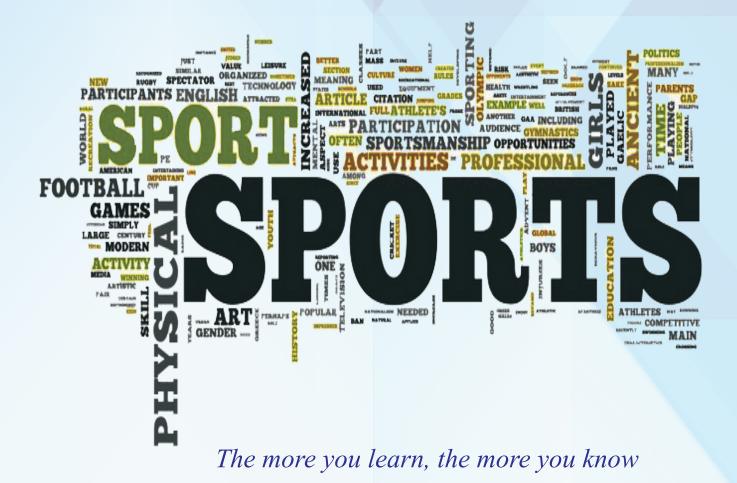
Natalie Holovatska Olha Homeniuk

English for PE Students



Міністерство освіти і науки України Чернівецький національний університет імені Юрія Федьковича

> Наталія Головацька Ольга Гоменюк

English for PE Students Англійська мова для студентів фізичного виховання

Навчальний посібник



Чернівці Чернівецький національний університет імені Юрія Федьковича 2025

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Посібник містить 16 тематичних уроків з фаховими автентичними текстами, до кожного з яких подані завдання на закріплення професійної лексики, активізацію та застосування лексичного матеріалу. Посібник укладений англійською мовою і відповідає рівню В1, В1+, містить додаткові матеріали для читання з ціллю розширення власного вокабуляра, розвитку комунікативних навиків професійного спрямування та відеоматеріали для розвитку аудіювальних навиків. До навчального посібника входить додаткове читання із завданнями, 16 відео матеріалів, текстові версії до них, глосарій та тестові картки на повторення пройденого матеріалу.

Для аудиторної та самостійної роботи здобувачів І рівня освіти факультету фізичного виховання і спорту у рамках навчальних дисциплін «Англійська мова за професійним спрямуванням», «Професійна англійська мова».

УДК 802.0+37.037.1(075)

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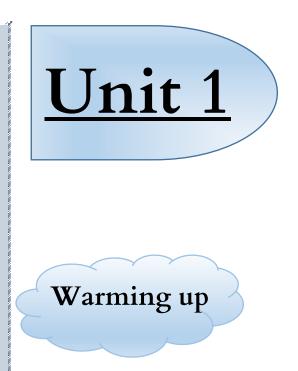
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PART I BRIEF OVERVIEW

PHÝSICAL EDUCATION

KEY TERMS:

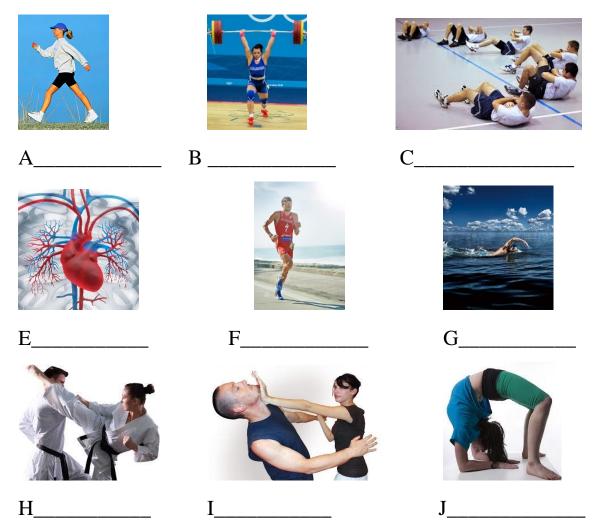
Physical education, training, cardiovascular, to promote, muscle, brisk walking, jogging, dancing, swimming, strength, weight lifting, endurance, flexibility, martial arts, self-defence, well-being



PHYSICAL EDUCATION

Task 1. Watch a video and try to guess what we are going to talk about today. https://drive.google.com/drive/folders/1sglmbhyd6uOh4_nvEhdw-DSCYLaMuGE4

Task 2. Read the key words and try to guess their meaning. Match the key words to the pictures.



Task 3. Match Ukrainian equivalents to the key terms.

brisk walking cardiovascular dancing endurance flexibility jogging плавання гнучкість фізичне виховання сила піднімання важких предметів самозахист martial arts muscle physical education self-defense strength swimming to promote training weight lifting well-being тренування швидка жвава хода підтримувати, активізувати танці здоров'я витривалість розминочна пробіжка серцево-судинний бойові мистецтва м'яз

Task 4. Read and translate the text

Physical education (PE), also known as physical training or PT, is an educational course related to the physique of the human body. It focuses on developing physical fitness in the youth. This is a required course in primary and secondary school, in college and higher school. Physical education intends to promote the following.

1. Cardiovascular fitness - the ability of your heart and lungs to deliver the oxygen your body needs for its daily tasks. *E.g.* such aerobic activities as

brisk walking, jogging, running, dancing and swimming.



Reading

- 2. Strength the amount of physical power that a group of muscles can use against a weight or resistance. E.g. weight lifting and body weight training.
- 3. Endurance the ability of a group of muscles to repeat movements or hold a position over a certain period of time. *E.g.* long-distance running.
- 4. Flexibility refers to the body's range of movement. Pilates, yoga and gymnastics help promote it.
- 5. Many schools have updated their programs of the traditional Physical Education courses. They include different types of fun extra activities.
 - The activities for life, like brisk walking, Frisbee and bowling.
 - The inclusion of non-traditional sports.

- Patterning the Physical Education program after health club programs. Here, the student may do Tae-bo one D P F day and do yoga the next.



- The combination of cardio and strength training activities.

Adopting a sports league model. It means that the Physical Education class is run like a sports league. Students take turns playing the roles of referees, players, scorers and coaches.

- Including martial arts and self-defense, that capture the interest of the students and promote their safety and well-being.

- 6. Inclusions of health and nutrition topics.
- 7. Introduction of technological enhancements. Students are taught how to use modern gym equipment such as pedometers and heart-rate monitors.

Although the primary goal of Physical Education is still to promote the physical fitness and well-being of each student, all these trends and advancements have changed the face of Physical Education forever.

Glossary

Physical education ['fɪzɪk(ə)l] фізичне виховання

Educational course [ˌedju'keɪʃ(ə)n(ə)l] навчальний курс

To promote [prə'məut] підтримувати, активізувати

Cardiovascular [ˌkɑːdɪəu'væskjulə] серцево-судинний

Aerobic activities [eəˈrəʊbɪk] вправи на покращення кисневого обміну в організмі

Brisk walking ['wɔːkɪŋ] швидка жвава хода

Jogging ['dʒɔgɪŋ] пробіжка - розминка, біг підтюпцем

Strength [streŋ θ] сила

Endurance [ɪn'djuər(ə)n(t)s, en-] витривалість

Flexibility [ˌfleksɪ'bɪlətɪ] гнучкість

Pilates [pɪˈlɑːtiːz] пілатес

Frisbee ['frɪzbɪ] фрісбі

Bowling ['bəulɪŋ] гра в кеглі, боулінг

Martial arts [ˈmɑːʃ(ə)l] бойові мистецтва

Nutrition [njuːtrɪʃ(ə)n, nuː-] харчування, їжа

Pedometer [pɪ'dɔmɪtə] крокомір

Well-being ['welˌbiːɪŋ] здоров'я

Speaking

Task 5. Say if it's true or false.

- 1. Doing always PT means improving your own well-being.
- 2. Non-traditional sports are not included in the programs of the traditional Physical Education courses.
- 3. Jogging and brisk walking are the ways of running.
- 4. Bowling is a club sports game.
- 5. A pedometer measures the speed of swimming.
- 6. Pilates and yoga are similar physical activities.
- 7. Our body constitution depends on our nutrition.
- 8. Cardiovascular exercises promote the cardiovascular system of a man.
- 9. Frisbee is a heavy plastic disk.
- 10. Complex physical activities do not enhance the strength and endurance.
- 11. Weight lifting trains the definite group of muscles.

12. Right nutrition helps overcome the problem of overweight and obesity.

Task 6. Fill in the gaps.

- 1. Morris _____ is a type of old English country _____ which is performed by people wearing special costumes.
- 2. In 1960s_____ was invented by the German physical fitness specialist Joseph Pilates.
- 3. A black belt is worn in judo, karate, and other _____.
- 4. At ______ classes a teacher gives an instruction in physical exercises and games, especially in schools.
- 5. After cardio training, a sportsman may have pain in
- 6. There are alternative sources of rational ______.
- 7. _____ is a countermeasure that involves defending the well-being of a man from harm.
- 8. You have to do these exercises that test your physical

Task 7. Choose the correct answer.

- People do physical exercises to

 a. improve well-being
 b. to get fit
 c. both variants
- 2. Any low intensity exercise where oxygen is used is
 - a. areobic b. anaerobic c. active
- 3. Exercise used to improve cardiovascular health?
 - a. flexibility b. aerobics c. strength
- 4. A pedometer measures
 - a. strength b. steps c. endurance

5. Pilates, yoga and gymnastics help promote flexibility b. endurance c. strength a. 6. Ability to move joint in full range of motion flexibility b. endurance c. strength a. 7. Which is a form of physical exercise? c. both variants walking b. swimming a. 8. The ability of muscles to repeat movements is b. endurance flexibility c. strength a. 9. Before training, a sportsman usually takes up b. swimming jogging c. dancing a. 10. Technological enhancements are

a. pedometers b. heart-rate monitors c. both.

Task 8. Discussion. Watch the video "We need more PE in school" and discuss the following.

https://www.youtube.com/watch?v=TUYC3dlAVtO

 What is the main source for children and adults during the day?

Listening

- 2. How much time of physical activities is recommended for children by health authorities?
- 3. What is the most challenging public health problem?
- 4. What is the 4th leading cause of death?
- 5. What risks do sedentary children have?
- 6. What does P.E. promote?
- 7. Do students get enough P.E. in school?

- 8. What does the National Association for sport and P.E. recommend to elementary and secondary schools?
- 9. Why don't students get enough P.E.?
- 10. What can caring adults do?

Writing

Task 9. Write a short summary of the topic.

Task 10. Write answers to the questions of exercise 8.

It is interesting to know

Thanks to modern technology, there is now a fun activity that combines satellite navigation, orienteering, computer skills, treasure hunting...and walking. It's a super cross-curricular game that your students will love.

> Called "geocaching," (pronounced "geo cashing") it makes use of GPS units to find prizes hidden by other geocachers.

Your tongue is the only muscle in your body that is attached at only one end.

Too much cardio can actually prevent fat loss because your body will actually burn muscle for fuel.

The three bones of the middle ear are so small all

three could easily fit on your thumbnail.

By the time you have reached 50 years of age, you will have walked approximately 75,000 miles

If all 600 muscles in your body pulled in one direction, you could lift 25 tons.

Your heart is about the size of your fist and weighs about as much as a softball.

REVIEW CARD 1

- 1. What is physical education?
- 2. What is the ability of the heart and
- lungs to work efficiently and to supply

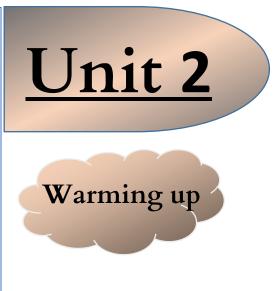
the body with oxygen?

- 3. What are strength and endurance?
- 4. What do Pilates, yoga and gymnastics help promote?
- 5. What kinds of activities do the schools
 - include due to the updated PE
 - programs?

SPORT VERSUS PHYSICAL EDUCATION

KEY TERMS:

leisure, prowess, competitive, key advantage, athletics, hygiene, compulsory, to boost, to enhance, to improve, to partake, fair play, affective development, available, choice equipment, voluntary



PORT VERSUS PHYSICAL EDUCATION

Task 1. Answer the following questions. Make a list of sports and physical exercises. Discuss what is more necessary to do physical exercises or sport.

What is sport in your opinion?

What do you think the physical training is?

Which of them do people prefer to do?

Are sport and physical training the same or different? Why? Which of them is more useful for health? Which is riskier for a person's health? What kinds of sport do you like? What kinds of physical exercises do you prefer to do?

Task 2. Match Ukrainian equivalents to the key terms.

1 compulsory	а. основна перевага
2 to enhance a prowess	b. добровільний вибір
3 affective development	с. приймати участь
4 voluntary choice	d. чесна гра
5 athletics	е. доступний
6 fair play	f. обов'язковий
7 equipment	g. гігієна
8 hygiene	h. емоційний розвиток
9 to boost	і. підвищувати майстерність
10 key advantage	ј. поліпшувати
11 available	k. вільний час, дозвілля
12 to partake	l. підвищувати
13 competitive	т. заняття спортом
14 to improve	n. обладнання
15 leisure	о. який змагається

Task 3. Fill in the gaps with the key terms. Translate the sentences.

partake, fair play, leisure, affective, equipment, prowess, boost, compulsory, key advantage, hygiene

1. _____ is the practice of keeping yourself and your surrounding clean to prevent illness or the spread of diseases.

2. Do what you can to _____ her confidence and morale.

3. In schools the sports ______ is usually outdated.

4. Our _____ in the competition was that we have won the previous two games.

5. The team also won praise for sportsmanship and _____.

6. We have a _____ center with many different sports and exercise facilities.

7. Visitors can _____ in golfing or clay pigeon shooting.

8. PE curriculum takes into consideration the _____ development of pupils.

9. Ukrainian is the _____ language on the school curriculum.

10. He's always bragging about his _____ as a cricketer.

Task 4. Read and translate the text

The term 'sport' comes from the old

French *de sport*, which means 'leisure'. Research states, "sport is an athletic activity requiring skill or physical prowess and

Reading

often of a competitive nature, as racing, baseball, tennis, golf, bowling, wrestling, boxing, etc." Besides skills and competition, most sports also require mental skill for strategic planning. Rules are a major part of sport. Physical skill is a key advantage in playing sport.

Physical Education is "training in the development of and care for the human body; stresses athletics; includes



hygiene." It is a taught course taken during primar Education secondary education. taken during primary and Physical Education classes are compulsory

in school until approximately age 16. As well as learning basic sporting skills, the curriculum also pays attention to health and fitness. Its aim is to enhance an individual's progress through a variety of activities, which will boost their confidence level.

The most obvious similarity between sport and PE is that they both involve physical activity, whether that is during school hours (PE lessons), an extra-curriculum activity, or playing for a local club. Physically active people will reduce their chances of acquiring certain diseases such as diabetes and obesity, therefore improving their quality of life. Sport and PE both have affective and social benefits. One of the main signs of affective development is a person's self-esteem that grows stronger when partaking in physical activity. Stress, anxiety and depression, can also be significantly reduced with regular exercise. Playing football or any other sport game whether with friends or in a PE lesson is a major part of a person's social learning skills.

Sport is more about being competitive and winning medals and trophies. However, PE can be competitive, teachers introduce fair play; ensuring teams are equally balanced by age, sex, and ability. In sports, the best players are selected for the club's first team. Sport is voluntary and the number of participants can vary from club to club, but the size of team can be adapted to suit the requirements. However, in schools PE classes can be vast, this can cause problems for the teacher when applying rules and instructions, especially given that a proportion of children do not want to partake and may be unruly.



Within sports, there are leagues and competitions, involving officials, and each club concentrates on one particular sport. However, the chosen activity for a particular PE lesson is decided by the

teacher and can vary from lesson to lesson. This decision can also depend on the environmental conditions and equipment available to that school.

Thus, both PE and sports have a positive effect on majority of people. Overall, any type of physical activity

should be a part of everyone's lifestyle. Although playing sport is more of an individual choice, it is vital that PE remains a compulsory part of the curriculum at schools.

Glossary

Leisure ['leʒə] дозвілля; вільний час

Prowess ['prauis] майстерність, досконалість

Competitive [kəm'petitiv] який суперничає, який змагається,

заснований на змаганні

Advantage [əd'va:ntɪdʒ] (перевага):

Care [keə] турбота, піклування

Athletics [æθ'letiks] атлетика; заняття спортом

Hygiene ['haɪʤiːn] гігієна

Compulsory [kəm'pʌls(ə)rɪ] обов'язковий (для всіх)

To enhance [ɪnˈhɑːns, -hans, ɛn-] збільшувати, підсилювати;

підвищувати якість

Boost [bu:st] активно підтримувати; рекламувати; сприяти росту

To acquire [ə'kwaɪə] здобувати; одержувати

To improve [Im'pruːv] поліпшувати, удосконалювати

Affective development [ə'fektɪv] емоційний розвиток

To partake [pa:'teɪk] брати участь

Fair play ['feə 'pleɪ] чесна; справедлива гра за правилами

Voluntary ['vɔlənt(ə)rı] добровільний

Available equipment [əˈveɪləb(ə)l] наявне, доступне

устаткування, обладнання; оснащення

Task 5. Say if it is true or false.

Speaking

1. The term 'sport' means 'leisure' and comes from the old Spanish de sport.

2. PE is more about being competitive than Sport.

3. The most obvious similarity between sport and PE is that they both involve physical activity.

4. Sport and PE both reduce certain diseases such as diabetes and obesity.

5. Physical Education cares for the human body and includes hygiene.

6. PE requires skill or physical prowess.

7. Both PE and sports encourages majority of people.

8. PE is a compulsory part of the school curriculum.

9. The aim of PE is to enhance an individual's progress, which will boost their confidence level.

10. Rules are a minor part of sport.

Task 6. Fill in the gaps.

leisure, prowess, competitive, athletics, hygiene, compulsory, to improve, to partake, fair play, equipment 1. The World Cup organizers are keen to promote the idea of

2.Washing your hands is a part of good ______.

- 3.She is a very _____ player.
- 4.Do you ______ in dangerous sports?
- 5.In most schools, physical education is ______.
- 6.He is known for his ______ on the football field.
- 7.Sports ______ is also called sporting goods.
- 8.When did you first get interested in _____, and why did you specialize in long jump?
- 9.The town lacks ______ facilities such as a swimming pool or squash courts.

10. Some athletes take drugs to _____ their performance.

Task 7. Choose the correct answer.

