are over. But it is a splendid sport to follow with your children, and provides good exercise for most parts of the body. Breaststroke, in particular, is excellent for thigh muscles.

Tennis

Socially tennis is great fun but you need to be fairly proficient before joining a club. It provides excellent general exercise, too.

a. Read and translate the words.

Beneficial, advisable, psychological, resourceful, climb, muscles, marvellous, agility, poise, balance, posture, clumsily, maximum, minimum, splendid, fairly, proficient.

b. Complete the phrases starting with:

- good for ____
- advisable for ____
- marvellous for ____
- excellent for ____

c. Translate the words and phrases.

Преданный; выпускать пары; легко двигаться; спокойный и целеустремленный; тренировать руки и ноги; психологическая структура; иметь большую способность концентрироваться; предпринимать сложные восхождения; оказаться в затруднительной ситуации; спорт, связанный с тяжелыми физическими нагрузками; быстрота и проворство; развивать чувство грации и равновесия; стоить того, чтобы рассмотреть; развеяться (отвлечься от всего); основной недостаток; получать травму; быть ловким (проворным); осанка; быть прекрасным времяпрепровождением; максимум спортивной нагрузки за минимальное время; иметь верный глаз; прекрасный спорт для занятий; обеспечивать прекрасную тренировку для почти всех частей тела; быть достаточно хорошо подготовленным.

d. Join the sentences using *and, also, too, but, although* or *however* as in the examples.

Boxing provides excellent exercise. It is good for letting off steam. (similar ideas)

Boxing provides excellent exercise **and** it is good for letting off steam.

Boxing provides excellent exercise. It is **also** good for letting off steam.

Boxing provides excellent exercise. It is good for letting off steam, **too**.

Athletics is beneficial. It is not recommended for those who do not enjoy sports. (opposing ideas)

Athletics is beneficial, **but** it is not recommended for those who do not enjoy sports.

Although athletics is beneficial, it is not recommended for those who do not enjoy sports.

Athletics is beneficial. **However**, it is not recommended for those who do not enjoy sports.

1. Gymnastics is marvellous for developing a sense of grace and poise. It is great for muscles generally. 2. Gymnastics is an increasingly popular sport. You have to be fit, agile and have a good sense of balance. 3. Climbing exercises arms and legs very well. Amateurs can easily end up stranded. 4. Climbers need to be calm and resourceful. They should have great powers of concentration. 5. Football is great fun to play outdoors. You can't play it in bad weather. 6. Football is a physically demanding sport. It requires strength, speed and agility. 7. Riding is popular. It is a good way of getting away from it all. 8. Riding is excellent for posture. It can be dangerous. 9. Skating is fun. It has a definite air of glamour about it. 10. Skating develops a sense of balance and general posture. Grown-ups tend to fall clumsily. 11. Squash is a fast game. Forty minutes is quite enough. 12. Squash is an excellent winter choice. You need to be agile, wiry and have a good eye. 13. Swimming is a splendid sport. It provides good exercise for the body. 14. Tennis is great fun socially. You need to be fairly proficient.

e. Skill Development. Use the plan below to give examples of other sports you would recommend taking up.

Plan

1. Say what sport is well worth taking up.
2. Say in what way this sport can be beneficial to your health.
3. Say what it requires from a person who decides to take it up.
4. Give your opinion and reason.

Use this text as a model.

Skiing is great fun for people who enjoy being outdoors.

It is very good for muscles generally and develops a good sense of balance. It is well worth considering if you are fit and agile. Another good thing about skiing is that it is a good way of getting away from it all.

However, learning to ski can sometimes be dangerous as amateurs may attempt difficult slopes and get seriously injured. Psychological makeup is important because you need to be calm and resourceful. It is probably better to start when you are young as children tend to fall less clumsily. Sometimes it is physically demanding because you need a lot of time to practise.

To sum up, although skiing has some disadvantages, I think it's an excellent winter choice for the fitness conscious.

3. Listening. You are going to listen to a person's point of view of what makes a sport.

What Makes a Sport?

Pre-listening tasks

a. Match the words on the left with their meanings on the right.

- | | |
|-----------------------|---------------------|
| 1. determine | a. officials |
| 2. influence | b. physical ability |
| 3. umpires / referees | c. take part in |
| 4. athleticism | d. affect |
| 5. curling | e. decide |
| 6. participate | f. a game |

b. Discuss the meaning of the words and phrases.

cheerleading	choose the winner	decide the result / winner
determine the winner	incredible	s specific skill NASCAR

Listening comprehension

c. Listen to speaker and say which of these activities, according to the speaker, are not sports?

figure skating
baseball

golf
bowling

gymnastics
cheerleading

d. Listen again and answer the questions.

1. How does the speaker decide which activities are non-sports?
2. What point does he make listing some of the activities as non-sports?
3. Which activities, does he think, are sports? Why?
4. Do all athletes participate in sports?
5. Is everyone who participates in a sport an athlete?

e. Skill Development

Do you agree with the speaker's definition of sports and non-sports? What do you think makes a sport?

3 Women's Sports

4. Read the conversation and the passage below and do the tasks that follow.

Different but Equal?

