

"30 minutes of English"

Lesson 1.

Topic: "Sports and fitness"

Date: 19.09.16

UNIT 11. SPORTS AND FITNESS

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Task 1. Match the words with the pictures. What other sports do you know?

Formula 1 volleyball figure skating ice-hockey basketball wrestling



1



2



3



4



5



6

Task 2. Name the sports in the pictures. Do you know famous sportsmen in these kinds of sport?



1



2



3

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Task 3. Learn the words in the box. Read the text and say what sport is your favourite.

rugby tennis baseball hunting deep-sea fishing marathon golf chess
draughts darts bowling billiard score entertaining martial arts

About Sport

Sport is popular all over the world. People go in for sports in all parts of the planet. They want to be healthy and fit. A famous quotation by the Greek philosopher Thales "A sound mind in a sound body" means that you are healthy and your mind and body are in good working order. Sport also makes people more organised and disciplined.

Some sports are called spectator sports. They are characterized by the presence of spectators at their matches. Tennis, rugby, Formula 1, baseball, basketball, football, wrestling and boxing are spectator sports, while hunting or deep-sea fishing are not. Spectator sports may be professional or amateur. Martial arts are great as spectator sports and a good way to be fit and also for self-defence. They are kickboxing, karate, aikido, jiu-jitsu and others. Other sports are called participant sports, where people participate in sports competitions as players. Participant sports are more recreational: marathon, skating, golf. Golf and tennis may be either spectator or participant sports.

There are some intellectual games such as chess, draughts and dominoes. Very entertaining sports are darts, bowling, billiard, etc.

Task 4. Match each word on the left with its definition on the right.

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|-----------------|---|
| 1. team | a) person who watches a sporting event at the stadium |
| 2. player | b) number of goals or points that each player or team has |
| 3. amateur | c) person who watches sporting events on television |
| 4. professional | d) person who takes part in a sporting event or an activity |
| 5. spectator | e) group of sportsmen that play together, for example, eleven footballers |
| 6. participant | f) game, for example, football |
| 7. referee | g) someone who plays a sport, for example, a footballer |
| 8. match | h) someone who plays a sport as a paid job |
| 9. score | i) person who controls a game |
| 10. viewer | j) someone who plays a sport for enjoyment, not money |