1. ... remains a compulsory part of the curriculum at schools.

a. athletics b. PE c. sports

2. Within ..., there are leagues and competitions, involving officials.

a. athletics b. PE c. sports

3. Sport is more about being ... and winning medals and trophies.

a. popular b. successful c. competitive4. Playing sport is more of an individual

a. choice b. choose c. thought

5. Sport is ... and the number of participants can vary from club to club.

a. conscious b. voluntary c. payable

6. Physical Education includes ... for the human body.

a. care b. repair c. consideration7. PE teachers scare that some children do not want to ... in physical activities and may be unruly.

a. make b. partake c. play

8. Sport and PE both have ... and social benefits.

a. effective b. affecting c. affective

9. Physical Education classes are ... in school until 16.

- a. required b. necessary c. compulsory
- 10. Sport is an athletic activity requiring skill or physical ...

a. prowess b. bravery c. strength

Task 8. Discussion. Watch the video "What are two advantages and disadvantages of children's participation in sport?" and discuss the following.

https://www.youtube.com/watch?v=Kkhmn7n0Zzg

- 1. What question does a speaker try to answer?
- 2. What is the first advantage?
- 3. What is a worldwide problem?
- 4. Why do we want our kids to be as physically active as possible?
- 5. What do every ten pounds of overweight mean for our health?



- 6. What is the second advantage?
- 7. What are examples of social skills?
- 8. What are examples of life lessons?
- 9. Are life lessons good or bad experience for children?
- 10. What are disadvantages of children's participation in sport?
- 11. What kind of injuries may be?
- 12. What is the key not to have injuries?
- 13. What does the term "burn out" mean?
- 14. In what do parents and coaches make sure?
- 15. What does it mean when children develop at the right pace in a sport?

Task 10. Write a short summary of the topic.

Task 11. Take "Sport Competition Anxiety Test" and learn your level of anxiety.

By analysing an athlete's responses to a series of statements about how she/he feels in a competitive situation it is possible to determine their level of anxiety. A test that provides such functionality is the Sport Competition Anxiety Test (SCAT) (Martens et al. 1990)

How to conduct the test?

The assistant explains the test protocol to the athlete:

Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, and tick the appropriate letter to indicate your response.

The athlete responds to the 15 questions on the questionnaire below - no time limit.

It effects me	Question
a.rarely; b.sometimes; c.often	Competing against others is socially enjoyable
a.rarely; b.sometimes; c.often	Before I compete I feel uneasy
a.rarely; b.sometimes; c.often	Before I compete I worry about not performing well
a.rarely; b.sometimes; c.often	I am a good sportsman when I compete
a.rarely; b.sometimes; c.often	When I compete, I worry about making mistakes
a.rarely; b.sometimes; c.often	Before I compete I am calm
a.rarely; b.sometimes; c.often	Setting a goal is important when competing
a.rarely; b.sometimes; c.often	Before I compete I get a queasy feeling in my stomach
a.rarely; b.sometimes; c.often	Just before competing, I notice my heart beats faster than usual
a.rarely; b.sometimes; c.often	I like to compete in games that demands a lot of physical energy
a.rarely; b.sometimes; c.often	Before I compete I feel relaxed
a.rarely; b.sometimes; c.often	Before I compete I am nervous
a.rarely; b.sometimes; c.often	Team sports are more exciting than individual sports

a.rarely; b.sometimes; c.often	I get nervous wanting to start the game
a.rarely; b.sometimes; c.often	Before I compete I usually get uptight

If you have 8 "rarely" and more than 'You have a low level of anxiety.'

2 "often" and less mean the same.

3 and more "often" mean 'You have an average level of anxiety

14 -15 "often" mean 'You have a high level of anxiety'.



If Michael Phelps were a country, he would rank no. 35 on the all-time Olympic gold medal list, ahead of 97 nations.

> Princess Anne, daughter of queen Elizabeth II, did not have to undergo gender verification at the 1976 Olympics due to "royal courtesy."

China did not win an Olympic medal until 1984. At the 2008 Beijing games, the Chinese won 100 medals.

> Sir Arthur Conan Doyle, the creator of Sherlock Holmes, played goalie for the amateur Portsmouth association football club, which would eventually become the

Portsmouth professional team that won the FA cup in 2008.

Boxing legend Rocky Marciano invented the fax machine.

Golf balls were originally made from dried cow eyeballs.

REVIEW CARD 2

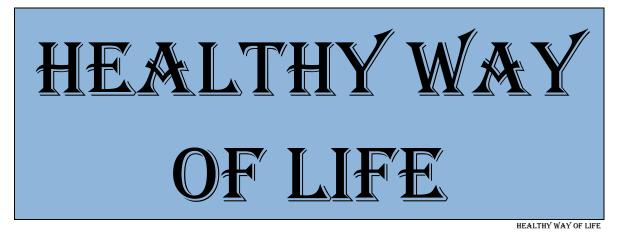
1. What is the definition of the term

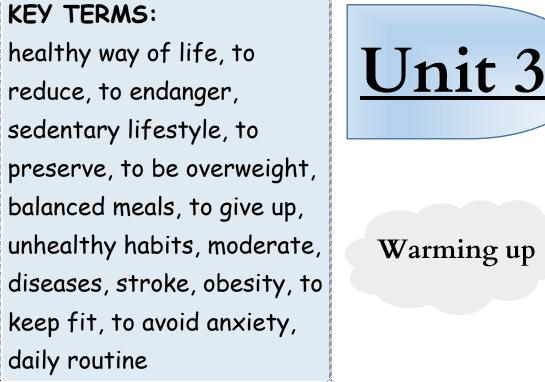
"sport"?

2. What is the meaning of Physical

Education?

- 3. What is similar between sport and PE?
- 4. What is the difference between sport and PE?
- 5. Are there leagues and competitions,
 - involving officials within sports?





Task 1. Answer the following questions. Make a list of your good and bad habits that improve or worsen your health. Discuss the necessity of healthy lifestyle for everyone.

Do you think you have a healthy life style?

Is it possible to have a healthy life style in modern world?

Why do many people try to lead a healthy life style?

What is the main purpose of it?

What do you need to do to keep healthy?

Task 2. Read the key words and match them to their transcription.

a. ['helθɪ]; b. ['deɪlɪ ruː'tiːn]; c. [ɪn'deɪnʤə];

d. [ə(u)'biːsɪtɪ]; e. ['bælənst miːlz]; f. ['strəuk];

g. ['mɔd(ə)rət]; h. [ˌəuvə'weɪt]; i. ['sed(ə)nt(ə)rɪ];

j. [ə'vɔɪd æŋ(g)'zaɪətɪ]; k. [dɪ'ziːz]; l. ['gɪv'ʌp];

m. [kiːp fɪt]; n. [rɪ'djuːs]; o. [ʌn'helθɪ]

Task 3. Substitute Ukrainian equivalents by the key terms. Translate the sentences.

- 1. He was a man who had always *тримав себе у формі* and ready to be of use.
- 2. I bet there are some *шкідливі звички* you'd like to *відмовитися.*
- 3. A *сидячий спосіб життя* is a type of lifestyle with no or irregular physical activity.
- 4. Obesity and a sedentary lifestyle has been linked with an increased risk of *інсульту*.
- 5. Heavy consumption of fizzy drinks could lead to ожиріння.
- 6. Obesity is a major risk factor in many *хвороб*.
- 7. He was *moscmum* and short of breath.

8. Properly *збалансована їжа* can have many health benefits.

A classic example of помірної фізичної активності іs 9. walking at a 15-20 minute mile pace.

The doc advices Ann to уникати занепокоєння for it 10. can cause great eating disorders.

Task 4. Read and translate the text

Reading

Healthy way of life has become

important in the present because the life of modern man is endangered by many factors. One is the increasing pollution of the environment by industry and transport; another one is sedentary lifestyle of the population of the planet. The third one is the quality of food we eat and water we drink. Unhealthy life results in the fact that many people are overweight.

The only possible way of preserving your health is, **Healthier Way Of Life** change your way of living therefore, healthy way of



life which includes keeping fit, balanced meals, and giving up unhealthy habits like smoking, drinking alcohol, and, of course, drugs.

It is a well-known fact that even moderate physical activity can protect you from heart diseases and strokes, obesity and influenza. There are many ways of keeping fit. Firstly, you could visit health and fitness clubs, public leisure centres, huge indoor water parks. Secondly, regular exercise is necessary. Some people do aerobics or yoga; others prefer weight training in a gym. Many people prefer walking or jogging which are the most accessible sports. Doing some sport or other on a regular basis is the best way of keeping fit. In Ukraine a number of sports activities are popular among the old and the young: football, swimming, cycling, skiing, skating, fishing, hunting, roller-skating, etc.

A healthy diet is an important part of staying healthy, too. This diet contains reduced amounts of cholesterol, fat,



sugar and salt. It helps protect our body from a wide range of diseases; the most dangerous are heart diseases, liver diseases, and cancer.

In addition it is recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it's hard to follow all these recommendations, but every person have to choose between healthy lifestyle and numerous illnesses.

Glossary

Healthy way of life ['helӨı weı əv laıf] здоровий спосіб життя To endanger [ın'deındʒə] наражати на небезпеку; ставити під

загрозу; загрожувати

Sedentary ['sed(ə)nt(ə)rɪ] сидячий, малорухливий

To preserve [prɪ'zɜːv] зберігати, підтримувати

To be overweight ['bɪː ˌəuvə'weɪt] бути товстим, важити понад

норму

Balanced meals ['bælənst miːlz] збалансована їжа

То give up ['gɪv'ʌp] відмовитися

Unhealthy habits [ʌnˈhelθɪ ˈhæbɪts] шкідливі звички

Moderate ['mɔd(ə)rət] поміркований; стриманий

Disease [dɪ'ziːz] хвороба

Stroke ['strəuk] інсульт

Obesity [ə(u)'biːsɪtɪ] ожиріння

То keep fit ['kiːp fɪt] тримати себе в формі

To reduce [rɪ'djuːs] зменшувати; скорочувати

To avoid anxiety [ə'vɔɪd æŋ(g)'zaɪətɪ] уникати занепокоєння,

страху, боязні

Daily routine ['deɪlɪ ruː'tiːn] розпорядок дня, повсякденна робота

Speaking

Task 5. Say if it's true or false.

- 1. Doing some exercises on an irregular basis is the best way of keeping fit.
- 2. Observing daily routine certainly means unhealthy lifestyle.
- 3. An environmental pollution, a sedentary lifestyle, and unhealthy food are the factors that endanger our health.

- 4. Healthy way of life includes balanced meals, and giving up smoking, drinking alcohol, and taking drugs.
- 5. The only possible way of preserving your health is leading a healthy way of life.
- 6. Moderate physical activity can protect you from heart diseases and strokes, obesity and influenza.
- 7. To keep fit it's not important to visit health and fitness clubs, public leisure centres, huge indoor water parks.
- 8. The most significant thing in keeping fit is doing regular exercise.
- 9. The most safe are heart diseases, liver diseases, stroke and cancer.
- 10. Obesity is the result of high physical activity and nonbalanced meals.
- 11. Balanced meals contain reduced amounts of cholesterol, fat, sugar and salt.
- 12. Smoking, drinking alcohol, junk food, eating too much and taking drugs are healthy habits.

Task 6. Choose the correct answer.

1. Obesity is

a. the state of being fat b. the state of being thin.c. both variants

- 2. Golfng, badminton, frisbee playing belong to... activities.a. aerobicb. moderatec. vigorous
- 3. ... examines the holistic approach to good health.
 - a. sportsmen b. aerobics c. healthy way of life

4. To stay in shape means to ...

a. to keep slender b. to keep fit c. keep fat5. To be ... means watching TV less, avoiding anxiety and observing daily routine.

a. healthy b. unhealthy c. morbid6. A feeling of nervousness or worry is

a. happiness b. anger c. anxiety

7. ... habits can do big damage to your mind and bodya. healthyb. unhealthyc. both variants

8. Consuming proper proportion of meals will help you achieve ... nutrition.

a. balanced b. healthy c. composed

9. ... is a person who sits on the couch all day and never exercises.

a. sleeper b. sitter c. sedentary

10. Most drugs offer, at best, only improvement.

a. moderate b. rapid c. sedentary

Task 7. Answer ''yes'' or ''no'' to each question and add up your answers to find out if you have a healthy lifestyle. Discuss your results.

Questionniare

1. Do you sleep for about eight hours per night?

2. Do you go to sleep easily and sleep through the night?

3. Do you eat at least five fruits and vegetables each day?

4. Do you limit the amount of sugar and salt in your diet?

5. Do you stay away from cigarettes and other tobacco products?

6. Do you avoid alcohol and drugs?

7. Do you get at least thirty minutes of exercise or activity each day?

8. Do you brush and floss your teeth at least twice a day?

9. Do you see a dentist and GP regularly if you feel something is wrong?

10. Do you usually feel that you can manage all of the tasks required of you in a given day?

11. Do you have family and friends ready to help and support you if needed?

12. Do you feel comfortable and practice safer sex in intimate relationships?

Do You Have a Healthy Lifestyle?

1. If you answered "yes" to between one and four questions then you have a lot of room for improvement in your lifestyle. Look at the pattern of your answers to find out where you are not concentrating on good health. If you feel unable to make changes yourself, ask an adult or professional to help you.

Visit your local library for more information, or scour the Internet for sites that you trust and implement some of their tips. But make changes soon, before your unhealthy lifestyle has any lasting consequences.

2. If you answered "yes" to between five and eight questions then you have a fairly healthy lifestyle. However, you can never take your good health too seriously. Try to target a few areas in which you can improve and think up a few easy changes that you can make in your daily life. It may be as easy as going to bed an hour earlier or switching from candy to fruit as your afternoon snack. Whatever it is, dedicate yourself to making changes and celebrate when you do!

3. If you answered "yes" to nine or more of these questions then you have a healthy lifestyle. For optimal health, work on any topic to which you answered "no". Lucky for you there does not seem to be many areas on which to concentrate. But while you obviously take care of yourself well, for the brightest future you must look after all areas of your physical and emotional health. If you find that you are unable to identify areas of change yourself, consider asking a trusted adult or a health professional for guidance.

Task 8. Write a short summary of the topic.

Writing

Task 9. Write 15 questions to the topic.

Task 10. Could you help Julia to read a letter from her parents? Write a reply letter. Insert the following words

diseases, avoid bad habits; morning exercises, running; become healthier; reduce; balanced

meals; better and healthier; keep their fit; be overweight; a healthy lifestyle

Dear Julia!

We're glad to receive a letter from you. How are things going on your end? It was so nice to hear that you want to lead It has become really important in the present. People do their best to ... and to And we would be happy to help you with this difficult task.

Firstly, you have to eat only ..., i.e. healthy and nutritious food. It's one of the main rules of healthy lifestyle.

Secondly, sport has to become an essential part of your life. Try to improve your weight not to be overweight. Doing ..., ... leading active lifestyle, resting on the fresh air - all these factors are necessary to be healthy and strong.

Thirdly, if you want to live a long and healthy life you should ... in your life. A person with them risks to get a lot of illnesses, which destroy your nervous system and ruin organism.

The last thing, which is very important, is good and healthy sleep. Bad sleep can ... your mental and physical abilities and become a reason for ... and stress.

We wish you would achieve what you want. Moreover, you'll feel much As one saying goes "A sound mind in a sound body". With love, your mum and dad!

Dear mum and dad,

I do my best to become healthier and to keep my fit...

Task 12. Watch the video and answer the

questions.

Listening

https://www.youtube.com/watch?v=qgIvpsM3aUY

- What does a healthy lifestyle include and contribute to?
- What are the benefits of a healthy lifestyle?
- What are physical benefits?
- What are social benefits?
- What are mental benefits?

It is interesting to know

Let's have some fun learning about some little fun-filled facts to get healthy, be healthy and live healthy!

Compromise and Indulge:

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--1 hour of tennis = 500 calories = 1 slice of key lime
pie
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--50 minutes of swimming = 360 calories = 1 slice of blueberry pie

--30 minutes of planting/gardening = 150 calories = 1 strawberry oatmeal bar

--45 minutes of medium-paced mall walking = 161 calories

--1 hour of ballroom dancing = 490 calories = 2 pieces of chocolate cake with chocolate frosting --32 minutes of biking 10-12 mph = 216 calories = 1 small McDonalds French fry

Body Language With Mind Attitude Gets You More......

--Sit up straight with your chest out ---

Increase your self-confidence

--Tense your muscles a bit --- Increase your willpower

--Improve your mood --- Smile

Reasons to Drink Tea:

--It reduces bacteria levels in the mouth and is good for your teeth.

--It's been said to help with weight loss as long as you don't drink it with added sugar.

--It reduces the risk of diabetes.

--It's good for your heart

Tips to Beat Burnout:

--Change your routine up a bit so you aren't doing the same thing day after day.

--Prioritize what's most important and stop stressing over the less important things ... it will be ok.

--Look at the bigger picture so that all the little things stop stressing you out. When you see the big picture, it can sometimes motivate you why you are doing the more tedious tasks. --Get a pal to participate ... sometimes doing things together can relieve some of the boringness of an activity.

Healthy Eating Tips! --Pay attention to portion control. --Take your time eating and enjoy the flavor. --Fill your plate halfway up with fruits and veggies. --Change your way of thinking about food; it is fuel for your body instead of comfort.

REVIEW CARD 3

1. Why has healthy way of life become

important nowadays?

- 2. What does healthy way of life include?
- 3. What are the ways of keeping fit?
- 4. What does a healthy diet mean?
- 5. Do you have a healthy lifestyle? Why?

JUNK VS HE<HY FOOD

KEY TERMS:

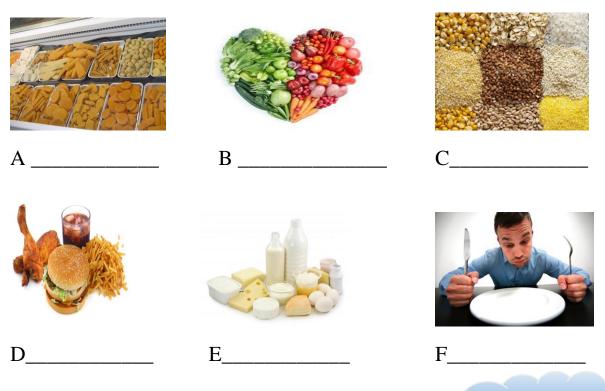
dairy products, cereal, convenience food, diet, famine, junk food, malnutrition, wholefood, nourishing <u>Unit 4</u>

Warming up

Task 1. Match Ukrainian equivalent to the key terms.

dairy products	низькоякісна їжа
cereal	голод
convenience food	поживний
diet	зерновий
famine	молочна продукція
junk food	їжа, дієта, режим харчування
malnutrition	напівфабрикати
wholefood	екологічно чисті продукти
nourishing	недоїдання

Task 2. Match the key words to the pictures.