- Dianna Did you see the gymnastics on television last night? The Russian girls were very good I thought.
- Barry Yes, it's nice to see a sport in which women are actually superior to men.
- Dianna That's the kind of thing only a man would say. Some women are very good at sport.
- Barry Only at the sports that don't need strength. Have you ever seen women playing football? It's pathetic.
- Steven Not all sports need strength. Women are good at things that need grace and skill. Like gymnastics.
- Dianna That's right. Different but equal.
- Barry I'm not so certain. Even in the sports that need grace, a good man is often better than a good woman.
- Dianna But look at skating. Men make skating a display of muscles.
- Steven Yes, skating is like dancing. And there women definitely excel.
- Barry There have been male ballet dancers, you know.
- Dianna Really, men are impossible! Nothing but prejudice.

Women and Girls' Role in Sports

Women and girls' participation and interest in sports are increasing with astonishing results. Women are now besting world records held by men 10 or 15 years ago. Some people believe that the day is coming when top female athletes will beat top males at the highest competitive levels.

Many spectators already prefer a women's game. For instance, the advances of women's basketball in the past 20 years are striking. Many fans feel that the best pure basketball is now being played by the very best women's teams. The men's game has become too individualistic and focused on showmanship.

More and more girls are beginning their athletic careers at the same age as boys – and with the same intensity. One main reason is grass-roots encouragement, starting with the family. It is obvious that a new generation has arisen that is highly supportive of girls in sports.

a. Read and translate the words.

Superior, pathetic, excel, competitive, individualistic, showmanship, encouragement, supportive.

b. Translate the words and phrases.

Быть лучше (превосходить) мужчин; показывать хорошие результаты; жалкий; разные, но равные; демонстрация мышц; отличаться выдающимися результатами (превосходить); быть полным предрассудков; участие девушек в спорте; улучшать мировые рекорды, установленные мужчинами; спортсмен высшего уровня; на самых высоких соревновательных уровнях; достижения женского баскетбола; сосредоточенный на собственных достижениях (индивидуалистический); концентрироваться на эффективности выступления (стремиться произвести эффект); начинать спортивную карьеру; поддержка широких масс; появляться; горячо поддерживать что-либо.

c. Act out the conversation ‘Women’s Sports’.

d. Say whether you agree or disagree with these statements.

1. Some sports need strength and some sports need grace.
2. In gymnastics women are superior to men.
3. Football played by women is pathetic.
4. Women excel at figure skating.
5. Women’s participation in sports is increasing.
6. Top female athletes beat top male athletes at the highest competitive levels.
7. Men’s basketball has become individualistic and focused on showmanship.
8. Girls begin their athletic careers very intensively.
9. Parents are very supportive of their daughters’ involvement in sports.

e. Skill Development.

React to these statements.

1. There are sports in which women are superior to men, and sport in which only men can excel.
2. Men and women are different but equal. It’s great that people are becoming more and more supportive of women and girls’ involvement in all sports.

4 It's Great to Compete!

5. Read the text and do the tasks that follow.

The Village Sports

The sports were held as usual on the recreation field, next to the glove factory. Officials outnumbered spectators, but there were more competitors than ever before.

Maggie was the star, as always. Apart from winning the women's sprint and trying for the first place in the long jump, she was the champion again in the (approximately) 50 metres freestyle, retaining her title for the fifth time. She led from start to finish in the running – the others didn't stand a chance – and she was in a class of her own in the swimming; it was a walkover, completely one-sided. She was across that pond and back before some had reached the other side.

Dad did well too. There was a field of fifteen for the 400 metres – to the bicycle shed and back – and Dad was an outsider before the race because he's unfit; but he excelled himself and came second. Was he proud of his runner-up's medal? You should have seen him!

Our family were reigning champions in the five-a-side football competition and hot favourites to win the cup again. We did, but only just. The final – against our old rivals, the Lavenders, - finished in a draw, despite two own-goals by Uncle Mac, and we kept the trophy on goal difference from earlier rounds.

After that, things began to go wrong and we suffered a number of defeats. Uncle Mac and little Donald were in a photo finish for last place in the father-and-son race – or would have been if someone had had a camera. They were just about overtaken by old Mr Grey with his fifty-year-old son on his back; it was probably a dead-heat, actually.

Then we were outclassed in the boxing. Uncle Bill was a beaten finalist at middleweight, but Uncle Mac was knocked out in the second round at heavyweight and at lightweight I was stopped in the first round. (I swear that Bobby Lavender is over 50 kilos.)

Because of my disappointing performance in that event, I was relegated to the substitutes' bench for the tug-of-war and Aunt Flossie was promoted to our first team. I felt so ashamed. Our opponents in the first heat were the butcher's family from Number 15 and they slaughtered us.

Then things went from bad to worse. Granny was well beaten in the over 70s' 200-metre handicap. She was towards the back of the field for most of the race and failed to finish the course in the end. Then, Aunt Jane had all kinds of problems in the sack race and was just an also-ran. She did get a consolation prize for finishing – two minutes after the others – but had been hoping for a victory in that event. And then, worst of all, Granddad was disqualified in the egg-and-spoon race for having stuck the egg to the spoon. What's more, he's been banned from entering the competition for five years.

