

"30 minutes of English"

Lesson 7.

Topic: "Sports and fitness"

Date: 27.09.16

Army Fitness

S Task 20. Match the words with the pictures.

two-mile run pull-ups stretching exercises push-ups sit-ups



1



2



3



4



5

R Task 21a. Learn the words in the box. Read the text.

improve strength endurance agility obstacle course carry equipment pass

Sport plays a big role in the Army. All officers and soldiers must be fit. Fitness is important for everyone's health. But it is especially important for soldiers. Army life can be physically difficult. Soldiers must train every day to improve their fitness. They develop strength, endurance and agility in the gym and on the obstacle course. They must be ready to carry weapons and heavy equipment and walk a long distance under fire and in bad weather. They cannot put in danger other soldiers' lives.

In the USA it is necessary for soldiers to take **Army Physical Fitness Test (APFT)** at least twice a year. There are three events: push-ups, sit-ups, and a two-mile run. A minimum score of 60 points in each event is required to pass the test. The soldier's overall score is the sum of the points from the three events. If a soldier passes all three events, the total score may range from 180 to 300.

A lot of servicemen do sports in their free time. They play football, go swimming, do karate. They also take part in different championships and Olympic Games.

Task 21b. Match the words with their definitions.

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| 1. endurance | a) training that gives soldiers practice in making assault |
| 2. strength | b) the ability to move quickly and easily |
| 3. obstacle course | c) to make better in quality |
| 4. agility | d) the ability to do something difficult for a long period of time |
| 5. improve | e) the state of being physically strong |

Task 21c. Answer the questions.

1. Why is fitness so important for soldiers?
2. What and where do soldiers develop?
3. What kind of test is necessary for soldiers in the US Army?
4. What events are necessary for the test?
5. How many points are required to pass the test?