Task 3. Listen to the audio, tracking the Reading text in the book. Translate the text.

Most of us would like to live a long and healthy life. Increasingly, doctors are telling us that, in order to do so, we must eat a healthy diet. Too often, we ignore the advice.

In most countries of the developed world, there is no shortage of food, but their inhabitants could be suffering from a form of malnutrition. This is something that we are accustomed to associate with poor countries, which regularly suffer from famine, caused by primitive agricultural methods and over-population.

The problem in the developed countries is that all too

many of us are eating food which is far from being nutritious and which is lacking in many of the vitamins essential to health. Because of our busy way of life, we rely too much on convenience foods, not taking the time to prepare a nourishing meal for ourselves. Instead, we grab something from the supermarket shelves or freezer and put it in the microwave.

Even when we decide to eat in a restaurant, many of us decide that we have very little time and that our food must be served instantly. It is for this reason, that in many countries there are so many restaurants that specialize in serving fast food. Unfortunately, much of this food is also junk food, and even more unfortunately, many children have become addicted to this, refusing to eat healthier alternatives.

In general, we are eating too much processed food and not enough wholefood. Ideally, we should eat more cereal products in order to increase our intake of fibre, since there is some evidence that this reduces the risk of certain cancers. Antioxidants, too, are found in significant quantities in fruit and vegetables.

Formerly, it was considered important to eat plenty of eggs and dairy products to remain healthy. Such foods are now known to be high in cholesterol, which can be a contributory factor in heart disease. Fashions in healthy eating may have changed, but the message remains the same. Watch what you eat!

Glossary

Antioxidant [æntɪˈɒksɪdənt] антиоксидант Cancer ['kænsə] рак Contributory [kənˈtrɪbjʊtəri] сприятливий Convenience food [kən'viːnɪəns fuːd] напівфабрикати Dairy products ['deərɪ 'prɒdʌkts] молочна продукція Diet ['daɪət] харчування, стіл; їжа; дієта Junk food [dʒʌŋk fuːd] неповноцінна їжа, їжа з низькою якістю Malnutrition [mælnjuːˈtrɪʃn] недоїдання Fibre ['faɪbə] клітковина Intake ['interk] вживання Nutritious [nju(ː)ˈtrɪʃəs] поживний Shortage [ˈʃɔːtɪʤ] нестача, дефіцит Suffer ['sʌfə] страждати Cereal ['sıərıəl] зерновий Famine ['fæmɪn] голод Wholefood ['həʊlfuːd] екологічно чисті продукти Nourishing [ˈnʌrɪʃɪŋ] поживний

Task 4. Say if it's true or false.

1. In most countries of the developed world, there is famine and shortage of food.



- 2. Because of our busy way of life, we rely too much on convenience foods, not taking the time to prepare a nourishing meal for ourselves.
- 3. We should eat more junk food in order to increase our intake of fibre.
- 4. Cereals are now known to be high in cholesterol.
- 5. Fast food restaurants are those which serve hot cooked meals.
- 6. To live a long and healthy life doctors advise people to eat a healthy diet.
- 7. Poor countries regularly suffer from famine, caused by primitive agricultural methods and over-population.
- 8. Antioxidants are found in significant quantities in dairy products.

Task 5. Fill in the gaps.

convenience food; diet; disease; famine; fibre; junk food; malnutrition; nourishing; shortage; suffer from

1. A ______ breakfast is a healthy way to start a day.

2. There is strong evidence that eating plenty of _____ is associated with a lower risk of heart _____.

3. People _____ hunger because they don't get enough food, and not getting enough food over the long term can lead to _____.

4. _____ is often high in sugar, fat and calories, while providing very few nutrients.

5. _____, or processed food, is commercially prepared food created as an easy way to get and consume.

6. A ______ is a severe ______ of food, but not the "I forgot to go to the grocery store and there's nothing to eat in the house" type of shortage.

7. A healthy _____ provides the body with essential nutrition.

Task 6. Choose the correct answer.

1. People in poor countries suffer from malnutrition because of ...

a. poor soil conditions; b. poor eating habits; c. food shortage.

- 2. People in developed countries may suffer from malnutrition because of ...
 - a. unhealthy eating habits; b. insufficient food;c. an inactive life-style.
- 3. People like to eat fast food as it is ...
 - a. served quickly; b. nutritious; c. served hot.
- 4. You can find ... in colorful fruits and vegetables, especially those with purple, blue, red, orange, and yellow hues.

a. cholesterol; b. antioxidants; c. cereals.

- 5. ... are very nutritious.a. frozen meals; b. sweets; c. cereal products.
- 6. We all know we shouldn't ... eat because it's bad for us.a. fast food; b. dairy products; c. wholefood.
- 7. By far the simplest way to eat healthy and lose weight is to avoid ... as much as possible.
 - a. nourishing food; b. processed food; c. cereals.
- 8. Food containing ... can provide health benefits, such as helping to maintain a healthy weight and lowering your risk of diabetes and heart disease.
 - a. cholesterol; b. fiber; c. processed sugar.

Task 7. Discuss the following.

- What do you understand by healthy eating?
- Give one reason why the writer said that people buy convenience food.
- Give 2 examples of convenience food that you know of.
- Do you think that much of fast food is also junk food?
- Do you think that people need to be educated on eating healthy? Why or why not?
- What do you think are the health benefits of following a nutritious diet?
- Would you agree with this quote: "One should eat to live, not live to eat"?

Task 8. Complete the paragraph with the following words.

Writing

be bad for you, be good for you,

exercise, fit, healthy, healthy diet, keep fit, lose weight, put on weight, unfit, unhealthy

Do you feel good? Are you _____ and _____? Maybe you think you are too fat and need to _____. Or maybe you are too thin and need to _____. Here is some advice for you. First of all, it is important not to do things that are ______ – so? Give up smoking or try to smoke less, do not drink too much alcohol or go to bed too late. If you have an ______ lifestyle, try to change some of the things you do - do things that are _____. Make sure you eat a _____, including plenty of fresh fruit and vegetables. Do plenty of _____ to _____ – go running or join your local gym. If you are very _____, though, you should start with just a little swimming.

Task 9. Write a short summary of the topic.

It is interesting to know

You might be reassured to learn that the buttery flavor in microwave popcorn typically comes from a chemical actually found in butter, but you shouldn't be. This chemical, called diacetyl, is so toxic that it commonly destroys the lungs of workers in microwave popcorn factories, afflicting them with the crippling and irreversible disease known as bronchiolitis obliterans. It has become more commonly known as "popcorn lung," after the primary cause of the disease.

> Just one lemon has more than 100 percent of your daily intake of vitamin C, which may help increase "good" HDL cholesterol levels and strengthen bones. Citrus flavonoids found in lemons may help inhibit the growth of cancer cells and act as an antiinflammatory.

A lot of hormonal changes occur in teenagers, which makes them susceptible to mood swings and behavioural changes. And a healthy diet plays an important role in maintaining that hormonal balance. Because junk food lacks those essential nutrients, the likelihood of teenagers to suffer from depression is increased by 58 percent.

Studies show that individuals who eat a

substantial breakfast lose more weight than those who have a small breakfast. Choose eggs or baked beans on wholegrain bread, or muesli with fruit and yoghurt.

REVIEW CARD 4

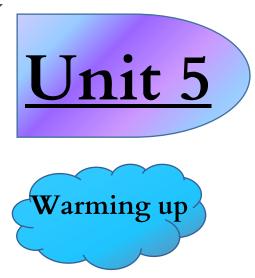
- 1. What is the main problem in the developed countries?
- 2. What kind of food should people eat in order to keep a healthy diet?
- 3. Why are there so many fast food restaurants?
- 4. What is processed food? Give examples.
- 5. Why do people suffer from famine?

PART II OUTDOOR SPORTS

WINTER VS SUMER SPORTS

KEY TERMS:

outdoor winter sports, shooting, hunting, tobogganing, to sledge, slaloming, yachting, gliding, lawn-tennis, indoor games, track and field events, calisthenics, table tennis, draughts



Winter and Summer Sports

Task 1. Answer the following questions and discuss your answers.

- What are people all over the world fond of?
- What unites people of every nationality?
- What are the most popular winter sports?

- What are the most popular summer sports?
- What sports game takes the first place in public interest?
- Give examples of any competitions in winter and summer sports.

Task 2. Match Ukrainian equivalents to the key terms from the box at the top of the unit.

 – вітрильний спорт
 – зимові види спорту просто неба
 – ігри в закритому приміщенні
 – кататися на санчатах
 – легка атлетика
 – настільний теніс
 – планерний спорт
 – полювання
 – ритмічна гімнастика
 – санний спорт
 – слалом
 – стрільба
– теніс на траві
– турнір, спортивне змагання
– шашки
 -

Task 3. Translate into English.

Цілий рік багато людей захоплюється боксом, боротьбою, гімнастикою та легкою атлетикою. Багато дівчат і жінок захоплюється ритмічною гімнастикою. Останні кілька років серед дівчат і жінок популярна аеробіка. Вона допомагає стати стрункими, здоровими і сильними. Інтерес до аеробіки значно зріс завдяки Джейн Фонді — видатній американській актрисі, засновниці цього виду спорту. Ця жінка може бути чудовим прикладом невичерпного здоров"я, бадьорості та краси. Велика ентузіастка аеробіки, вона намагається залучити жінок усього світу до цього виду спорту.

Task 4. Read and translate the text.

Sport is probably as old as the humanity itself. It has been developing with the developing and growing of the mankind. All over the world people of different ages are very fond of sports and games.



Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities. Sport helps people to keep in good health. There are two kinds of sports according to the seasons: summer and winter sports.



The most popular outdoor winter sports are shooting, hunting, and hockey. In the countries where the weather is frosty and

there is much snow — skating, skiing and tobogganing. Some people prefer to be out of town in such weather and to sledge or to ski in the woods. Many people greatly enjoy figureskating and ski-jumping, slaloming.

Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding, lawn tennis and many other sports. Among outdoor games football takes the first place in public interests and is played in all the countries of the world. The other games in different countries are cricket, volley-ball, basketball, and so on. Badminton is also very popular both with young and old.

All the year round many people indulge in boxing, wrestling, gymnastics and track and field events. Scores of young girls and women go in for calisthenics or aerobics that help them to be slim, healthy and strong.

Among indoor games, which one can go in for all the year round, are billiards, table tennis, draughts, and chess. It is held lots of tournaments in different kinds of winter and summer sports on the regional, national and international level each year. So, sport is the thing that makes people kin.

Glossary

Outdoor [aʊt'dɔ:] просто неба, на відкритому повітрі Shooting ['ʃuːtɪŋ] стрільба; удар м'ячем по воротам або кидок м'яча в корзину Hunting [hʌntɪŋ] полювання Tobogganing [tə'bagənɪŋ] санний спорт To sledge [sled3] кататися на санках Slalom [ˈslɑːləm] слалом Yachting ['jotɪŋ] вітрильний (яхтовий) спорт Gliding ['glaɪdɪŋ] планеризм, планерний спорт Lawn tennis ['lɔ:n 'tenis] теніс на траві Track and field ['træk ən 'fiːld] легка атлетика Indoor games [,ɪn'dɔː geɪmz] гра в приміщенні Calisthenics [kælɪs'θεnɪks] ритмічна гімнастика, аеробіка Table_tennis ['teɪbl 'tenis] настільний теніс, пінг-понг Draughts [draːfts] шашки

Task 5. Say if it's true or false.



1. Football takes no public interests among outdoor games.

- 2. In summer, people have great opportunities for swimming, yachting, ski-jumping, and slaloming.
- 3. Indoor sports include boxing, wrestling, gymnastics and track and field events.
- 4. In Ukraine, people play cricket, baseball, volley-ball, basketball, and so on.
- 5. Yachting, cycling, gliding, lawn tennis are outdoor summer sports.
- 6. The most popular indoor winter sports are shooting, hunting, and hockey.
- 7. Sport helps people to keep fit and in good health.
- 8. All over the world, very few people of different ages are fond of sports and games.
- 9. Sport is as old as the humanity itself.
- 10. Among indoor games, which one can go in for all the year round, are billiards, table tennis, draughts, and chess.

Task 6. Complete the following sentences.

- 1. Each year it is held lots of
- 2. All the year round many people indulge in
- 3. In other countries people play
- 4. Badminton is popular both with ...
- 5. Among outdoor games football takes ...
- 6. When the weather is frosty and there is much snow it's nice to go
- 7. Summer gives chances for
- 8. A great number of young girls and
- 9. Sport is the thing that ...

10. Sport helps people to be ...

Task 7. Discussion. Watch the video "The Ancient Greek Sports" and discuss the following.

https://www.youtube.com/watch?v=BHowDHk0GyM

- ✓ What do you know about ancient Greeks?
- ✓ What did the Greeks like to do?
- ✓ How did they call people who do sports?
- ✓ Who were often disallowed from sports? Why?
- ✓ Where did Greeks meet to see who was best at sports?
- ✓ How often did they meet?
- ✓ What kinds of competitions did they take part in?
- ✓ What big sporting event did they have?
- ✓ What is pentathlon?
- ✓ What did they do in the first (second, third, fourth, fifth) part of pentathlon?
- ✓ Who won a wrestling match?
- ✓ Who is a discobolus?



Listening

Task 8. Write a short summary of the topic.

Task 9. Write 15 questions to the topic.

Task 10. Write kinds of sports that correspond to the sports equipment in the picture.





Task 11. Read Bob's letter to you. Write a reply letter.

Dear friend,

How are you? I hope you are well. Your letter is in my hand. I received it a few minutes ago. You are interested in my sports preferences. I go in for football. I've been training for 8 years. Our team has taken part in many matches and we've won a lot of times. We train 4 times a week.

As for our coach, he's very strict, too. I'm sure that it's necessary to be strict when you train teenagers. He makes us do a lot of exercises but it provides excellent results!

Well, what's your favourite sport? Where does the tournament take place? How many sportsmen are taking part? Whom are you going there with? Sorry, I have to go now. Take care!

Best wishes,

Bob.

Dear Bob,

At first take my love. I hope you are fine. I am also fine. In your last letter, you wanted to know about my favourite sports. Now I am writing about it. ...



Hurling. This rough game is played mainly in Ireland. Players use their hands, feet, and a curved wooden stick called a hurley to advance a ball. Points are scored when the ball is either swatted between goalposts or past the goalkeeper and under the crossbar.

Jai alai. First played in the Basque region of Spain, it has spread to Mexico, France, and Italy. In jai alai, an incredibly fastmoving game, players use a two-foot-long curved basket to catch and throw a small hard ball against a 40-foot-high wall. The court, called a fronton, has three sides. Players must catch the ball on the fly or on one bounce as it caroms off any of the three walls. The ball moves up to 188 miles per hour!

> **Kite-Fighting**. It is a highly competitive sport played in India, Afghanistan, Pakistan, Thailand, and South America. Each player hopes to get his or her kite to

fly highest. The players try to cut their opponents' kite strings with sharp objects imbedded in their kites. The kite that flies highest and longest wins.

REVIEW CARD 5

1. Why are sports so important to human

beings?

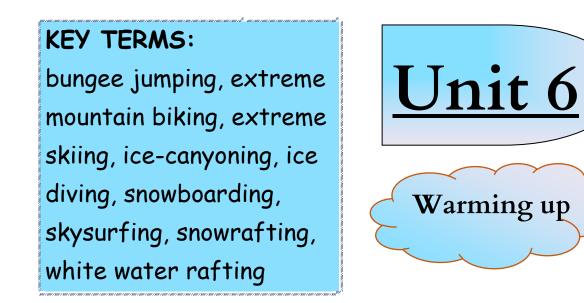
- 2. What are considered to be the most popular outdoor winter sports?
- 3. What are some examples of summer sports?
- 4. What indoor games are people able to go in

for all the year round?

5. Which do you prefer, summer or winter sports?

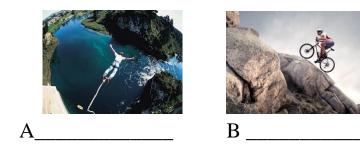


EXTREME SPORTS



Task 1. Listen to the recording and try to guess what we are going to talk about today.

Task 2. Read the key words and try to guess their meaning. Match the key words with the picture.







Task 3. Match Ukrainian equivalents to the key terms.

сплав бурхливими bungee jumping водами(гірських річок) сноубординг extreme mountain biking занурення під лід extreme skiing ice-canyoning спуск з гори на велосипеді спуск з засніженої гори на icediving надувному човні skysurfing спуск з заледенілого водоспаду snowboarding катання на лижах поза прокладеними трасами snowrafting банджі-джампінг скайсерфінг white water rafting

Task 4. Read and translate the text

Speed, excitement, danger. You can find all these in the various extreme sports that have

Reading

become popular in the last ten years or so. Take bungee jumping. You jump off a high bridge and you fall and fall, and then, just before you hit the ground or water, an elastic rope pulls you back.



And other extreme sports appear just as crazy. In skysurfing you jump out of the aeroplane and use a board to "surf" the air , doing gymnastics in mid-air! Amazing isn't it?

And extreme sports on land can be just as dangerous. Winter sports have always had an element of danger. But new sports like snowboarding, extreme skiing are much more dangerous. Probably the most dangerous of new winter sports is snowrafting. It's difficult to get across just how dangerous it is but imagine — you sit in a rubber boat and "sail" down a mountain at great speed — and you can't control the boat! Crazy, isn't it?

Of course, water sports have always been fun. In white water rafting you sit in a small inflatable raft and go down a river at great speed. Fast flowing mountain rivers are the best. Then there are sports like ice-canyoning and ice-diving, for those people who are absolutely crazy. Ice diving is not easy to set up because you need good diving equipment and a frozen lake. First you break the ice and then you get into the water. Sounds fun, doesn't it? And, if that's not enough, you then try to walk upside down on the ice!