I've noticed over the past few years how the village sports have been getting more and more competitive. It's a pity, really.

a. Pick out the expressions pertaining to sporting success and failure.

<i>Success</i>	<i>Failure</i>

b. Translate the phrases.

Легкая победа; перетягивание каната; скамейка запасных; бег в мешках; (отборочный) забег; превзойти себя; ей не было равных; не иметь ни какого шанса; количество участников соревнования; сохранить титул; утешительный приз; одновременный финиш; быть отправленным на скамейку запасных; медаль за второе место; обогнать на финише; побежденный финалист в тяжелом весе; лидировать со старта до финиша; удержать приз по разнице голов; быть в хвосте участников соревнования;

c. Paraphrase the following using the ideas from the text.

- the ball played into one's own team's net;
- cup given as a prize;
- a contest in which two people or teams pull opposite ends of a rope in an attempt to drag the opposition over a central line;
- a loser in a race, competition, or election;
- an easy victory;
- (in sport) to defeat easily;
- be surpassed by someone in performance or quality;
- to raise to a higher rank or position;
- to do something better than you usually do;
- having five players on each side;
- to exceed in number;
- a preliminary, eliminating contest in a competition;
- having all the advantage on one side;
- a contest in which competitors are given advantages or disadvantages in an attempt to equalize their chances;
- currently holding a title;
- a tie for first place between two or more participants in a race or contest;
- to lower in a rank or position;
- the end of a race in which the leading runners finish so close together that a photograph of it has to be examined to decide which is the winner;

d. Answer the questions.

1. Was Maggie was the star, as always?
2. Why was Dad so proud after the race?
3. The author's family were favourites in the five-a-side football competition. How did they manage to keep the trophy?
4. Prove that the father-and-son race was a complete failure.

5. Prove that they were outclassed in boxing.
6. Why do you think it was very humiliating for the author to be sent to the substitutes' bench?
7. What kind of race did Granny take part in? Was she a success?
8. Why does the author say that Auntie Jane was an also-ran?
9. Why was Granddad disqualified in the egg-and-spoon race?
10. Do you think the rules of the competition were rather strict?

e. Skill Development

1. You are the family before the competition. Discuss the events you are bound to win and the events that you believe you can hardly excel at.
2. You are the family after the competition. Speak about the reasons why your family won in some of the events and were defeated in the others. (Don't be too hard on the losers.)

Members of the family: the author, Maggie, Dad, Uncle Mac, Uncle Bill, little Donald, Aunt Flossy, Aunt Jane, Granny, Granddad.

Make sure to use as many of the suggested words and phrases as possible.

Success:

to be the star, to try for (the 1st, 2nd place), to be the champion, to an outsider, to stand a chance, to retain one's title, to lead from start to finish, to be in a class of one's own, to be a walk-over (completely one-sided), to excel oneself, to be proud of (one's runner-up's medal), to be reigning champions, to be hot favourites to win, to keep the trophy (on goal difference from the earlier rounds), to be promoted (to the first team), to slaughter sb;

Failure:

not to stand a chance, to be an outsider, to be unfit, to do sth but only just, to score an own goal, to suffer (a number of) defeats, to be in a photo finish for the last place, to be overtaken at the finish, to be outclassed in sth, to be a beaten (finalist), to be knocked out (in the first round), to be stopped in (the second round), disappointing performance, to be relegated to the substitutes' bench, to be slaughtered by sb, to be towards the back of the field, to fail to finish the course, to have all kinds of problems, to be an also-ran, to get a consolation prize, to be disqualified in / from sth, to be banned from entering competitions;

6. Read the text and do the tasks that follow.

It's the Courage to Participate that Counts

I was on holiday in the mountains, and I saw a notice advertising a cycle race. I used to do a lot of cycling, but I had never been in a race before, so I thought I would have a try. It was an opportunity to show what I could do – to prove to myself that I could still ride a bike.

On the morning of the race I was very nervous, especially when I saw the other competitors. There were about eighty riders and most of them looked as if they did this sort of thing twice a week.

The course was about 50 miles. I felt quite good at the beginning, but it didn't last. After the first five miles my leg muscles were on fire, I found it difficult to breathe, and most of the other riders were out of sight. But something extraordinary happened towards the end. For some reason, although I was very tired, I started feeling very good. I must have got my second wind. My breathing got much easier, and on one steep downhill section I started to sing.

I didn't win, of course, but I wasn't last. I was last but one, actually. The rider who came in behind me – three seconds behind me, to be precise, – was twelve years old. It was her first race as well, so we shook hands and congratulated each other on finishing.

The next day I couldn't walk.

a. Retell the story as if

- you saw the competition broadcast on TV;
- you were a coach looking for prospective athletes;
- you were the competitor who came first.

b. Skill Development

Imagine that you had a similar experience when you decided to take part in a racing sport (e.g. the 5, 000 meters race, orienteering, hill-walking, etc.). Tell the class your story.