Glossary

Bungee jumping [ˈbʌndʒi ˌdʒʌmpɪŋ] банджі-джампінг (стрибок

з висоти з еластичним тросом)

- Extreme mountain biking [ɪkˈstriːm ˈmaʊntɪn ˌbaɪkɪŋ] спуск з гори на велосипеді
- Ice-canyoning [aɪs ˈkænjənɪŋ] спуск з заледенілого водоспаду
- Ice diving [aɪs ˈdʌɪvɪŋ] занурення під лід
- Skysurfing [skлī 'səːfīŋ] скайсерфінг
- Snowboarding ['snəʊbɔːdɪŋ] сноубординг
- Snowrafting [snəʊ ˈrɑːftɪŋ] спуск з засніженої гори на надувному човні
- White water rafting [wʌɪt ˈwɔːtə ˈrɑːftɪŋ] сплав бурхливими водами (переважно гірських річок)

To hurtle ['həːt(ə)l] нестися, мчати

Thrill seeker [Өгɪlˈsiːkə] екстремал (людина, що любить гострі

відчуття)

To hit [hɪt] досягати

Upside down [ˌʌpsaɪd ˈdaʊn] догори ногами

Task 5.Say if it's true or false.

1. Winter sports have always had an element of danger.



2. In skysurfing, you jump out of the aeroplane and use ski to "surf" the air.

3. In white water rafting, you sit in a yacht and go down a river at great speed.

4. Ice diving is not easy to set up because you need a good helmet and frozen goggles.

5. Probably, the most dangerous of new winter sports is snowballing.

6. You jump off a high bridge and you fall and fall, and then, just before you hit the ground or water, a strong man pulls you back.

7. Speed, excitement, danger. You can find all these in the various extreme sports that have become popular in the last ten years or so.

Task 6. Fill in the gaps.

Since they're dangerous, many people wonder why folks do _____.

2. _____ was invented by A.J. Hackett of New Zealand and involves jumping from a high place while hooked up to a thick elastic _____. The diver falls and snaps back into the air before he _____.

3. _____: traditional parachuting just does not sound risky enough, does it? So now, ______ is the name for jumping from a plane and listening to your heart pounding as you hurtle towards earth before you open your parachute at the last moment.

4. _____ has been around so long that bikers are no longer satisfied with just going up and down a mountain.
Nowadays thrill seeking _____ want a big slope to go down very, very fast.

5. _____, also known as "big mountain skiing" or "free skiing," involves skiing down steep, forbidding ______ that offer at least 45-degree descents.

6. Enter into a completely different world of diving than what you know — _____. But embarking on an

_____ adventure takes a lot of preparation and extra skills.

7. ______ is a team parachuting discipline, with each team consisting of two athletes: a skysurfer and a cameraflyer. The Skysurfer rides a specially designed ______ during freefall, sliding, spinning, twisting and yes, ______ through the sky.

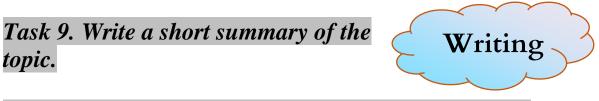
Task 7. Choose the correct answer.

1. People do extreme sports in order to feel b. nervous excited c. happy a. 2. Extreme sports have become popular in the last 5 years b. 10 years c. 20 years a. 3. People usually bungee jump from aeroplanes b. high buildings c. bridges a. 4. In skysurfing, people do mid-air b. dancing c. swimming gymnastics a. 5. Skysurfing has similarities with skiing b. surfing c. canoeing a. 6. Snowrafting is ... dangerous. b. very quite c. not very a. 7. For white water rafting, you need a river. b. warm big c. mountain a. 8. Ice divers

a. swim under the ice b. walk on the bottom of lakes c. walk upside down under the ice

Task 8. Discuss the following.

- 1. Why do you think some people like dangerous sports?
- 2. Do you think a sport should be dangerous?
- 3. Have you ever done any extreme sports?
- 4. Do you think you will ever take up dangerous sport?
- 5. What extreme sports would you like to try?
- 6. What extreme sports couldn't you go through with?
- 7. Have you ever watched extreme sports on TV?
- 8. If you had to choose an extreme sport to practise yourself, which one would you choose and which one would you never do? Why?
- 9. What sport do you think is the most dangerous?
- 10. Work in pairs: you and your friend are really keen on extreme sports. You both have a week off soon and would like to go together on an adventure holiday. Student A wants to try white water rafting. Student B wants to try bungee jumping. Agree on one of the activities. Consider the following: equipment needed; facilities near your hometown; risk; previous experience; prices.



Task 10. Write answers to the questions of exercise 8.

Task 11. Replace the verbs in italics with these words in their correct form.

not do it, organize, be interested in, arrive, wear, do (it) as planned, explain, start doing

I decided *to take up* bungee jumping and now I *am* (really) *into* it. When I *turned up* for my first jump I was so nervous that I tried to *back out*, but my friends persuaded me to *go through with it*. You don't have to *put on* any special clothes, just a sweater and jeans, but obviously you need a lot of time to *set up* the equipment. But it's worth waiting for. It's difficult to *get across* how exciting it is!



Limbo Skating is known as roller skiing under car. Probably you will think that this sport is very impossible to conduct. However, there is a world record created by Aniket Chindak from India who can do limbo skating under 57 cars. Another extreme sport is Train Surfing. Even though this sport is illegal, many people who seek a thrilling and changeling activity do it. The riders will jump, climb or surf outside the moving train. Crocodile Bungee can make people scared much because you will do a bungee jumping on the water pond, which contains a lot of crocodiles.

REVIEW CARD 6

1. What kinds of extreme winter sports

do you know?

- 2. What is white water rafting?
- 3. Can you describe bungee jumping?
- 4. What happens when you go

skysurfing?

5. How would you describe snow rafting?

Skiing

KEY TERMS:

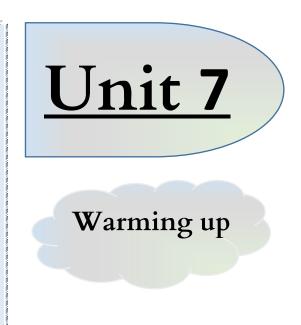
avalanche, off-piste

skiing, slope, bindings,

to slide, mogul slope,

snowplough, goggles,

helmet



SKIING

Task 1. Read the key words and their translation. Are any of those familiar?

an avalanche лавина							
off-piste	skiing	катання	на	лижах	поза		
прокладеними трасами							
а slope схил, нахил							
а ski binding кріплення, зав'язки на лижах							
to slide ковзати							
a mogul slope горбистий схил							
a snow plough снігоочисник							

goggles окуляри

a helmet шолом

Task 2. Watch the video. What have you understood?

Task 3. Now listen to the video
tracking the text in the book.Reading &
ListeningTranslatethetext.

https://drive.google.com/drive/folders/1E4WLsgfPgKOw4YcSBPGZtD3OjJB1RZ_L

We often imagine skiing as a sport where appearance counts more than performance. Nonetheless skiing can be a dangerous sport: this skier has not noticed that the temperature is rising and the snow is beginning to melt.

As the skier goes down, a slab of snow breaks away and



creates an avalanche. Luckily, for him, he manages to stop; otherwise, he could have been carried away by the mass of snow. In general, avalanches are started by off-piste skiers,

but sometimes it's the ski –supervisors who start them with dynamite before the slopes open, for the sake of security. Although avalanches present a real danger, you don't risk much if you ski on the marked runs, just like this snowboarder. Having said that, it's the best place to crash into someone else! That's why there are more and more skiers who wear a helmet.

Snowboarding has recently become fashionable. To train, or improve your technique, there are snowparks in all major ski resorts, reserved for snowboarders.

Free-styling is highly inadvisable for people suffering from vertigo or backache. If skiing is an expensive sport, freestyling is twice as expensive, since you pay for the same skipass, but stay as little as possible on the slopes!

For those afraid of speed, there's cross-country skiing. The skies are thinner and there are no bindings at the back of the

boot. It's a very demanding sport that requires lots of stamina. That's why most of the Olympic ski champions come from countries where it often snows. It makes sense, really: they use



their skis to go to work, into town, to school or to the neighbours. You'd think they even sleep with their skis on!

For those who don't like sliding about, there are always snowshoes. No, they're not tennis rackets, but special soles that fit onto boots. They enable you to run in the snow without sinking in. inhabitants of snowy countries might be talented at skiing, but they're a lot less good at football. That's understandable: playing football with snowshoes on isn't that easy!

Glossary

Ski(ing) equipment ['skiːɪŋ ɪ'kwɪpm(ə)nt] лижне спорядження Ski boots ['skiː buːts] лижні черевики Ski gloves ['skiː glʌvs] рукавиці для лижника Ski suit [ˈskiː suːt] лижний костюм Ski goggles [ˈskiː ˈgɒg(ə)ls] окуляри для лижника Ski poles ['skiː pəʊls] лижні палиці Ski resort ['skiː rɪ'zɔːt] гірськолижний курорт Ski tow ['skiː təʊ] буксирний підйомник для лижників на курортах Chair lift ['tʃɛːlɪft] підвісна канатна дорога Cable car ['keɪbl kɑː] фунікулер Ski trail ['skiː treɪl] лижна траса Ski field ['skiː fiːld] всі лижні траси на гірськолижному курорті Ski pass ['skiː pɑːs] гірськолижний абонемент Snowplough ['snəʊplaʊ] снігоочисник Alpine skiing ['alpʌɪn 'skiːɪŋ] гірськолижний спорт - спуск із схилів на спеціальних лижах Off-piste skiing [pf'piːst 'skiːɪŋ] катання на лижах поза прокладеними трасами To glide [glaɪd] ковзати Snowplough breaking ['snaʊplaʊ breikiŋ] тормозіння плугом (техніка зупинки, якої вчать початківців, полягає в тому, що передні кінці лиж зводять докупи, а задні – розводять широко) To ski short radius turns ['skiː ʃɔːt 'reɪdɪəs təːns] кататися на лижах, здійснюючи малий радіус повороту

Mogul skiing ['məʊɡ(ə)l 'skiːɪŋ] катання на лижах по горбистих схилах Steep slope [stiːp sləʊp] крутий схил

Speaking

Task 4. Say if it's true or false.

1. In general, avalanches are started by off-piste skiers, but sometimes it's the ski –supervisors who start them with snowplough before the slopes open.

2. We often imagine skiing as a sport where ski resort counts more than performance.

3. Snowshoes are special tennis rackets.

4. Although avalanches present a real danger, you don't risk much if you ski on the marked runs, just like this snowboarder.

5. Snowboarding has recently become fashionable.



6. If skiing is an expensive sport, free-styling is twice as cheaper.

7. Most of the Olympic ski champions come from warm countries.

8. Free-styling is highly inadvisable for people suffering from vertigo or backache.

9. For those afraid of speed, there's off-piste skiing.

10. Skiing can be a dangerous sport.

Task 5. Could you help Chris to write a letter to his parents? Insert the following words.

ski shoes, skiing equipment, ski resort, ski field, chair lift, slopes, short radius turns, curved skis, go skiing, helmet, goggles, snow plough, mogul slope, ski pass, cable car, snow plough breaking

Dear mum and dad,

We have at last arrived at the _____. It had snowed all the night and the driver had to keep the bus behind the

The chalet is wonderful and the weather is rather sunny now. This morning we visited the _____. Wonderful! I can't remember how many _____ there are, but we can every day on a different one! It's a real delight.



For the moment, we are going to rent our _____. I just need a pair of and, of course, a _____ to protect my head. My feet are not bigger. A new pair of _____ is not necessary

and, I wouldn't like wearing other than mine for my eyes, they are so trendy. It's a good thing I don't have to buy a : it is included in the price of the journey.

After my breakfast I'll take my first lesson. The _____ will take the group to the top of the mountain to get a ______ which will drop us on a ______. I'm eager to perform my ______ style. Don't be afraid, Paul is too young to come with us and he will take his first lesson with beginners. This evening he will be able to do a ______, I hope so! He will tell you all this in a next letter. Take care. Kisses. Chris

Task 6. Choose the correct answer.

(In this conversation Gordon is on a skiing trip. It's the very first day of his holiday, and he's at the top of the mountain about to ski down. He's just met another Englishman with a snowboard, Michaela, on the chairlift.)

Gordon: So have you done much then?							
а	a. skiing	b. running	c. dancing				
<i>Michaela:</i> Yeah, a fair bit.							
<i>Gordon:</i> Have you seen my? They're the latest design.							
а	a. phone	b. teeth	c. skis				
Michae	ela: Nice.						
<i>Gordon:</i> And look at my They're new. Did you							
yours?	2						
а	a. ski boots	b. ski chair	c. ski books				
<i>Michaela:</i> Yes, but they're							

Gordon: See this jacket. I won't ever get wet in this jacket, it's waterproof.

Michaela: Mmm...

Gordon: And look, I've got waterproof trousers, gloves, socks, hat, and these_____...

a. handkerchiefs b. goggles; c. chewing gums *Michaela:* Well, yes, I really must...

Gordon: What kind of jacket is that, then?

Michaela: Oh, I just got it...

Gordon: So, you like _____, do you?

a. riding b. skysurfing; c. snowboarding

Michaela: Yes...

Gordon: I did _____ once.

a. tow lifting b. snowboarding c. chair lifting

Gordon: I was pretty good, but I didn't really like it. Bit too easy. Hey, do you fancy doing a bit of _____?

a. snowploughing b. off-piste skiing c. skiing equipment

Gordon: Look, we could ski down here. I bet it's got some wicked jumps.

Michaela: No, I wouldn't go down there. There are lots of rocks, _____ and the snow conditions don't look good either.

a. peopleb. gogglesc. mogulsMichaela: You might create____.

a. an avalanche b. a crash c. cake

Gordon: What? Are you scared?

Michaela: No, it's just there's a bit of red tape there showing that you shouldn't really ski there...

Gordon: Oh, that's nothing. Come on, it'll be fun.

Michaela: No, I think I'll just go down here... like everybody else.

```
Gordon: See you at the bottom!
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*** do you fancy doing...? = would you like to..?
*** a fair bit = quite a lot
*** waterproof = keeps water out
```

Task 7. Answer the questions to the dialogue from exercise 6.

Where does Gordon want to ski? What does Michaela prefer — skiing or snowboarding? Why doesn't Michaela want to follow Gordon? Would you go with Gordon? What do you think of Gordon? Do you like him?

Task 8. Discuss the following.

- 1. What is your favourite winter activity?
- 2. Have you ever been skiing?
- 3. Do you like to ski? Are you a good skier? How often do you ski? Who taught you to ski?
- 4. Do you like to snowboard?
- 5. Where is the nearest ski resort to your town?
- 6. Are there any benefits of winter sports?
- 7. Does your country have a good skiing team?
- 8. Do you think professional skiers in your country earn too much money?

- 9. "A pair of skis is the ultimate transformation to freedom". Do you agree?
- 10. Would you agree with this quote: "Skiing is the art of catching cold and going broke while rapidly heading nowhere at great personal risk"

Writing

Task 9. Write answers to the questions of exercise 8.

Task 10. Write a short summary of the topic.

Task 11. Find the words.

avalanche off-piste slope ski binding slide mogul snowplough goggles a helmet snowboarding poles gloves equipment tow cable car chair lift alpine skiing

CWYCDPTRSLUVPFERHJC Y SBSLMANANJCKDOHBDBI Ι FFIYLNEROEHCNALAVAWG CFBPILMZWRZ IFVJDHHNC Т S Ι Ι C E P B B X T J O L Ι E N Ι M N W N A O E V I T O X O A M Y C A D K O G YAWBTUDAIKSCASNAAW Е 0 MAGSUKQJRNWCVNIVOJRP K X L L Q S E W D R D Z O B P U S F G Z ΑΖΟυΤΜQLIANWΜΖQPQΟυΝ W B V C Q U U N N C P S O S H C S E O F Ζ IEGUTRJGLECEYTGGDFG DUSPOLESOMWTGPTOP ΙΧΡ НСОАМВҮИЈВОДЅGОGGLЕ S ECBLHGFPFUNFIALOSCT С UVLUCHGNIIKSCAPCSYHS IAGMQNRXSWJXZAFFXKAJ Q O D N E A W A N F O B P U B X F Z I Z МВЅQВТ IATWLTDCWLMORC NAYGQENPJVBWHCLHEOYF

It is interesting to know

While skiing as a sport is widely accepted to have originated in Norway, tribesmen in the Altai Mountains between China, Mongolia, Kazakhstan and Russia may have been practising a form of skiing even earlier than the Scandinavians. Part of a primitive, wooden ski thought to be 8,000 years old was found near Lake Sindor in Russia. And a tribe in the Xinjiang province of China still makes skis by splitting spruce trees and wrapping them in dried horse skins, which they use to climb slopes as well as slide down them. Unlike modern skiers, however, they have only one pole. They need the other hand for hunting elk!

In 1965, Sherman Poppen from Michigan, in America, made a snowboard for his daughter by binding two skis together to create a sort of skateboard without wheels. He called it a "snurfer" - or a surfboard to use on snow. About a million "snurfers", which were steered with a handheld rope and had no bindings, were sold over the next 10 years.

When Harrison Schmitt visited the moon

in 1972 as one of the three astronauts on the Apollo 17 spacecraft, he noticed that the mountainous rim of the Sea of Serenity would make an ideal spot for "lunar skiing holidays"! Schmitt also set the moonwalking speed record by using the sliding toe-push technique used in crosscountry skiing, which he said was ideal for moving across the surface of the moon.

REVIEW CARD 7

- 1. Who starts avalanches?
- 2. What kind of skiing is advisable for those
 - who are afraid of speed?
- 3. What are soles used for?
- 4. How would you describe free-styling?
- 5. Why can skiing be a dangerous sport?



Task 1. Read the key words. Are any of them familiar to you? Guess what we are going to discuss today.

Task 2. Match the types of the horse racing to their definitions. There are many different types of horse racing. Try to match them.

- 1. Endurance racing
- 2. Flat racing
- 3. Harness racing
- Jump racing or Steeple chasing

a) horses trot or pace while pulling a driver in a sulky
b) horses travel across country over great distances, generally ranging from 25 to 100 miles
c) horses race over obstacles
d) horses gallop directly between two points around a straight or oval track

Task 3. Read and translate the text

Reading

KENTUCKY DERBY



The Kentucky Derby is an annual horse race. It happens on the first Saturday in May. It is one of the most famous horse races in the world. It is part of the "Triple

Crown of Thoroughbred Horse Races" in the United States. The Triple Crown also includes the Preakness Stakes and the Belmont Stakes.

The Kentucky Derby takes place on a one and a quartermile (two kilometres) dirt track. The horses must run around the dirt track. The first horse to run around the dirt



track is covered in a blanket of roses. For this reason, the Kentucky Derby is also called the "Run for the Roses".

The track is not very long, and so the race is very short. The Kentucky Derby is"The Most Exciting Two Minutes in Sports" for many people. The record for thefastest horse is held by Secretariat, who ran in one minute, fifty-nine seconds in1973.

The horses that race in the Kentucky Derby are threeyear-old thoroughbreds.Colts and geldings (male horses) and fillies (female horses) can participate.

Horses and horse breeding have been part of Kentucky culture for over a century. The Kentucky Derby is a celebration of the horse breeding culture, and it is important in the culture of Kentucky and in the American South. Because of therace's history, many traditions have developed to go with the Derby. People drink special drinks and eat special food at the Kentucky Derby. They drink mint juleps, which are made of sugar, mint, and bourbon. They eat burgoo, which is a stewmade with beef, pork, chicken, and vegetables. They also eat Derby pie, which ismade with walnuts and chocolate.

The Kentucky Derby is also important in Kentucky society. It is a time for womento put on their dressiest clothes. They wear very fancy and amusing hats.



The men wear suits.Many wealthy people and famous celebrities go to the Kentucky Derby. It is atime to "see and

be seen" for many people. It is also a chance to make (or lose)money, as people bet on their favourite horses.

The racetrack where the Kentucky Derby is held is called "Churchill Downs". This racetrack seats fewer than 50,000 people. Getting tickets to sit in these seatsis very complicated and can take years. About 155,000 people total attend the Kentucky Derby every year. The people who don't get to sit in the seats sit in the "Infield", an area inside the track. They can't really watch the race from there, butthey still get to have fun and be part of a great sports event.

Glossary

Colt [kəʊlt] жеребець

Derby [ˈdɑːbi] дербі (вид кінних змагань)

Foal [fəʊl] лоша

Filly ['fɪli] кобилка

Jockey ['dʒɒki] жокей

Mare [mɛ:] кобила

Oaks [әʊks] Оукс, щорічні скачки в Епсом Даунс в Англії

Paddock ['pædək] вигул

Pace [peis] швидкість, темп

Purse [pə:s] премія, виграш

Silks [sɪlks] костюм жокея

Stakes race [steiks reis] скачки на приз

The Birthday of Thoroughbreds ['Өлгәbrɛds] День народження

чистокровних

Trainer ['treɪnə] тренер

Triple Crown [trɪpl'kraʊn] потрійна Корона

Yearling ['jɪəlɪŋ,'jə:-] однорічка

Task 3. Answer the questions about the Kentucky Derby.

- 1. When is the race held?
- 2. Where is the race held?
- 3. How long is the track?
- 4. Why is Kentucky Derby called "Run for the roses"?
- 5. What gives the day a party atmosphere?

Task 4. Try to join the words that match.

Amusing	Horse rider
To bet	Racecourse
Trainer	Every year

Speaking

Jockey	Funny
Race track	Prepares horses for races
Annual	To gamble

Task 5. Fill in the gaps with the following words.

track, atmosphere, horse race, 2×held, racegoers, 3× race, bet, fancy hats, horse, gamble, holiday, clothes.

The Melbourne Cup is Australia's most famous _____. It is _____ at Flemington Racecourse on the first Tuesday in November every year, at 3.00pm AEST1. The _____ is 3,200 metres2 long. The first Melbourne Cup _____ was in 1861.

Since 1877 Cup Day has been a public _____ in Melbourne.

On Melbourne Cup Day Flemington is crowded with _____. There is a party _____, with food and Champagne. Many people wear fashionable ______ and hats and some dress up in amusing costumes.

Many people ______ on Melbourne Cup Day. They ______ on a horse, or enter a sweep. In a sweep people are given a random ______ number. All over Australia, Cup Day lunches are _____ where ladies wear _____. They watch the

_____ on television.

It has been called 'the_____ that stops a nation'.

1AEST – Australian Eastern Summer Time 2 3,200m = 2 miles

Task 6. Choose the correct answer.

- When does the Kentucky Derby take place?
 a. on a two-mile track
 b. in Kentucky
 c. in the spring
 d. none of the above
- 2. What kinds of horses run in the Kentucky Derby?
 - a. thoroughbred horses only
 - b. colts and geldings only
 - c. fillies only
 - d. any horse that can run the track in two minutes
- 3. Why is the Derby called the "Most Exciting Two Minutes in Sports"?
 - a. The last two minutes of the race are very exciting.
 - b. The race usually lasts about two minutes.
 - c. The record for the fastest horse was less than two minutes.
 - d. Basketball is more exciting.
- 4. Why is the Kentucky Derby important in Kentucky?
 - a. Horses are part of Kentucky culture.
 - b. The drinks are delicious.
 - c. It is the only time of year that people eat burgoo.
 - d. Roses are an important part of Kentucky history.

- 5. Which of the following groups goes to the Kentucky Derby?
 - a. It is very popular for children.
 - b. Only people who like wearing fancy clothes go to the Derby.
 - c. Rich and famous people go to the Kentucky Derby.
 - d. The article doesn't mention who goes.
- 6. About how many people sit in the infield area at the Kentucky Derby?
 - a. A hundred thousand
 - b. A hundred and fifty thousand
 - c. Fifty thousand

d. It's not possible to answer for the lack of information in the article.

Task 7. Watch the video "The 138th running of the Kentucky Derby" and answer the questions.

https://www.youtube.com/watch?v=phHhTeD5mcA

- 1. Can you name the winner of the race?
- 2. What were the top three horses in

Listening

the race?

- 3. Can you remember the name of the owner of the winning horse?
- 4. How many horses do you think were there?
- 5. Would you like to bet on the Kentucky Derby?
- 6. If yes, what would be your three best picks?

- 6. Can you describe the best hat you've seen in the video?
- 7. How many commemorative glasses do you think were sold?
- 8. What number of anniversary is the derby devoted to?

Task 8. Discuss the following.

- 1. Have you ever been to horse race or seen one on the TV?
- 2. Would you like to come to a horse race event? Why?
- 3. Why do you think so many people bet on horses?
- 4. Why do you think so many people like gambling?
- 5. What damage does gambling do to the society?
- 6. Have you ever won or lost a lot of money through gambling?
- 7. How much profit do you think the state of Kentucky makes off of the Kentucky Derby every year?
- 8. If you could enter a race horse in the Kentucky Derby, what would you name your horse?
- 9. How do you think the horses get their names?
- 10. Do you think they brush the horses' **Writing**

Task 9. Write a short summary of the topic.

Task 10. Write answers to the questions of exercise 8.

Task 11. Describe one of the pictures.



It is interesting to know

The idea to stage the Derby in 1780 came from the 12th Earl of Derby and Sir Charles Bunbury. They are said to have tossed a coin to decide who it should be named after and Lord Derby won. But it was Bunbury's horse Diomed which won the race.

> More than twice as many Derby winners have had names beginning with S than with any other letter. There have been 43 winners beginning with S followed by 20 with P, 19 with D and 16 with M.

No grey horse has won the Derby since Airborne in 1946.

Flat racing yields the biggest prizes. The average prize money in Flat racing is £17,744.28, compared to £11,072.49 in Jump racing. Some of the most prestigious races in the sport are on the Flat, including the Investec Derby at Epsom Downs and the QIPCO 1000 and 2000 Guineas Stakes at Newmarket.

REVIEW CARD 8

- 1. What is the Kentucky Derby?
- 2. Why is the Kentucky Derby called the

"Run for the Roses"?

3. What horses can participate is the

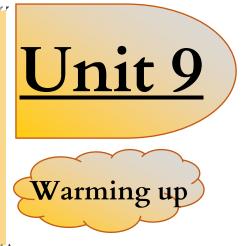
Kentucky Derby?

- 4. Can you describe the racetrack where the Kentucky Derby is held?
- 5. What special drinks and food do people have at the Kentucky Derby?

PART III INDOOR SPORTS



KEY TERMS: martial arts, karate, kung fu, aikido, judo, jujitsu, tae kwon do, competition, punch, selfdefence, weapon, to grapple, move, stamina



Task 1. Match the key words to the pictures.





Task 2. Match Ukrainian equivalents to the key terms.

karate stamina weapon aikido flexibility move martial arts to grapple kung fu competition self-defense judo tae kwon do jujitsu punch

джіу-джитсу гнучкість самозахист тхеквондо боротися змагання зброя удар кулаком карате рух витривалість айкідо кунг-фу дзюдо бойові мистецтва

Task 3. Read and translate the text.

Reading Martial arts cover a broad range of 🧲 that involve fighting activities techniques, physical exercises, and methods of mental discipline, among other skills. Martial arts originated in the ancient cultures of Asia, and are used today around the world for self-defence, exercise, health, spiritual growth, law



enforcement, and athletic competition. ★ ★ ★ Martial arts teach self-defence, and can improve confidence and self-esteem.
 ★ ★ ★ ★ When used as exercise, martial arts can Improvebalance, strength, stamina,flexibility,andposture.Theyalso

enhance weight loss and improve muscle tone. On the mental level, martial arts can teach stress management, improve concentration, and increase willpower. Although there are hundreds of different martial arts, many of them have more similarities than differences. Below are definitions of some of the most popular styles.

Karate means "empty handed". Karate is now the general term for an entire group of Japanese martial arts. Karate emphasizes offensive and defensive moves, and avoids grappling and wrestling.



Kung fu means "skill" in Chinese, and is the generic term for a whole spectrum of martial arts methods that developed in China. Kung fu consists of thousands of hard and soft techniques, taught for both offensive and defensive positions. Kung fu uses punching, kicking, grappling, and blocking moves in addition to the use of certain weapons.

Aikido is a relatively new martial art, developed in the 1930s. In Japanese, it means "connecting with life energy". Aikido teaches students a variety of



techniques to disarm an attacker, including such defence moves as blocks, escapes, grabs, and falling safely to the ground. Aikido has been called the "way of peace", because it teaches the philosophical ideals of love and harmony as ways



of reducing conflict.

Judo means "gentle way" in Japanese and was developed as an educational tool in the 1800s. Judo emphasizes such defensive moves as holds and grappling, and teaches students

how to disarm attackers by applying pressure to specific sensitive points on the body.

Jujitsu is a Japanese martial art that emphasizes flexibility, quickness, and fluidity of motion. It consists of kicking, punching, holding, and striking moves as well as the



use of weapons.

Tae kwon do is a Korean martial art that means "kickpunch-art". Tae kwon consists of a variety of powerful kicking and punching techniques.

Glossary

Martial arts ['mɑːʃl ɑːts] бойові мистецтва Karate [kəˈrɑːti] карате Kung fu [ˈkəŋ fu] кунг-фу Aikido [лɪˈkiːdəʊ] айкідо Judo [ˈdʒuːdəʊ] дзюдо Jujitsu [dʒuːˈdʒɪtˌsuː] джiy-джитсу Tae kwon do ['teɪ 'kwaːn duː] тхеквондо Competition [kpmpi'tɪʃən] змагання Confidence [kpnfid(ə)ns] впевненість Defensive [dɪˈfɛnsɪv] захисний, оборонний To disarm [dɪsˈɑːm] обеззброювати To grapple ['græpl] зчепитися, боротися Offensive [əˈfɛnsɪv] наступальний, атакуючий Punch [pʌn(t)[] удар кулаком То kick [kɪk] бити ногою Self-defence [self dɪˈfens] самозахист

Self-esteem [self ɪˈstiːm] самоповага, почуття власної гідності Stamina [ˈstæmɪnə] витривалість, сили, життєздатність Willpower [ˈwɪlpaʊər] сила волі Weapon [ˈwɛp(ə)n] зброя Emphasize [ˈemfəsaɪz] підкреслювати Fluidity [fluˈɪdəti] плавність Speaking

Task 4. Answer the questions to the text.

- What do martial arts cover?
- Where did martial arts originate?
- What traits of character do martial arts teach?
- What styles of martial arts do you know?
- Where was kung fu developed?
- What is the difference between aikido and judo?
- What does karate mean?
- What another kinds of martial arts do you know?
- What can you say about them?

Task 5. Say if it's true or false.

- Martial arts originated in the ancient cultures of Europe.
- Martial arts teach self-defence and can improve confidence and self-esteem.

• Jujitsu is a relatively new martial art, developed in the 1930s.

- Kung fu consists of thousands of hard and soft techniques, taught for both offensive and defensive positions.
- Jujitsu is a Korean martial art that means "kick-punch-art".
- Karate emphasizes offensive and defensive moves, and avoids grappling and wrestling.

• There are many different styles of martial arts, including taekwondo, karate, and jiujitsu, as well as mixed martial arts.

Task 6. Fill in the gaps.

aikido; judo; karate; kung fu; martial arts; taekwondo^{x2}

• Traditionally, ____ were identified as fighting arts that originated in Asia.

• The principal of _____ is not to resist the law of nature, but to harmonize without using strength.

• _____ is a Korean martial art and was developed during the 1940s and 1950s by various Korean martial artists combining and incorporating the elements of karate and Chinese martial arts.

• _____ is one of the most widely practiced martial art forms in the world.

• _____, which means "gentle way", is a Japanese martial art based upon the ancient techniques of jujitsu.

• _____ is primarily a striking style of martial arts that utilizes kicks, blocks, and both open and closed hand strikes to defend against attackers.

Task 7. Discuss.

- What is your favourite kind of martial arts? Why?
- Give three reasons why martial arts are so popular.
- Do you think martial arts are dangerous?
- What martial arts would you like to try?
- What famous martial arts stars do you know?
- Would you agree with this quote: "Never respond to an angry person with a fiery comeback, even if he deserves it...Don't allow his anger to become your anger"?

Task 8. Watch the video "What are the martial arts styles" and discuss the following.

https://www.youtube.com/watch?v=uSbMjEnPC3**g**

- What two primary categories of martial arts are there?
- Give the example of soft style of martial arts.

- How do soft styles tend to work?
- What kind of style is karate?
- What do you know about kickboxing?



Task 9. Write a short summary of the topic.

Task 10. Render the article.

It is interesting to know

Originally, to practice kung fu did not just mean to practice Chinese martial arts. Instead, it referred to the process of one's training. You can say that a person's kung fu is good in cooking, or that someone has kung fu in calligraphy; saying that a person possesses kung fu in an area implies skill in that area, which they have worked hard to develop. During the filming of the Bond film, "Never Say Never Again," Sean Connery angered his martial arts instructor so much that he broke Connery's wrist. The instructor was Steven Seagal.

Taekwondo is practiced by more than 70 million people around the world. Four million of them are

black belts. It is also said that the martial art is practiced in 188 countries around the world.

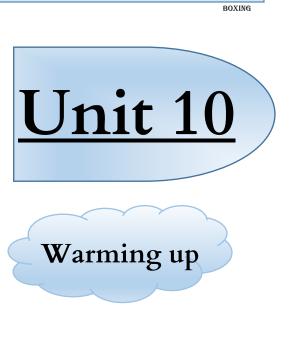
REVIEW CARD 9

- 1. What kinds of activities do martial arts involve?
- 2. What is the origin of martial arts?
- 3. What are the benefits of martial arts?
- 4. Can you dwell upon the most popular martial arts styles?
- 5. What is the difference between jujitsu and judo?

BOXING

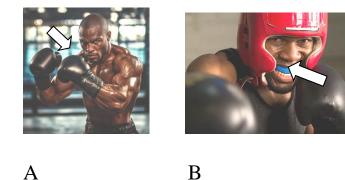
KEY TERMS:

toughness, combatant, to endeavor, designated, scoring areas, contest, disparity, resilience, stamina, agility, mouth guard, groin guards, bout, headguard, to hone, clenched fist, canvas, a flurry of punches, prostrate

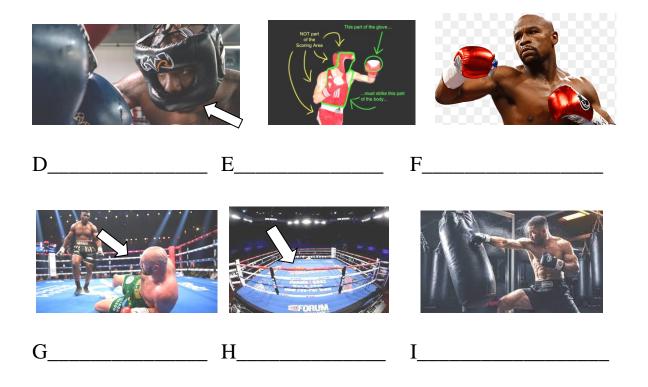


Task 1. Watch a video and try to guess what we are going to talk about today. <u>https://www.youtube.com/watch?v=3sDd0</u> <u>UUu-0g</u>

Task 2. Read the key words and try to guess their meaning. Match the key words to the pictures.







Task 3. Match Ukrainian equivalents to the key terms.

To endeavour Combatant Scoring areas Disparity Contest Toughness Designated Resilience To hone Groin guards Mouth guard Stamina витривалість, стійкість стиснутий кулак витривалість боєць намагатися спритність визначений змагання зони підрахунку очок бій, поєдинок різниця

Bout		
Headguard		
Agility		
Clenched fist		
Canvas		
A flurry of punches		
Prostrate		

капа розпластаний витривалість захисний шолом шквал ударів захист паху настил рингу

Task 4. Read and translate the text

Boxing is a sport of great skill and **Reading** physical toughness. Two combatants endeavor to punch one other to score points from the judges or referee, while avoiding being hit themselves. Almost all areas of the head and body above the waist are designated scoring areas. Contests are won on points or by knockout. There is a major disparity between the amateur and professional ranks in boxing. Leading professional fighters are among the biggest earners in world sport.

Boxers require good upper body strength—particularly a strong punch—and a high resilience to being hit (a "good chin"). Boxing is a really tough aerobic workout so fighters need to display a fanatical training ethic and great stamina. Speed, agility, and quick reflexes are beneficial, particularly for those fighting at lower weight levels.



Fighters wear shorts, boxing shoes, and padded gloves which come in two sizes (227 g and 283

g) depending on the weight of the boxer. Mouth guards are required and groin guards optional in professional boxing. In amateur bouts fighters additionally wear headguards and vests and have larger, softer gloves. This is the only equipment fighters wear and use in the ring, but in training boxers additionally use free weights, punching bags, jump ropes, speed bags, and other items to hone themselves into fighting shape.

The basic rules of boxing are that two fighters of a similar weight, under the supervision of a referee, attempt to strike one another above the waist with clenched fists with the intention of scoring more points than the opponent (to win rounds) or by knocking the opponent to the canvas for a period of 10 seconds. Blows to the back of the head or kidneys are illegal, as are blows with the open, laced part of the gloves.