5 Welcome to Soccer!

7. Football team. Match the names of the footballers with their jobs on the field.

goal keeper	-plays in the area between the two opposing defences;
centre back	- plays in or near the middle of the field;
right back / defender	- scores goals;
left back / defender	-stops the ball going into the goal;
midfield player	- plays in the near right of the field;
striker / forward	- plays in the near left of the field;

8. Read the text and answer the questions.

Friendly Rivalry

I play football for my local team against other sides in the area. Of course, the players are not paid, we are just amateurs. But anyway we train very hard in the evenings and we are lucky because we can use the gymnasium of a local school. On the day of the derby we arrive early, change and put on track suits to

keep warm. Then the referee, dressed in black, calls the two captains to the centre to toss a coin to decide who will play in which direction. Not many people come to watch the game. We usually have a crowd of one or two hundred. But we enjoy it, whether we win, lose or draw.

1. Are the footballers of the local team professionals?
2. Where do they train?
3. What do you call a football match between two teams from the same area?
4. What happens on the day of the derby?
5. Why does the referee call the captains to the centre before the game starts?
6. Do the matches draw many spectators?
7. Why do you think the title of the story is 'Friendly Rivalry'?

9. Read the conversation and do the tasks that follow.

Cheering at a Football Match

Lucille What splendid seats! We'll be able to see everything from here.
Pedro Yes, Jan has certainly looked after us well. We'll have to take him out to dinner after the match.

The others Good idea, Pedro, we certainly must.
Hob And we must shout for his team. I hope Jan is in form today.
Mr. Priestley I hope he is. I hear they are to choose the players tomorrow for the international match and if he plays well today Jan may be chosen.

Pedro Yes, I heard that the Selection Committee would be at the match and I told Jan he was to play his best today because they were watching him.

Olaf It must be exciting to play in an international match.
Pedro Here are the teams coming out. Jan is leading the London team. He must be the captain.

Frieda Yes, he is.
Hob Jan must be a good player.
Olaf He is; you have to be a good player to be captain of a London team.

Hob Jan's lost the toss and the Oxford captain has decided to play with the wind.

Olaf Oh, well, they'll have to play against the wind in the second half. I see Jan is playing centre-forward. He's just getting ready to kick-off. There they go.

Hob Come on, London!
 (about an hour and a half later)

Mr. Priestley This has been a grand game. I hardly remember ever seeing a better one. Jan has played the game of his life.

Lucille I've nearly lost my voice with shouting, "Come on, London!"
 Oh, I wish London could win.

Mr. Priestley I don't think they can. It must be nearly time now. It's one goal each, and the Oxford defence is magnificent.

Olaf Yes, if my watch is right, they have three minutes to go.

Frieda Look! Jan has got the ball. He's going like lightning towards the Oxford goal. Oh, go on, Jan!

Pedro That Oxford centre-half is trying to stop him.

Lucille Go on, Jan. You mustn't let him stop you.

Mr. Priestley Jan passed the ball to the inside right, a wonderful pass.

Lucille Oh! The inside-right is down; he's had to part with the ball.

Olaf Look, Jan's got it again, he's beaten the fullback and is racing towards the goal.

Hob Shoot, Jan, shoot! It's a goal!

Pedro Oh, what a shot! The goal-keeper hadn't a chance.

Mr. Priestley And there's the whistle for full time, and London have won. Well, they have to choose Jan for the international match now.

a. Explain the meaning of the underlined words/phrases.

b. Study the reported version of the conversation.

Jan is the captain of the London team. He is in good shape and has to play well because the Selection Committee is attending the match to choose players for the international match.

Jan loses the toss and the Oxford captain decides to play with the wind, Jan's team has to play against the wind during the first half of the match.

Jan's job is to play center-forward. He kicks off and the match begins.

Jan is playing the game of his life. His fans are shouting at the top of their lungs. It is nearly time, and the score is one goal each.

Suddenly, Jan gets the ball and runs like lightning towards the Oxfords goal. The Oxford centre-half tries to stop him but he kicks the ball to his teammate who passes it back. Jan gets the ball, races forwards and shoots at the corner of the rivals' goal. The goal-keeper doesn't stand a chance. He dives to catch the ball but too late – the ball flashes into the goalmouth. There's the whistle for full time and the Londoners win.

c. Report the conversation in the past.

10. Read the information on the infringement of rules in football and say what happens if a player commits a foul in a soccer game.

The rules in a soccer game are laid down by the governing body FIFA. Players in the pitch must comply with the rules or they might be stopped. If they happen to commit a foul against the opponent, the referee blows the whistle, stops the game and shows the player either the yellow card or the red card. The referee can also allow the free kick if a player tackles the opponent carelessly or

recklessly. A penalty kick is awarded against the team that commits a serious offence inside the penalty area.

11. Read the text and do the tasks that follow.

At a Football Match

Last Saturday fans flocked to a football match at the Bishopton Football Ground. They came from far and near because it was the most important match of the year. The home team were playing against the Easthampton City players (the visiting team) to regain the trophy they had lost in the previous season. The two teams' recent wins had qualified them for the final.

The kickoff time was set for 3 pm and at 3 sharp the referee blew the whistle and the match began. The Bishopton team were playing in blue and white shirts, the visiting team were in red and white shirts.

For the first twenty minutes the Bishopton team were stronger and kept the ball in the Easthampton's territory. Then, suddenly, the Easthampton midfielder took the ball, ran the length of the pitch and scored a goal. But the referee disallowed the goal because of the previous infringement. The Easthampton fans went wild but in football it is not allowed to contest the referee's decision. Soon after this, the referee blew the whistle for half-time.

In the second half of the match the Bishopton team faced fierce competition but they tried hard, and after ten minutes their forward scored the first goal. Their staunch fans cheered happily, they chanted in unison and waved their flags.

The home team scored again before the last whistle blew and won the match. The football team won because they had been trained by a very good coach who had insisted on a programme of rigorous training.

a. Translate the words and phrases.

Стекатся на матч, вернуть кубок, пройти в финал, время начала матча, местная команда, гостевая команда, не засчитать гол, нарушение правил, оспаривать решение судьбы, натолкнуться на яростное сопротивление, верные болельщики, скандировать в унисон и размахивать флагами, программа интенсивных тренировок.

b. Ask and answer questions on the text.

c. Skill Development

You are a sports commentator. Using the text as a guiding outline and expanding it with as many details as it is necessary, give a commentary of a football match. (You may change the place, the teams, and the score.)

II. Check yourself

1. Complete the gaps with the missing prepositions.

1. A proficient wrestler is able to instantly switch ___ defence ___ attack.
2. Are male gymnasts superior ___ to female performers?
3. Damage ___ the eye in squash is getting publicity.
4. Failure to comply ___ the rules will result in disqualification.
5. Our sprinter tried ___ the first prize.
6. Rick has excelled himself ___ the 110 metres hurdle race.
7. She was ___ a class of her own ___ tennis.
8. Sports officials claim the performance-enhancing drugs pose great danger ___ athletes health.
9. The followers of the two teams jostled ___ the seats closest to the pitch.
10. The leading runners were ___ a photo finish for the first and second places.
11. The Russian team won ___ goal difference after two matches.
12. There is considerable scope ___ improving our athletes' results ___ the international level.
13. They have been promoted ___ the First Division.
14. We were relegated ___ the Fourth Division last year.
15. We were stopped ___ the knockout competition.

2. Translate the sentences.

1. Болельщики собрались на стадионе, чтобы поддержать свою любимую команду. Они кричали, скандировали в унисон и размахивали флагами.
2. Боюсь, что действующим чемпионам не удастся сохранить титул. С такими сильными соперниками у них нет никакого шанса, их разобьют наголову.
3. В футболе запрещено задерживать игрока, не владеющего мячом?
4. Верные болельщики местной хоккейной команды поехали в Минск, чтобы поддержать игроков во время отборочного матча.
5. Два первоклассных баскетболиста борются за включение в основной состав сборной страны.
6. До конца матча оставалось три минуты, когда один из наших защитников завладел мячом. Он сделал прекрасный пас центральному нападающему, и тот просился к воротам соперника словно молния.
7. Допинговый контроль становится все более совершенным. Спортсмены, которых уличают в принятии допинга (be found guilty of taking performance-enhancing drugs), могут быть либо дисквалифицированы на год и более, либо им могут запретить участвовать в соревнованиях пожизненно.
8. Команда, за которую я болею, в начале сезона считалась наиболее вероятным претендентом на победу. Но, к сожалению, игроки потерпели ряд поражений и не попали в полуфинал.

9. Любители не могут соревноваться с профессионалами на равных, поскольку профессиональные игроки тренируются интенсивно и систематически.
10. Мне казалось, что американской бегунье не было равных. Она лидировала от старта до финиша. Но на финише ее обогнала спортсменка из Камеруна. Американка была явно разочарована вторым местом.
11. Наш защитник нарушил правила, неправильно атаковав нападающего соперников, и судья назначил пенальти. Мы надеялись, что вратарь сумеет взять мяч. Игрок соперников сильно пробил мяч прямо в угол ворот. Вратарь “нырнул”, чтобы остановить его, но было поздно – мяч влетел в ворота.
12. Наш капитан выиграл жеребьевку, и наша команда будет играть по ветру.
13. Не может быть, чтобы они сыграли вничью.
14. Несмотря на то, что перед соревнованиями она была не в своей лучшей форме и все считали ее аутсайдером, она решила бороться за первое место. И к удивлению зрителей, она превзошла себя и победила. Ее победа была безоговорочной.
15. Несмотря на яростное сопротивление, нашей баскетбольной команде удалось удержать победный счет и выйти в следующий круг соревнований.
16. Перетягивание каната было последним видом состязаний.
17. После авто-гола правого полузащитника отправили на скамейку запасных.
18. Российская сборная была превзойдена соперниками в своей группе. Но она получила утешительный приз за самый быстрый гол, который был забит на первых секундах матча.
19. Сегодня ты должен быть в лучшей форме. Тебя, возможно, выберут на международные соревнования.
20. Только тщательная (скрупулезная) тренировка помогла нам вновь добыть главный трофей соревнования.
21. Только фотофиниш может помочь определить победителя, если два или несколько участников заканчивают забег почти одновременно (close together).
22. Я не советую тебе оспаривать решение судьи.
23. Соревнования прошли в атмосфере дружеского противостояния.
24. Дерби – спортивное соревнование между соперниками из одного города или региона.