Boxers must show aggression and throw punches in order to win fights so attacks – either as single punches or more usually two or three punch combinations – are essential. In order to launch a flurry of punches the boxer must first contain their opponent – a moving target is hard to strike. Therefore, good quick footwork, with the intention of cutting off the ring and trapping the opponent in a corner is important.

Following a knockdown, the referee first escorts the aggressor to a neutral corner and then starts counting to 10. The prostrate fighter has 10 seconds to both regain his feet and present himself in an acceptable condition to continue or the fight is over.

Glossary

Toughness [ˈtʌfnəs] витривалість Combatant [ˈkɔmbət(ə)nt] боєць To endeavour [In'devə] намагатися Designated ['dezigneitid] визначений Scoring areas [skɔːrɪŋ 'eərɪəz] зони підрахунку очок Contest ['kontest] змагання Disparity [dɪs'pærətɪ] різниця Resilience [rɪ'zɪlɪəns] витривалість, стійкість Stamina ['stæmīnə] витривалість Agility [əˈdʒɪlətɪ] спритність Mouth guard ['maʊθ .gɑːd] капа Groin guards [groin gaːdz] захист паху Bout [baʊt] бій, поєдинок Headguard ['hed_qaːd] захисний шолом To hone [həʊn] удосконалювати; відточувати Clenched fist [klɛnt[t fɪst] стиснутий кулак Canvas ['kænvəs] настил рингу A flurry of punches ['flʌrɪ] шквал ударів Prostrate ['prostreit] розпластаний

Speaking

Task 5. Say if it's true or false.

1. In boxing two combatants endeavor to punch one other to score points from the referee, while avoiding being hit themselves.

- 2. Contests are won only by knockout.
- 3. Leading professional combatants are among the smallest earners in world sport.
- Speed, agility, and quick reflexes are vital, particularly for those fighting at lower weight levels.
- 5. Fighters wear shorts, boxing shoes, and padded gloves which come in two sizes depending on the height of the boxer.
- 6. Groin guards are required and mouth guards are optional in professional boxing.
- 7. While training boxers additionally use free weights, punching bags, speed bags, jump ropes and other items to hone themselves into fighting shape.
- 8. The basic rules of boxing are that two fighters of a different weight, under the supervision of a referee, attempt to strike one another above the waist with the intention of scoring more points than the opponent.
- 9. Blows to the back of the head or kidneys are allowed, as are blows with the open, laced part of the gloves.
- 10. Boxers must show aggression and throw punches in order to win fights so attacks are important.
- 11. A good quick footwork, with the intention of cutting off the ring and trapping the opponent in a corner is essential.
- 12. The prostrate fighter has 5 seconds to both regain his feet and present himself in an acceptable condition to continue or the fight is over.

Task 6. Fill in the gaps.

- 1. Boxing is a sport of great skill and physical ______.
- 2. _____ are won on points or by knockout.
- 3. Boxers require good upper body strength, particularly a strong punch, and a high ______ to being hit.
- 4. Speed, _____, and quick reflexes are beneficial, particularly for those fighting at lower weight levels.
- 5. _____ are required and _____ are optional in professional boxing.
- 6. In amateur ______ fighters additionally wear ______ and vests and have larger, softer gloves.
- 7. The boxers use free weights, punching bags, speed bags, jump ropes, and other items to ______ themselves into fighting shape.
- 8. Following a _____, the referee first escorts the aggressor to a neutral corner and then starts counting to 10.

Task 7. Choose the correct answer.

- Contests are won _____.
 a. on points b. by knockout c. both variants
- 2. Fighters wear padded gloves which come in two sizes ______ depending on the weight of the boxer.

a. 227 g and 283 g. b. 232 g and 293 g

c. 245 g and 274 g

3. Two fighters of a similar _____, under the supervision of a referee, attempt to strike one another above the waist.

a. heightb. weightc. constitution4. ______are required in professional boxing.

a. Mouth guards b. Groin guards c. Headguards

5. In amateur bouts fighters have _____.

a. smaller, softer mittens b. smaller, harder gloves c. larger, softer gloves

6. While training boxers use _____, and other items to hone themselves into fighting shape.

a. punching bags, jump ropes, speed bags

b. punching bags, jump ropes, balls

c. rackets, jump ropes, speed bags

7. Which blows are illegal?

a. with the open, laced part of the gloves

b. to the back of the head or kidneys

c. both variants

8. Boxers must show aggression and throw _____ in order to win fights.

a. punches b. pokes c. kicks

9. Good quick footwork, with the intention of cutting off the ______ and trapping the opponent in a corner is important.

a. speed bag b. ring c. weights

10. Following a knockdown, the referee first escorts the aggressor to a neutral corner and then starts counting to

a. 10 b. 5 c. 8

Task 8. Discussion. Watch the video Listening "Congratulations Oleksandr Usyk - The New Undisputed World Heavyweight Champion" and discuss the following.

https://www.youtube.com/watch?v=8fnv3EIGB-0&list=PLnNj_eIBFzzq2FP4itGzGQgT4kNTKycA-

- 1. Who is the new undisputed world heavyweight champion?
- 2. Who was the first world heavyweight champion?
- 3. Who did Fury dethrone 9 years ago?
- 4. Who refers to the absolute best pound for pound boxers in the world today?
- 5. Describe the 3rd round?
- 6. What round did Usyk take back command of the fight in?
- 7. What is the meaning of the following "Fury's famous recuperative powers were on display"?
- 8. What happened in round 9?
- 9. What comment did Volodymyr Klytschko (Wlad) make?

Writing

10. What did Rummy believe in?

Task 9. Write a short summary of the topic.

Task 10. Write answers to the questions of exercise 8.

Task 11. Do the Quiz.

1. Where do boxers rest between rounds?

a. on the tribunes

b. on the carpet

c. in sauna

d. in their assigned corners

2. What are the reasons for the distribution of boxers by category?

a. growth

- b. size of the fist
- c. weight

d. waist

3. What form, according to the rules of professional boxing, should be a boxing ring?

a. oval

b. circle

c. square

d. triangle

4. Can a boxer spit the mouthguard in order to get a rest break?

a. yes

b. no

c. difficult to answer

d. none above

5. Can a boxer hit the opponent with the open glove to the back of his head?

a. yes

b. no

c. difficult to answer

d. none above

6.What is TKO in Boxing?

a. knockout

b. technical knockout

c. point

d. none above

7. How many rounds are there in professional boxing?

a. 10

b. 11

c. 9

d. 12

8. Which boxer has a nickname "Gypsy King"?

a. Mike Tyson

b. Dillian Whyte

c. Tyson Fury

d. Billy Joe Saunders

9. What famous actor was truly a professional boxer?

a. Steven Seagal

b. Mickey Rourke

c. Jean-Claude Van Damme

d. Dolph Lundgren

10. Who is considered to be the best heavyweight boxer ever?

a. Wladimir Klitschko

b. AJ

c. Muhammad Ali

d.Rocky Marciano

It is interesting to know

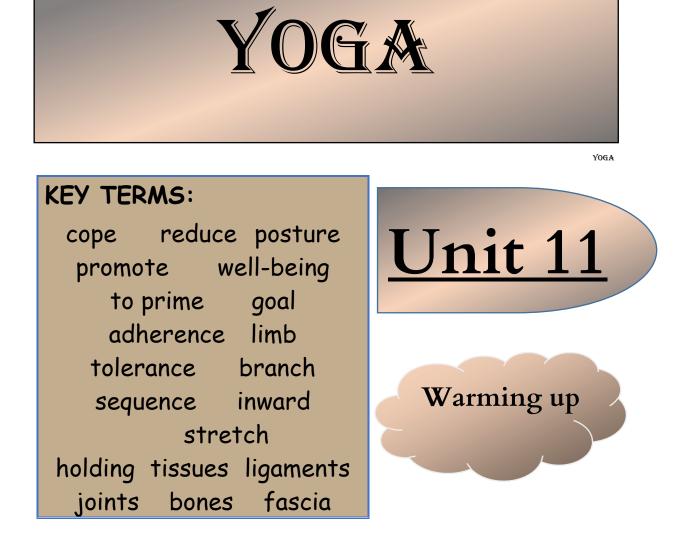
Modern boxing was first codified in 1867 by a set of 12 rules written by John Graham Chambers and endorsed by the 9th Marquis of Queensberry.

Amateur boxing differs in various ways from the professional arm of the sport. Italian boxer Primo Carnera, heavyweight champion in 1933 was a giant of a manstanding 6 ft 5 in (197 cm) tall and weighing 276 lb (125 kg). He had a prodigious appetite. For breakfast, it is claimed he ate nineteen pieces of toast, fourteen eggs, a loaf of bread, half a pound of virginia ham, a quart of orange juice, and two quarts of milk.

REVIEW CARD 10

- 1. What is the aim of boxing?
- 2. How are the boxing contests won?
- 3. Can you dwell upon the boxing equipment?
- 4. What are the basic rules of boxing?
- 5. What does the referee do after a

knockdown?



Task 1. In each pair choose collocations or words that are associated with yoga. Describe yoga using them.

a centuries-old practice – modern practice

a holistic discipline - an applied discipline

self-abandonment - self-improvement

mind and body art – developing modern art

dreaming - meditation

stability – balance

invigorating – tiring recreated- rejuvenated

Task 2. Match Ukrainian equivalents to the key terms.

1 adherence	а. всередині
2 bones	b. гілка
3 branch	с. ціль
4 goal	d. 'зв'язки
5 to cope	е. здоров'я
6 fascia	f. зменшити
7 holding	g. кінцівки
8 joints	h. хребет
9 ligaments	і. натренувати
10 limbs	ј. постава
11 posture	k. підхід
12 to promote	l. розтяжка
13 reduce	т. прихильність
14 sequence	n. сполучна плівка
15 stretch	о. подолати
16 tissues	р. активізувати
17 to prime	q. м'язові тканини
18 tolerance	r. суглоби
19 well-being	s. терпимість
20 inward	t. утримання
I	

Task 3. Fill in the gaps with the key terms. Translate the sentences.

posture, joints, stretch, primed, wellbeing, holding, reduce, bone, tolerance; promotes

- 1. I was constantly confronted with my own weaknesses, my hunger, my low ______ for pain.
- 2. Applying olive oil to the skin does not help prevent or ______ stretch marks.
- 3. She has a very good _____.
- 4. Sport and exercising enhance the _____ of a person.
- 5. The degree of _____ in the muscle fibers depends on many factors.
- 6. Her _____ ache if she exercises.
- 7. As an athlete, you must be well _____.
- 8. Regular exercise ______ all-round good health.
- 9. Divers usually often practice _____ of their breath.
- 10. Stephen fractured a thigh _____.

Task 4. Read and translate the text

Reading

Yoga is a body / mind practice that builds flexibility and strength. It helps cope with pain and reduce stress. Yoga originated in northern India over 5,000 years ago. Numerous yoga styles involve movement, physical postures, breathing techniques, and meditation to promote person's mental and physical well-being.

There are six branches of yoga. Each branch represents a different focus and set of characteristics. They are the following.

Hatha yoga is the physical and mental branch that aims to prime the body and mind.

Raja yoga involves meditation and strict adherence to a series of disciplinary steps known as the eight limbs of yoga.



Karma yoga is a path of service that aims to create a future free from negativity and selfishness.

Bhakti yoga aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.

Jnana yoga is about wisdom, the path of the scholar, and developing the intellect through study.



Tantra yoga is the pathway of ritual, ceremony, or consummation of a relationship.

There are many styles of yoga. A person should choose a style based on the goals and fitness level. Some types and styles of yoga include:

Ashtanga yoga uses ancient yoga teachings. However, it became popular during the 1970s. Ashtanga applies the same poses and sequences that rapidly link every movement to breath.

Bikram yoga, also known as hot yoga, is practiced in artificially heated rooms at a temperature of nearly 105 °Fand 40% humidity. It consists of 26 poses and a sequence of two breathing exercises.

Hatha yoga is a generic term for any type of yoga that teaches physical poses. Hatha classes usually serve as a gentle introduction to the basic poses of yoga.





Kripalu yoga teaches practitioners to know, accept, and learn from the body. A student of Kripalu yoga learns to find their own level of practice by looking inward. The

classes usually begin with breathing exercises and gentle stretches, followed by a series of individual poses and final relaxation.



Viniyoga focuses on form over function, breath and adaptation, repetition and holding,

and the art and science of sequencing.

Yin yoga places its focus on holding passive poses for long periods of time. This style



of yoga targets deep tissues, ligaments, joints, bones, and fascia.

According to a 2012 survey, 94% of adults who practice yoga do so for wellness reasons. Yoga has many physical and mental benefits, such as:

- building muscle strength
- enhancing flexibility
- promoting better breathing
- supporting heart health
- helping with treatment for addiction
- reducing stress, anxiety, depression, and chronic pain
- improving sleep
- enhancing overall well-being and quality of life

It is advisable to consult a medical professional, if possible, before starting a yoga practice.

Ancient yoga did not place as much emphasis on fitness. Instead, it revolved around cultivating mental focus and expanding spiritual energy. Modern yoga focuses on poses designed to stimulate inner peace and physical energy.

Glossary

Cope (with) ['kəup] упоратися; справлятися

Reduce [rɪ'dju:s] послабляти, зменшувати

Posture ['pɔstʃə] осанка Promote [prə'məut] просувати, сприяти Well-being ['wel_biːiŋ] здоров'я, процвітання Branch [braːntʃ] відділ, підрозділ, гілка To prime [praim] інструктувати; натренувати Adherence [əd'hɪər(ə)n(t)s] прихильність, вірність, строге дотримання (правил) Limb [lim] кінцівка, член (тіла); рука або нога; нога, лапа (тварини); крило птаха Tolerance ['tɔl(ə)rəns] терпимість Goal [gəul] мета, завдання Sequence ['sɪːkwəns] підхід, послідовність, серія Inward ['Inwad] внутрішній, духовний Stretch [stret] розтягування; випрямлення Holding ['həʊldɪŋ] постава, утримання Tissue ['tɪ[uː] тканина (м'язова) Ligament ['lɪgəm(ə)nt] звязка, сухожилля Joint [dʒɔɪnt] сустав Bones [bəunz] скелет, хребет, кістяк; кістка (в одн.) Fascia ['fæ[ɪə] фасція, тонка сполучна плівка

Task 5. Say if it is true or false.

1. Grown-ups practice yoga for the reason of great well-being.



2. Breathing, stretches with a series of individual poses and relaxation are practiced in Yin yoga.

3. Hatha yoga is a common word for any type of yoga and doesn't teach meditation.

4. Ancient yoga was much more focused on training mental and spiritual health.

5. Any type of yoga can't help with treatment for addiction.

6. Yoga improves quality of your mental and physical being.

7. Ashtanga yoga is sometimes known as hot yoga.

8. Joints, tissues, bones, and ligaments are deeply trained by Yin yoga.

9. The aim of Karma and Bhakti yoga is to enhance and boost an individual's spiritual and mental being.

10. There are six main styles of yoga.

Task 6. Fill in the gaps putting the words in correct grammar form.

reduce, adherence, prime, inward, sequence, well-being, joint, goal, stretch, posture

- 1. The White House press corps has been ______ to leap to the defense of the fired officials.
- 2. Their ______ was extraordinarily ambitious.
- 3. She has been _____ for six weeks.
- 4. His work emphasised the emotional as well as the physical ______ of children.

- 5. The manager and lawyer of the football team demanded Nick's strict ______ to the terms and conditions of the contract.
- 6. He sat in a relaxed comfortable _____.
- 7. To keep _____ strong, you need to stretch daily or at least three times a week.
- 8. Priming your _____ health, you boost your mind, soul, and spirit.
- 9. Yoga exercises need to be performed in several
- 10. ______ is good for your overall flexibility.

Task 7. Choose the correct answer.

 Bhakti yoga cultivates emotions fostering and acceptance. a. well-being b. adherence c. tolerance 		
 He took ballet lessons to improve his a. posture b. adherence c. tolerance 		
 Practicing yoga helps people better their overall a. posture b. well-being c. tolerance 		
4. The roads are barely adequate to with the present traffic.		
a. reduce b. cope c. promote		
5. Beginning a practice one should consult a qualified physician. a. stretch b. well-being c. yoga		
a. stretch b. well-being c. yoga		
6. The degree of in the muscle fibres depends on how much you take trainings.		

7. Any time you're _____ your body in a position that's not optimized, you're risking strain and injury.

a. holding b. stretching c. priming

8. Modern yoga _____ poses stimulating inner peace and physical energy.

a. reduces b. copes with c. promotes

9. Yin yoga targets working out tissues, bones and ______ intensely.

a. joints b. muscles c. cords

10. _____ your muscles before a workout is an excellent way to activate them.

a. holding b. stretching c. priming

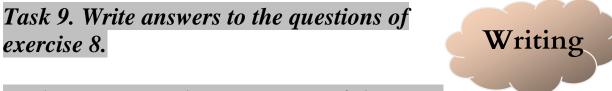
Task 8. Discussion. Watch the video "7 Science-Based Benefits of Yoga" and discuss the following.

https://www.youtube.com/watch?v=cvQn6Pzxnto&t=1s



- 1. What have you been recommended at some point in your life?
- 2. How yoga is called at the beginning of the video?
- 3. What do people claim about yoga?
- 4. What is the first advantage of yoga?
- 5. What did a 2015 study conducted in China find?
- 6. Does it increase flexibility and improves?
- 7. What is the third advantage?
- 8. Does yoga help people to heal joints inflammation?
- 9. Yoga hardly helps build cardiovascular endurance, doesn't it?

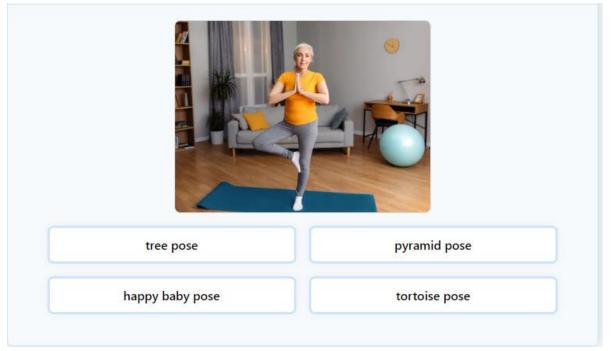
- 10. With which chronic pain has yoga long been recommended?
- 11. What is the sixth advantage?
- 12. How many calories are burnt up by an hour of power yoga?
- 13. How do breathing techniques employed in yoga help?
- 14. What else can yoga improve?