UNIT 3

AMATEUR vs. PROFESSIONAL SPORTS

Essential Vocabulary

Nouns and noun phrases

aspiring champion
champion in his/her teens
doping
flip side
irregular physical activity
nation of doers / spectators
national obsession
performance-enhancing medicine
sedentary lifestyle
spectator sport
sportsmanship
sporting nation
stunted growth
team spirit
televised / top / major sports
the urge to win
top performer / sport
virtue

Verbs and verbal phrases

to affect one's health
to be adequately rewarded for
to be an aim in itself
to be reflected in smt
to be under pressure to win
to break down economic and social barriers
to combine career in sport with a career elsewhere
to come second to sb / sth
to develop interpersonal and cooperation skills

to develop one's character
to develop one's health and intelligence
to double one's popularity
to draw spectators
to exploit one's talent
to fill the grounds
to get along with sb
to get rid of tension
to have social problems
to keep youthful shape and stamina
to knight an athlete
to lead to sth
to learn valuable life lessons
to let off steam
to lose one's original aims
to make the front page news
to motivate sb
to play for the love of the game
to provide a challenge
to provide an outlet for surplus energy
to push sb
to reach the top of one's profession
to retain youthful vigour
to stifle the original intention of sport
to stop aging
to surpass oneself
to take physical exercise
to teach sb the value of discipline and hard work
to transfer to another club
to translate into advantages

I. Reading and Speaking

1 Sport in Britain

1. Read the text and do the tasks that follow.

The list of sports invented by the British is a long one. It includes football, lawn tennis, badminton, cricket, rugby, squash, billiards and snooker. In Britain

today sport is almost a national obsession. Sport occupies 40 % of the news pages of the popular newspapers.

Indeed, many British people are more interested in sport than in anything else. There's even a special telephone number to give the latest score during international cricket matches! They also knight their most famous athletes.

The British are believed to be a very sporting nation. The word 'sporting' means that people believe in 'fair play'. It's an old public school tradition that dates back to the 19th century, when people thought sport developed character and team spirit. People played just for the love of the game – they were all amateurs. But today, big sport is professional and top players can make a lot of money.

Team games are not as popular as they used to be. The sports that have grown most popular are sports for individuals, such as swimming, cycling and snooker. Team games tend to draw fewer spectators, especially football, though international matches and cup matches, in all the major sports, still fill the grounds. Motor-racing, on the other hand, has more than doubled its popularity, and golf has become a major spectator sport.

Television has had an enormous influence on sport. Darts, snooker, golf, and cycling have found regular places in TV programmes. Thanks to television, darts has become an international game, played by professionals. American football and Japanese sumo wrestling have also won over British TV fans.

More and more British people are taking exercise to keep fit and this is running Britain from a nation of spectators to a nation of doers.

a. Read the words and phrases.

Obsession, knight, draw, double, popularity, spectator, popularity, enormous.

b. Complete the phrases with the missing prepositions.

To believe ___ 'fair play', to play ___ the love ___ the game, sports ___ individuals, to have an enormous influence ___ sport, to win ___ British TV fans, to run Britain ___ a nation of spectators ___ a nation of doers.

c. Complete the phrases with the missing words.

A ___ obsession, to ___ famous athletes, a ___ nation, to develop character and ___ spirit, to tend to ___ fewer spectators, to fill the ___, to double one's ___, to become a ___ spectator sport, to take ___ to keep fit, a ___ of doers.

d. Answer the questions.

1. What facts prove that sports are a national obsession in Britain?
2. What is the origin of the word 'sporting'?
3. How have attitudes to team and individual sports changed over the last years?
4. What sports have become major spectator events owing to television?
5. Do British people still remain the so-called 'armchair sports lovers'?

e. Skill Development. Develop a report around these questions.

How great is a proportion of leisure spent on sport in your country? Which are the most popular sports in your country both for spectators and for participants?

2 Amateur Sports

2. Read the text and do the tasks that follow.

Many people's favourite hobby is sport. They spend much of their spare time playing team games like football or baseball, games for two or more people, like tennis, or golf, or practising an individual sport like running, parachuting or swimming. People practise a sport for a need to keep fit.

During the 1980s and later there was a great increase in interest in getting fit and staying healthy. A lot of people started running and jogging in their spare time. Aerobics classes opened in every town. The number of sports centres for dance and movement increased. Physical exercise became people's favourite pastime.

Today people continue leading a sedentary lifestyle with no or irregular physical activity and many of them would like to change it. Since our life no longer provides enough exercise we should include it deliberately into our everyday routines. The man or woman who takes exercise or takes up a regular sport will stay physically fit, retain youthful vigour, and perhaps, most important to many people, keep youthful shape and stamina.

a. Read the words and phrases.

Parachuting, a great increase, to increase, aerobics, to lead a sedentary lifestyle, irregular physical activity, to include exercise deliberately, everyday routines, to stay physically fit, to retain youthful vigour.

b. Translate the phrases.

Играть в командные игры; заниматься индивидуальным видом спорта; заниматься спортом из-за необходимости поддерживать форму; большой рост заинтересованности в улучшении и сохранении здоровья; вести сидячий образ жизни; давать возможность двигаться; намеренно включать в повседневную жизнь; начать заниматься спортом; сохранять юношескую энергию, форму и выносливость.

c. Answer the questions.

1. What sports do people practise to keep fit?
2. What sports grounds cater for physical activity?
3. How do some people change their lifestyles?
4. How can a person benefit from taking up a sport?

3. Listening

Sports and Leisure

Pre-listening task

a. Discuss the meaning of the words and phrases

old people's day centre	pole	track suit
loose-fitting (clothes)	slope	coach
go for sth	kit	count

Listening comprehension

b. Listen to three people – Mary, Jenny and Thomas – talking about a sport or activity they enjoy doing and answer the questions.

	Mary	Jenny	Thomas
1. Which sport / activity are they talking about?			
2. How often do they do it?			
3. What equipment and clothes do they need?			
4. Who helps them to develop their skills?			
5. Are they good at it?			

4. Read these arguments in favour of amateur sport and do the tasks that follow.

Sports Involvement:

- is for enjoyment and fitness;
- is for the good feeling that is produced when the body has done some physical work;
- stops aging;
- is for getting rid of tension and letting off steam;
- provides an outlet for surplus energy;
- provides a challenge and develops one's character;
- provides an opportunity to express oneself in a way that is not possible in work life;
- provides an opportunity to become good at something purely through one's ability;
- breaks down economic and social barriers;
- helps people in the business world;
- helps people get along with those from different racial and ethnic groups;
- helps people get along better with people of the opposite sex;

a. Translate the phrases.

Останавливать старение; снимать напряжение; выпускать пары; выход для излишней энергии; выразить себя способом, который невозможен на работе; бросать вызов; добиться результатов благодаря своим способностям; ломать социальные и финансовые барьеры; устанавливать дружеские отношения с людьми.

b. Arrange the arguments under the following headings.

<i>fun</i>	<i>self-esteem</i>	<i>socialising</i>	<i>health</i>

c. Say how else we can benefit from being physically active.

d. Skill Development. Answer the questions.

1. What are the most popular sports activities among young people in your country and abroad?
2. Is sport your favourite hobby? Which sport are you best at? How long have you been doing it? Why do you practise this sport?

3 Professional Sports

5. Read the text and do the tasks that follow.

Sport is a world of its own and it can't mean the same to everybody. Some people do amateur sports and some are professionals.

Professional sport is an exciting creative sphere of hard work and competition, a sphere where men and women want to surpass themselves. It explores the limits of human skill and endurance and it is thrilling to watch.

There is no general opinion about the participation in different competitions. Some people think it's no good that competitions and records have become an aim in itself and the need to win has effectively stifled the original intention of sport. Participation is more important than formal results.

Others, however, think that sport can't do without competition, which is a part of sport. Games would be boring without results and records.

But everyone agrees that professional sport has acquired some features that can only be loosely related to actual sportsmanship. Among them are:

- Professional sport has become a branch of the entertainment and advertising industries; and top performers can expect to become very rich. As a result of this the urge to win has been transformed into more greed for money.
- To help their performances, participants are prepared to take drugs. Doping scandals make the front page news.
- Televised sport is great entertainment. Without performance-enhancing medicines sport would not be attractive to watch on TV.

- Professional sport seems to have lost the original aims and is now being used by some purely as a way of making money.
- Team spirit has been lost; the players are thinking all the time how much they are worth if they transfer to another club.
- It is no longer possible to combine a career in sport with a career elsewhere. Therefore sports people expect to be adequately rewarded for reaching the top of their profession.
- Nowadays it is a series of individuals doing clever things with the ball, but not teamwork.
- Sponsorship, advertising and appearance of money for top performers have all led to a situation where it sometimes seems that the athlete comes second to the accountant.
- Professional sport does not only require total dedication from aspiring champions; it also requires expensive facilities, training and medical advice.

a. Read the words and phrases.

Surpass, explore, endurance, stifle, sportsmanship, performance-enhancing medicines, adequately, sponsorship, aspiring champions.

b. Complete the phrases with the ideas from the text.

A world of its ____, an exciting ____ sphere, to explore the limits of human ____, to become an ____ in itself, can't do ____ competition, ____ sportsmanship, a ____ of the entertainment industry, the urge to ____, performance-enhancing ____, to reach the ____ of one's profession, to come ____ to the accountant, ____ dedication, ____ champions; to require ____ facilities, ____ and ____ advice.

c. Translate the phrases.

Захватывающая творческая сфера упорного труда и соперничества; превзойти себя; исследовать пределы человеческих возможностей и выносливости; быть захватывающим зрелищем; стать самоцелью; уничтожить истинную цель спорта; обходиться без соревнований; спортивное мастерство, отрасль индустрии и рекламы; ведущие спортсмены; стремление победить; трансформироваться в жадность к деньгам; улучшать выступление; спорт по телевизору; допинговые скандалы; становиться сенсационной (главной) новостью; медикаменты, улучшающие результаты; терять подлинные цели; использовать, как способ заработать; командный дух; переходить в другой клуб; совмещать карьеру в спорте с другой работой; получать соответствующее вознаграждение за достижение вершины своей профессии; командная работа; быть вторым по важности после бухгалтера; требовать полной отдачи; полный стремления.

d. Answer the questions.