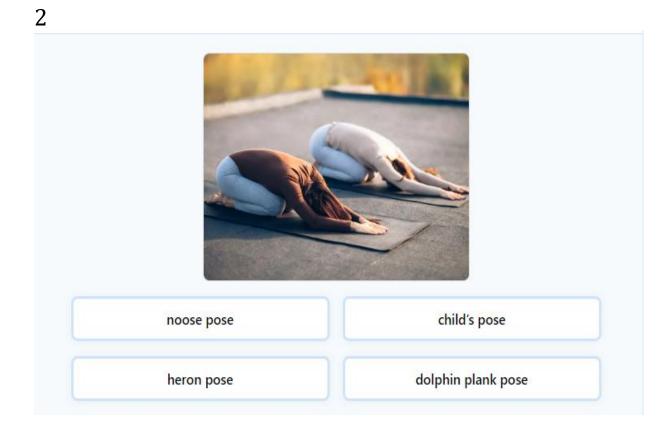


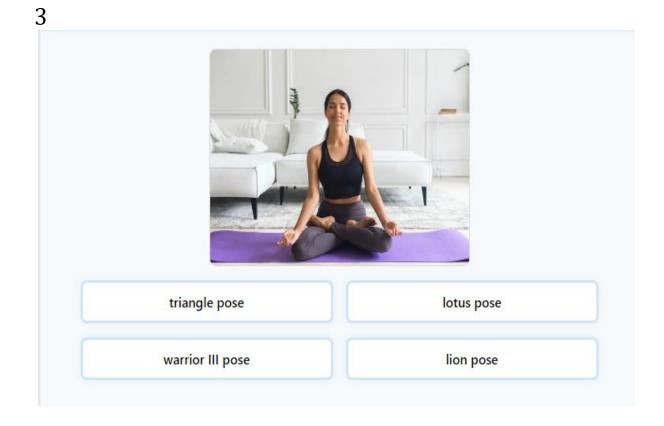
Task 10. Write a short summary of the topic.

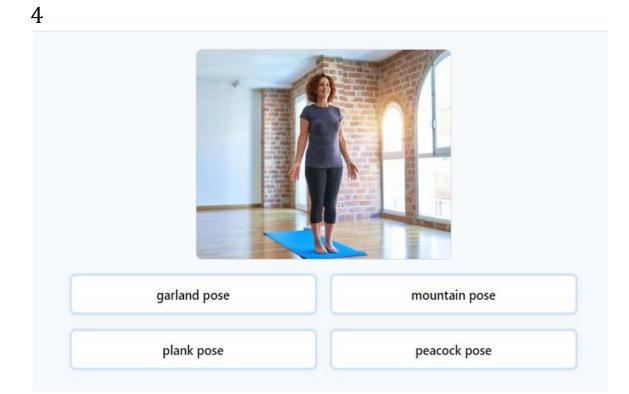
Task 11. Take "Name That Yoga Pose Quiz" to learn how wellaware you are about yoga.

1

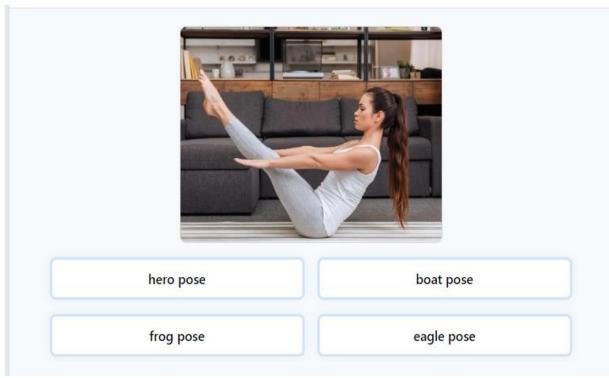


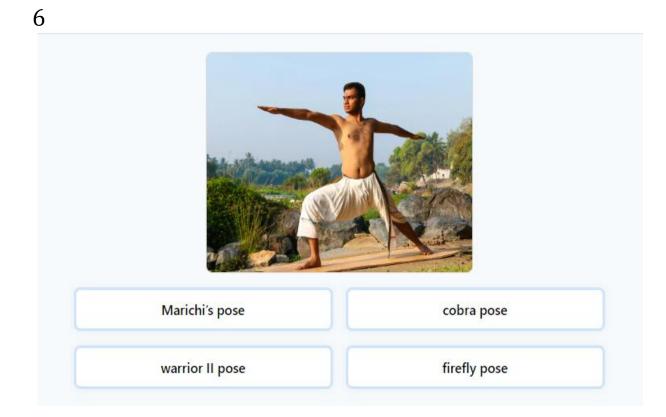




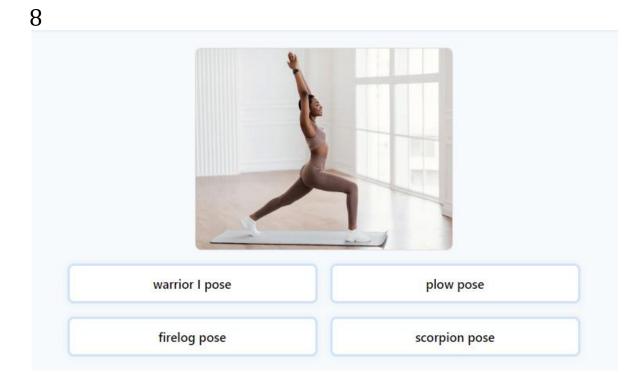


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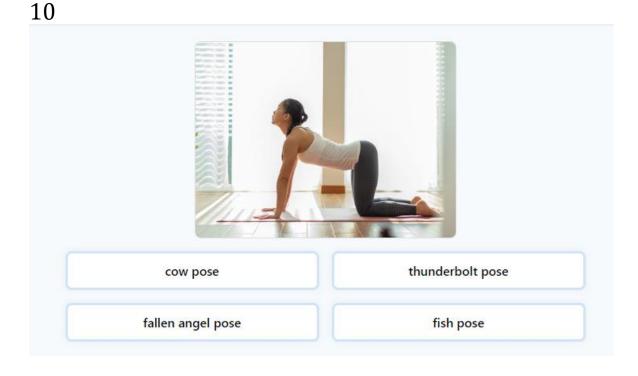


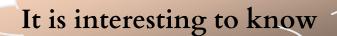


7	
garland pose	corpse pose
cat pose	firefly pose



9 floating stick pose triangle pose bow pose sphinx pose





Yoga was originally practiced as a form of healing. Yoga classes used to be just for men, women were not invited until 1937! Nowadays 72% of yoga practitioners are women. Prisoners in India can reduce their sentence by getting top marks in a yoga test. There are more than 100 styles of yoga! Yoga has 84 basic Asanas or poses.

Research has shown that practicing yoga can delay aging.

There are now over 18,000 registered yoga schools.

George Harrison from The Beatles was a famous yogi!

There are close to one billion #yoga posts on Instagram!

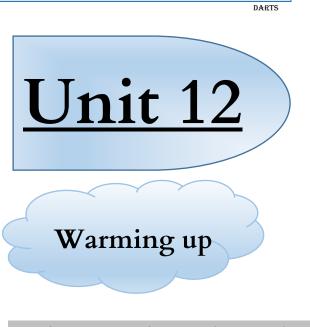
REVIEW CARD 11

- What helps to clear your mind in yoga?
- 2. What is the purpose of yoga?
- 3. What is the final resting pose called?
- 4. What are the benefits of yoga?
- 5. What is the meaning of chakra?

DARTS

KEY TERMS:

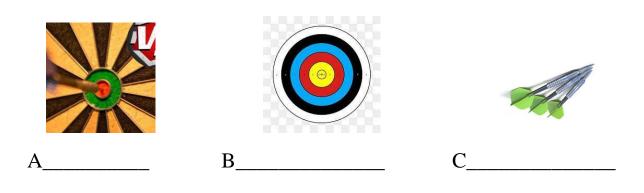
target, feathered arrow, to throw, sharppointed dart, dartboard, double ring, triple ring, outer bullseye, inner bullseye, to score, to double, to triple, soft tip, steel tip, precision, accuracy, "leg", to end up, to hit, in favour

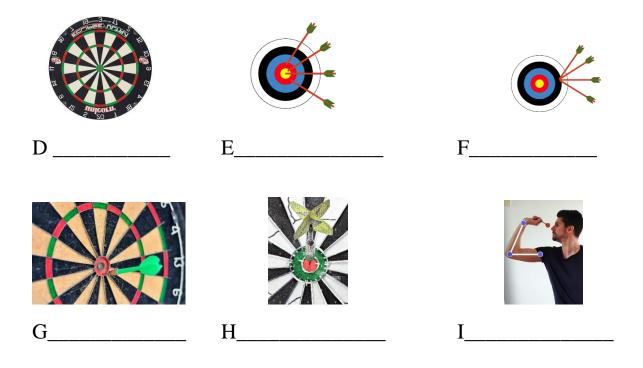


Task 1. Watch a video and try to guess what we are going to talk about today.

https://www.youtube.com/watch?v=AcL6bRdb O-4&t=1s

Task 2. Read the key words and try to guess their meaning. Match the key words to the pictures.





Task 3. Match Ukrainian equivalents to the key terms.

"leg" accuracy dartboard double ring feathered arrow in favour inner bullseye outer bullseye precision score sharp-pointed dart soft tip steel tip "яблучко" безпечна мішень гострий дротик дошка для гри в дартс завершити збільшити вдвічі збільшити втричі зовнішня сторона "яблучка" кидати кільце подвоєнь кільце потроєнь магнітна мішень

target	на користь
throw	набирати очки
to double	попасти в ціль
to end up	раунд
to hit	стріла у вигляді пера
to triple	точність
triple ring	чіткість

Task 4. Read and translate the text

Reading

Darts is both a professional shooting sport and a traditional pub game. Darts is commonly played in the United Kingdom and the Republic of Ireland, and recreationally enjoyed around the world.

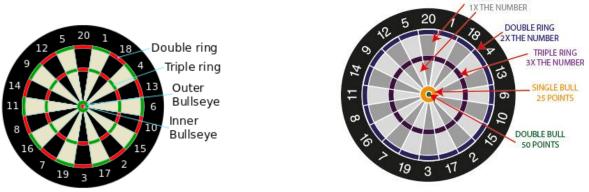
Darts is an indoor target game. It is played by throwing feathered small arrows so called darts at a circular board with numbered spaces. The game originated in English inns and



taverns in the 19th century. It gained its great popularity in the 20th century. Dart-throwing is a competitive sport in which two and more players throw small

sharp-pointed darts at a round target known as a dartboard.

An older name for a dartboard is "butt" that comes from French but, meaning "target" or "goal". A standard dartboard has different regions: a double ring, a triple ring, outer bullseye and inner bullseye. Each region carries a particular score which you can double or triple by landing your dart in certain parts. Depending on where your dart lands on the board, you will be awarded points ranging from 1 to 60.



SINGLE SCORING

There are mainly 2 different types of dartboards that you can go for.

1. Soft tip. These dartboards are perfect for introducing the sport to someone. These are plastic dart boards that come with darts that are made of plastic tips. A sub-type of these dartboards are the electronic dart boards. These dartboards come with an LCD screen that has a set of pre-installed games including some popular games like cricket, 301 etc. You can decide on the number of players (2-8) and pick from the 20 pre-installed games and start darting.

2. Steel Tip. These dartboards are well suited for intermediate to expert players. These dartboards are made up of rice straw and come with steel-tip darts. For players looking for precision and accuracy in their game, this dartboard is the perfect choice.

The most important darts rules in brief are the following: • Each player has three arrows and therefore also three throws.

• Players must be 2.37 metres from the dart board when throwing and must not cross the fixed marker

• Each player starts with 501 or 301 points

• The players, try to bring the score to 0 as quickly as possible

• To score, it is sufficient for the dart tip to touch the scoring area

• The first player to bring the points to 0 wins a game called a "Leg" in darts

• Usually a so-called "double out" is played. This means that the player must end up hitting a double (a scoring area on the outer dart ring) to win a leg.



Whoever wins a certain number of legs first also wins the match. In most professional tournaments, players have to win six legs in the first rounds to decide the match. This variant is also perfect for your own darts evening. Only later in the tournament (semi-final or final) do the pros have to win a higher number of legs to decide the match in their favour.

Glossary

Leg [leg] раунд, етап (естафета); коло (біг); тур (змагання) Target ['tɑːqɪt] ціль, мішень Arrow ['ærəʊ] стріла, дротик (в дартсі) Feathered arrow [feðad] стріла у вигляді пера на одному кінці To throw [θrəʊ] кидати; жбурнути Dart ['dɑːt] дротик, дартс, метання дротика Sharp-pointed dart ['ʃɑː'pɔɪntɪd] дротик з гострим кінцем, гострий дротик Dartboard ['dɑːt ˌbɔ:d] мішень для гри в "дротики" To double [dʌbl] подвоювати; збільшувати вдвічі To triple [tripl] потроювати Double ring ['dʌbl rɪŋ] кільце подвоєнь Triple ring ['tripl riŋ] кільце потроєнь Inner bullseye ['ɪnə ˈbʊlzaɪ] "яблучко" (центр мішені) Outer bullseye ['autə] зовнішня сторона "яблучка" To score ['skɔː] набирати очки, вести рахунок Soft tip ['soft tip] безпечна мішень (для дротиків 3 пластиковим наконечником) Steel tip [sti:l] магнітна мішень (для дротиків з магнітом

замість голки)

Precision [prɪ'sɪʒ(ə)n] точність; чіткість

Accuracy ['ækjʊrəsɪ] точність, правильність; старанність

To end up ['end ʌp] завершувати

To hit [hɪt] ударяти; попадати (в ціль)

In favour ['feɪvə] на користь, на боці

Speaking

Task 5. Say if it's true or false.

- 1. In darts each player takes a turn in, throwing 3 darts.
- 2. To decide who starts, each player throws one dart at the bullseye the one closest begins the game.
- 3. Any dart that misses, bounces off or falls from the board, earns you high score.
- 4. Numbers from one to 25 are depicted on the dart board.
- 5. The red Bulls Eye is called inner bullseye and counts 50 points.
- The green Single Bull is called inner bullseye and counts 25 points.
- 7. The so called "doubles" are on the inner edge of the board.
- 8. he inner ring is the so-called "triple", which triples the value of the field when hit.
- 9. The highest square on the dartboard is the Triple-20, which earns the player 60 points if hit.
- 10. The score is recognized as soon as the player pulls the four darts out of the board.

- 11. To win the leg, you must throw on a double outer ring or the bulls eye.
- 12. If you score more than necessary, you have over thrown yourself. The shot will be considered a "no score" and you will not receive a score.
- 13. The aim of the darts game is to reduce the given score of mostly 501, to one as quickly as possible.
- 14. There are many other darts variants that enjoy great popularity.
- 15. The only team competition on the professional tour is the World Cup of Darts, where pairs of players from the respective nations are formed to compete against each other.

Task 6. Fill in the gaps.

bullseye, darts, dartboard, darts tournament, double

field, double, hit a triple, leg, scores, target, throwing,

throws

1. Using three _____ in a turn, each player first tries to hit the _____ of his or her own number.

2. _____ can also be played in 2 vs. 2 and the teams take turns _____ against each other.

3. If the player misses a _____ with the first three darts, he _____ 0 points in this shot.

4. he World Grand Prix is the only professional _____ played in double-in mode.

5. With the "Straight Out", any square may be thrown at to win the _____, as long as the player gets to 0 points with the

throw.

6. Any dart that falls or bounces off the _____ shall be disqualified.

7. If you _____, you triple the number of points thrown with the corresponding dart.

8. The _____ must be 1.37 meters above the ground.

9. Most dart players have thrown all three darts at the ______ after a few seconds.

Task 7. Put sentences in the correct order to make up a story. Classic 301

Hitting more pints than you have left to get to zero will get you 'busted', this is not what you want.

Before you start subtracting though, each player/team has to 'double in', i.e. hit any one of 21 possible doubles including the double bull.

The goal is to reach zero, exactly, by subtracting the amount you score in a turn from the number you have left.

Numbers in Play: All the numbers are in play, but 19 and 20 will quickly get you to zero like a hero.

That means the turn is over and next time it's your turn you'll start again from your previous score.

Example: if you're on 28, you'll need to throw a double 14 to reach zero, and if you hit a single 14, your next target is a double 7.

Rules: Each player/team starts with 301 points.

To end the game, players also need to double out.

Players: Any, but usually two players or two teams.

Task 8. Match 1-8 to A-H to complete the story.

There are five (1): the classic 301, Round the world (also called Round the Board/Round the Clock), Cricket, Killer, English Cricket. Here are some common rules (2) below:

1 Each player (3), throwing 3 darts.2 To decide who starts each player throws

2 To decide who starts, each player throws one dart at the bullseye - the one closest begins the game.

3 When it's your turn, (4), each dart score will tally (5) thrown in that turn. But any dart that misses, bounces off or falls from the board, (6). If a dart sticks in another dart, it counts as a throw and gets no score.

Each player starts with a score of 501. The score for each turn is calculated and deducted from the players total. Bullseye scores 50, the outer ring scores 25 and a dart (7) counts double or treble the segment score. The objective is to be the first player to reduce the score to exactly zero, but the last dart thrown must land (8).

A: to all of these games

B: earns no score

C: dart games easy to play

D: takes a turn in

E: in a double or the bullseye

F: in the double or treble ring

G: throw one dart at a time

H: to the total of all three darts

https://www.youtube.com/watch?v=8FUarlhpUqQ

- 1. What type of game is darts?
- 2. How is a dartboard numbered?
- 3. What does it mean when a player lands a dart in one of the scoring points yellow or black sections next to a number?
- 4. In what case does a player scores double the number of points?
- 5. What does it mean when a dart lands in the small inner red or green section next to a number?
- 6. What is called the bullseye?
- 7. What have you learned about the bullseye?
- 8. What is the most common dart game?
- 9. What is the goal of this common game?
- 10. How is player's turn defined?

Task 10. Write a short summary of the topic.

Writing

Task 11. Write answers to the questions of exercise 9.

It is interesting to know

Original dartboards were made of different materials. Nowadays, if you play the traditional game of darts, the one that involves a set of steel tip darts, you're playing on a sisal or bristle dartboard. However, this was not the case more than a century ago when the first dartboards were made of pieces of rope that were tightly compressed together so that they made up an item that was similar to the one we play on today.

> This is one of the oldest established games in the world. Darts was born in English pubs where people used to enjoy a pint of beer with their mates in the evening while aiming for the target. As they grew fonder of the game, passionate players decided it was time to take it to the next level. This is how darts became one of the first established games, with leagues appearing before the First World War.