1. What is professional sport?
2. How do attitudes to participation in top sporting competitions differ?
3. Which of the arguments in the text sustain these opinions?

- Professional sport seems less to do with enjoyment and more to do with making money.	
- Professional sport cannot be drug-free.	
- Team sports have become too individualistic.	

4. Which of the problems mentioned do you believe need to be solved; which ones are part of sport and should be left as they are?

e. Skill Development

1. Give your arguments in favour of amateur and professional sports.
2. What is sport for: health or records? Share your opinion with your group mates.
3. Discuss with your group mates whether sport can ever be drug free.
4. Do you think people who participate in major sports should be unpaid amateurs?

4 Children in Professional Sport

6. Read the text and do the tasks that follow.

For many young people sport is no longer a game of tennis on a warm day. It is a serious and expensive business involving hours of daily training. For some, the training starts at a very early age, which is reflected in the increasing number of world champions in their teens. However, there is a flip side in teens' involvement in serious sports. According to recent studies, over-training can lead to stunted growth, skeletal injuries, and eating disorders in athletes who need to keep slim.

The arguments below prove that opinions on the participation of children in top-class international sports can vary from supportive to disapproving.

- Competitive sports help children learn valuable life lessons and those virtues translate into other advantages in many areas of life.
- It's unnatural for young people to earn so much money.
- It's unnatural to exploit their talents.
- Sports develop children's health and intelligence.

- Sports teach children the value of discipline and hard work.
- The pressures of international competitions can affect their health.
- Their parents are pushing them.
- They can be easily motivated because they don't have social problems.
- They are under constant pressure to win.
- They develop interpersonal and cooperation skills.
- They don't have many friends of their own age.
- They have fun and see the world.
- They learn to be independent very early.
- They miss all the enjoyments of youth.
- They wouldn't do it if they didn't want to.

a. Read the words and phrases.

Over-training, stunted growth, skeletal injuries, vary, virtue, pressure, motivate, interpersonal.

b. Translate the words and phrases.

Отражаться в растущем количестве чемпионов-подростков; обратная сторона (медали); участие подростков в серьезных спортивных соревнованиях; чрезмерный тренировочный режим; ухудшенный рост; травмы; различаться; получать ценные уроки; преимущество; превращаться в достоинства в разных областях жизни; эксплуатировать таланты; укреплять здоровье и развивать интеллект; приучать к дисциплине и трудолюбию; напряженная атмосфера международных соревнований; оказывать негативное воздействие на физическое и психическое здоровье; испытывать давление из-за необходимости побеждать; прививать навыки общения и сотрудничества; учиться самостоятельности; терять радость детства.

c. Answer the questions.

1. What is sport for many young people?
2. What is the flip side of teens' involvement in international sports?
3. How do opinions on involving children in top sports vary?
4. Which of the arguments on children in serious sports do you share? Why?
5. Would you like your child to become a top athlete? Why?

d. Skill Development

1. Discuss with you group mates the advantages / disadvantages for a youngster to begin a sports career.
2. Speak on the role of sport in the modern world.

II. Check yourself.

1. Complete the sentences with the missing prepositions.

1. Desk workers should deliberately include exercise ___ everyday routine.
2. Over-training can lead ___ serious health disorders in athletes.
3. Participation in international competitions puts contestants ___ pressure to win.
4. Physical activities provide an outlet ___ surplus energy.
5. Sports records have become an aim ___ itself.
6. Taking exercise you get rid ___ tension and let ___ steam.
7. Team sports help to get ___ better ___ people of the opposite sex.
8. The top performer often comes second ___ the accountant as the urge to win has been transformed ___ greed ___ money.
9. The virtues acquired in competitive sports translate ___ advantages in life outside sport.
10. Top athletes may transfer ___ other clubs if they believe they are not adequately rewarded ___ their performance.

2. Translate the sentences.

1. В настоящее время люди ведут малоподвижный образ жизни, не занимаясь спортом вообще или занимаясь им только время от времени.
2. Все больше и больше британцев начинают заниматься спортом для укрепления здоровья, что превращает их из нации пассивных зрителей в нацию активных участников.
3. Деньги и допинг, улучшающий результаты, уничтожают истинную цель спорта.
4. Дети легко поддаются мотивации, так как у них нет социальных проблем.
5. Истинное спортивное мастерство означает честную игру и уважение к соперникам.
6. Крупные спортивные соревнования являются захватывающим зрелищем.
7. Лучшие мировые атлеты стараются превзойти себя, чтобы победить.
8. Международные матчи собирают полные стадионы.
9. Многие люди полагают, что спортивные соревнования помогают установить добрые отношения между людьми.
10. Родители намеренно толкают детей в большой спорт и ждут от них побед.
11. Скандалы, связанные с допингом, становятся главными новостями, которые освещает пресса.
12. Спорт исследует пределы человеческих возможностей и выносливости.
13. Спорт ломает социальные проблемы, помогает лучше ладить с представителями противоположного пола и других национальностей.
14. Спорт является захватывающей творческой сферой упорного труда и соперничества.
15. Существует обратная сторона в участии юных спортсменов в международных соревнованиях, т.к. напряженная атмосфера и стремление победить могут оказать негативное воздействие на их физическое и психическое здоровье.

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