This game has had regulatory bodies for almost 100 years. Today, there are different darts organizations that oversee the way in which darts is played worldwide, the WDF or World Darts Federation being the main regulatory body. However, this sport started having such organizations as early as 1925 when the National Darts Association was formed in England.

> Brian Gamlin put the numbers on the dartboard. Many players out there might not be familiar with the name Brian Gamlin, but this English carpenter definitely deserves a place in the history of darts. This skilled craftsman is the person who invented the dartboard numbering that is still in use today and helps players challenge their precision.

The first player who managed to get a perfect score was John Lowe. Another name that has made history in darts is John Lowe. He was the first player who managed to get a perfect score in the classic 501 game. This happened in 1984 during the World Match play championship that was transmitted live on television. On this occasion, Lowe hit the triple 20 for 6 times in a row. Then, he scored on the triple 17, double 18, and finally, triple 18. Darts flights were not what we've gotten used with today. Nowadays, if you want to buy a set of dart flights, you're faced with myriad choices. Basically, they are all pieces of plastic. However, the first dart flights couldn't have been made of plastic, so players used turkey feathers for this purpose.

REVIEW CARD 12

- How many points do you start with in a round of darts?
- 2. What is the highest score you achieve with one dart?
- 3. What are the basic parts of darts?
- 4. Can you identify the four basic types of dartboards?
- 5. How many points is the outermost ring

worth?

PART IV GAMES

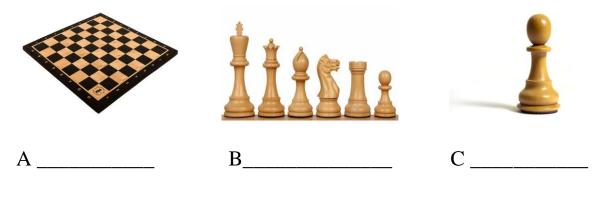
CHESS

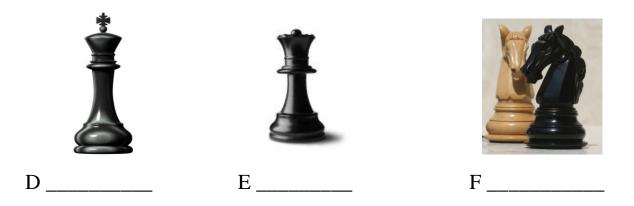
KEY TERMS: chess board, chess pieces, king, queen, bishop, knight, rook, pawn



CHESS

Task 1. Read the key words and try to guess their meaning. Match the key words to the pictures.





Task 2. Match Ukrainian equivalents to the key terms.

chess board	король
chess pieces	пішак
king	шахматна дошка
queen	тура
bishop	королева
knight	шахматні фігури
rook	кінь
pawn	слон

Task 3. Read and translate the text.



Chess is a classic two-person board game. It is played with specially designed pieces on a square board made up of 64 alternating light and dark squares arranged in eight rows and columns. Chess first appeared in India about the 6th century AD and by the 10th century had spread from Asia to the Middle East and Europe. Since at least the 15th century, chess has been known as the "royal game" because of its popularity among the nobility. Once an intellectual diversion favoured by the upper classes, chess went through an explosive growth in interest during the 20th century as professional and statesponsored players competed for an officially recognized world championship title and increasingly lucrative tournament prizes. Organized chess tournaments, postal correspondence games, and Internet chess now attract men, women, and children around the world. Here are the basic rules of chess.

Step 1: You will need:

- Chess board
- Chess pieces

Step 2: The chess board

Chess is played on a square board which is divided into 64 squares of alternating colours. By convention there are referred to as light and dark squares.

Step 3: Chess pieces

A chess set consists of two identical groups of pieces. One is white and one black. One player plays with the white pieces, the other with the black. Each player has: one king, one queen, two bishops, two knights, two rooks, and eight pawns. White always makes the first move in any game. Step 4: Object of the game

The object of chess is to capture your opponent's king. In practice, the king is never actually captured, but trapped so that he cannot move without being taken. This is known as checkmate, and is the end of the game.

Step 5: Board layout

The chess pieces are lined up at either end of the board in predetermined places. They are configured as follows:

The queen is always placed on her own colour, nearest the middle of the row. Next to her, in the middle, is the king. The king and queen are flanked



by their bishops. Next come the knights and finally the rooks. The pawns are lined up in front of the other pieces, on the second row in.

Knowing the rules and basic strategies is only the beginning – there is so much to learn in chess that you can never learn it all in a lifetime! To improve you need to do three things: to play, to study and to have fun.

Glossary

Chessboard [tʃes bɔːd] шахова дошка

Chess pieces [tʃes 'piːsɪz] шахові фігури

King [kɪŋ] король (шахматна фігура) Queen [kwiːn] королева (шахматна фігура) Bishop ['bɪʃəp] слон (шахматна фігура) Knight [naɪt] кінь (шахматна фігура) Rook [rʊk] тура (шахматна фігура) Pawn [pɔːn] пішак (шахматна фігура) Row [roʊ] ряд То appear [əˈрɪə] з'являтись Diversion [dʌɪˈvəː[(ə)n] розвага, забава Explosive [Ik'splacsIv] бурхливий, швидкий Growth [graʊθ] pict, збільшення To compete [kəm'piːt] змагатися Tournament ['tʊənəm(ə)nt] түрнір To capture ['kæpt[ə] заволодіти, захопити To flank [flænk] розташовуватися з боків

Task 4. Answer the questions to the text.

- When and where did chess first appear?
- Why has chess been known as the "royal game"?
- How many squares are there on a square board?
- What does a chess set consist of?

Speaking

- What pieces do always make the first move in any game?
- What is the object of chess?
- Where are the chess pieces lined up?

Task 5. Say if it's true or false.

- Chess is a classic three-person board game.
- The king is always placed nearest the middle of the row.
- Each player has two kings, two queens, two bishops, two knights, two rooks, and eight pawns.
- The object of chess is to capture your opponent's king.
- The pawns are lined up in front of the other pieces, on the second row in.
- Chess first appeared in Europe about the 6th century AD.
- Chess is played on a square board, which is divided into 68 squares of alternating colours.

Task 6. Fill in the gaps.

- _____ is a winning position in chess in which you have put the other player's king under a direct attack from which it cannot escape.
- _____ is an indoor and competitive game played between two players.
- The chess board is made up of 64 _____.
- To start the game, _____ moves first.

- The board represents a battlefield in which two armies fight to _____ each other's king.
- Each _____ has its own style of moving.
- _____ moves in all directions covering as many squares as possible.

Task 7. Discuss.

- Do you like to play chess?
- Do you think it is easy to play chess?
- Why is chess one of the most popular board games?
- What famous chess players do you know?
- What Ukrainian chess player won the 2015 Women's World Championship?
- Do you think chess is a sport?
- Do you agree that chess is a tool in the public's education? Why?

Task 8. Watch the video "3 Basic Opening Strategy Principles in Chess" and fill in the gaps. <u>https://www.youtube.com/watch?v=UoFqV11xA70</u> Listening & Writing

First thing that we need to understand is these _____. These are considered are super squares because this is where _____ of the board is the control set. If I have my knight on the side

of the board, it can only control up to _____. Therefore, my knight is stronger in _____. So, at the beginning of _____ we want to think about center _____. First thing we can do is try and get _____ into the center. The next important step that we want to focus on is _____ development. Usually we bring up _____

before the bishops. The next step that we always want to consider is _____ safety. The best way to protect your king in the beginning of the game is _____. The three important principles are _____ the center, piece _____ and king _____.

Task 9. Write a short summary of the topic.

It is interesting to know

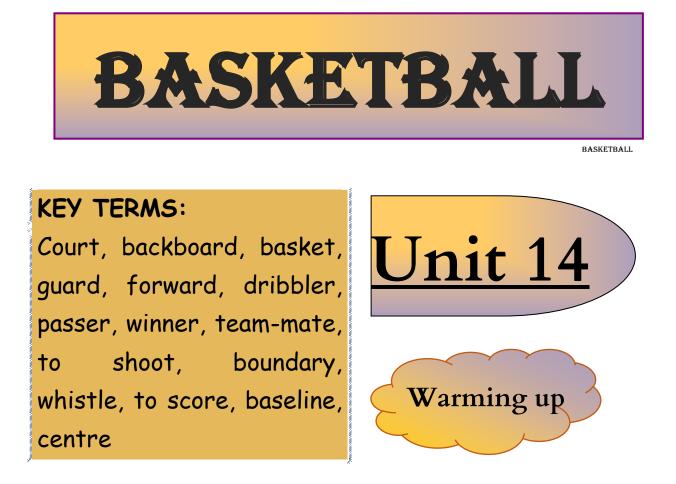
Blindfold chess is real and documented in world records. It is as it sounds: a player makes all of his or her moves without looking at a board. Usually there is a "middle man" of sorts to give and receive moves for the game. Blindfold chess is an impressive skill that many stronger chess players possess. It certainly requires a keen ability to see the board clearly, which can get difficult after many moves. The record was set in 1960 in Budapest by Hungarian Janos Flesch, who played 52 opponents simultaneously while blindfolded - he won 31 of those games.

> Chess is often cited by psychologists as an effective way to improve memory function. Also allowing the mind to solve complex problems and work through ideas, it is no wonder that chess is recommended in the fight against Alzheimer's. The effects of chess on young individuals had led to chess being introduced in school districts and various countries. It has been shown to improve children's grades and other positive effects as well.

The longest recorded tournament chess game ever played occurred in 1989. At a tournament held in Belgrade, Ivan Nikolic and Goran Arsovic battled for an incredible 269 moves in a game that took more than 20 hours to play. In the end, the game ended in a draw – one that was likely frustrating and exhausting for both players.

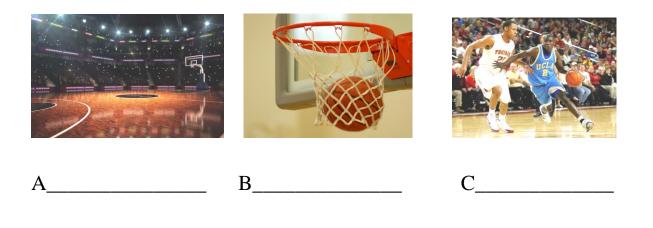
REVIEW CARD 13

- 1. What piece can move only diagonal?
- 2. Which chess piece moves in any direction, but cannot jump over other pieces?
- 3. Which piece is the only piece on the board that can jump over other pieces?
- 4. How many total squares are on a Chess board?
- 5. Which player can make the first move in a chess game?



Task 1. Watch a video and try to guess what we are going to talk about today. What do you know about it? https://www.youtube.com/watch?v=LmUYBGbhPZ8

Task 2. Read the key words and try to guess their meaning. Match the key words to the pictures.





Task 3. Match Ukrainian equivalents to the key terms.

E

backboard winner court to score baseline whistle basket dribbler guard to shoot boundary team-mate forward centre passer

D

нападник
майданчик для гри
корзина
свисток
кидати
гра вець, що пасує
границя поля
член тієї ж команди
переможець
баскетбольний щит
гравець, що веде м'яч
закинути м'яч у кошик
задня лінія майданчика
гравець центра

Reading

F

Task 4. Read and translate the text.

Basketball is a fast, exciting and popular sport, played by over 300 million people all over the world. It was invented in the United States in 1891. Today, it is a sport that is played in all types of schools all over the world. The best professional players compete in teams of the National Basketball Association (NBA).

Although basketball can be played almost everywhere is mostly an indoor game played on a court that is 29 metres long and 15 metres wide. The floor is made of wood. At each end there is a



backboard and a basket which you must shoot the ball through. The basket is about 3 metres from the floor. The official ball is made out of leather and it has a circumference of 76 cm.

The court has many important lines drawn on the floor. The midcourt line and the centre circle are where the game starts. The referee throws the ball into the air and two players jump up and try to push it to their team-mates. The threepoint line is a curved line on the floor. If a player shoots a basket from outside the line the team gets three points. The free throw line is the place from which a player tries to score a point after he is fouled. The sidelines and the baselines mark the boundaries of the court. Each team consists of five players who can be substituted at any time. Normally a team has two guards, two forwards and a centre. The guards are usually the smallest and quickest players. They should be good dribblers and passers and they play farther away from the basket. Most of them are good at three-point shots. Forwards are taller and stronger than guards. They usually play near the basket and are good rebounders. The centre is the most important player on a team. He is very tall and always watches out for balls that come off the backboard. He is a good scorer and can dominate a game.

A professional basketball game is divided into four 12minute quarters with a 15-minute break between the second and third quarter. The clock is stopped every time the referee blows the whistle, so a game can last up to two hours. If there is no winner at the end of a game, the teams play overtime periods of 5 minutes. If a team is ahead at the end of an overtime period, the game is over. Players can score points by shooting the ball through the basket.

Glossary

To invent [ɪn'vent] винаходити

Court [kɔːt] майданчик для гри

Backboard [ˈbækbɔːd] баскетбольний щит

Leather [ˈlɛðə] шкіра

Circumference [səˈkʌmfərəns] обсяг, довжина замкнутого

контура

Team-mate ['tiːmmeɪt] член тієї ж команди

To foul [faʊl] нечесно грати, порушувати правила

Baseline [ˈbeɪslaɪn] задня лінія майданчика

To substitute ['sʌbstɪtjuːt] заміняти

Guard [gɑːd] захисник

Forward ['fɔːwəd] нападник

To score [skɔː(r)] закинути м'яч у кошик

Whistle ['wɪsl] свисток

Basket [ˈbɑːskɪt] корзина

To dribble [ˈdrɪbl] вести м'яч

To pass [pɑːs] передавати, пасувати

Winner [ˈwɪnə] переможець

To shoot [ʃuːt] кидати

Boundary ['baʊnd(ə)rɪ] границя, межа поля

Centre [ˈsentə] гравець центра

Task 5. Say if it's true or false.

Speaking

• Basketball is a ball game and team sport in which two teams of five players try to score points by throwing a ball.

- Basketball is an American invention.
- The basket is about 1 metre from the floor.
- Each team has four guards and three forwards.
- The principal pieces of equipment are the two elevated baskets, one at each end of the court.
- If there is no winner at the end of a game, the teams play overtime periods of an hour.
- The centre is a good scorer and can dominate a game.
- The baseline is the line that marks the playing boundary at either end of the court.
- The guards usually play near the basket.
- If a player pushes or holds another player or hits him on the arm while he is trying to score the referee calls a personal foul.

Task 6. Fill in the gaps.

- _____ is the world's leading basketball league.
- The referee blows _____, so a game can last up to two hours.
- Although _____ can be played almost everywhere it is mostly an indoor game played on a _____ that is 29 metres long.
- Each game begins with a _____.

- _____ are scored for shooting the basketball through the _____.
- Players can move the ball around the court by _____, ____, ____, _____ or _____.
- The game consists of four quarters of 10 minutes each, with a 15-minute _____ at half-time.
- The team that scores the most points are the _____.

Task 7. Choose the correct answer.

- To acquire the ball after a missed shot is called a ...
 a. lay up;
 b. foul;
 c. free throw;
 d. rebound
- 2. Basketball was created by a man named ...
 - a. Jon Quincy; b. Brad Johnson;
 - c. Homer Basketball; d. James Naismith
- 3. A ... occurs when a player breaks the rules in a way that does not involve contact.
 - a. foul; b. violation; c. blocked rebound; d. win
- 4. The best position to guard an opponent is ...
 - a. to face the opponent rather than the ball;
 - b. guarding as close to the opponent as possible;
 - c. to stay between the opponent and the basket;
 - d. playing the opponent slightly to the right.
- 5. ... is the maximum number of fouls that a player can have before you foul out of a game?

a. 5; b.4; c. 3; d. 6

6. The ... attempts to prevent the opposing team from scoring a basket.

a. substitution; b. offence; c. defence; d. referee

7. In basketball a ... occurs when a player stops her dribble and then resumes it.

a. rebound; b. double dribble; c. holding a ball; d. foul



- What is the object of the game for your team?
- How many players are there in the team?
- What players do teams consist of?
- What does the game start with?
- How much time has the team to shoot the ball towards the opponent's basket?
- What can you do to move the ball up the court?
- What must a player do to score points?
- What does shoot clock violation mean?
- What other violations do you know?
- How many types of fouls are there?
- When do personal fouls occur?
- What do flagrant fouls mean?
- What for can technical fouls be awarded?

Task 9. Write a short summary of the topic.

Task 10. Write answers to the questions of exercise 8.



Task 11. Render the article.

It is interesting to know

The first "hoops" were actually just peach baskets and the first backboards were made of wire.

> No other sport has more injuries than basketball, and the most common basketball injury is a sprained ankle. However, knee inflammation is the injury that causes players to miss the most games.

All NBA courts are made of maple wood, which is strong but also flexible, to help players jump and land safely.

NBA players run as much as four miles during a game.

Michael Jordan is considered to be one of the best basketball players in history. His record score of 5,987 points during his career made him a legend in the world of basketball.

When Naismith first introduced basketball, he

wrote down just 13 simple rules to guide the game. These original rules are still the backbone of modern basketball, although some have evolved. For example, dribbling was not allowed at first, and there was no three-point line. Players could only pass the ball and shoot. Today, dribbling is one of the key skills in basketball.

REVIEW CARD 14

1. What is the name of the governing body in

the world's top basketball league?

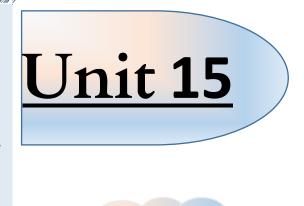
- 2. How is a game started?
- 3. How many quarters are there in a basketball game?
- 4. How many players are allowed on the court for each team?
- 5. What happens if there is no winner at the end of a game?

FOOTBALL

FOOTBALL

KEY TERMS:

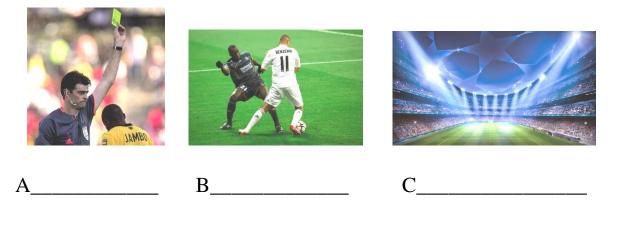
assistant referee, corner kick, defender, to dive, draw, extra time, foul, goal, goalkeeper, goal line, to handball, league, penalty, pitch, to shoot, striker, to tackle, to substitute



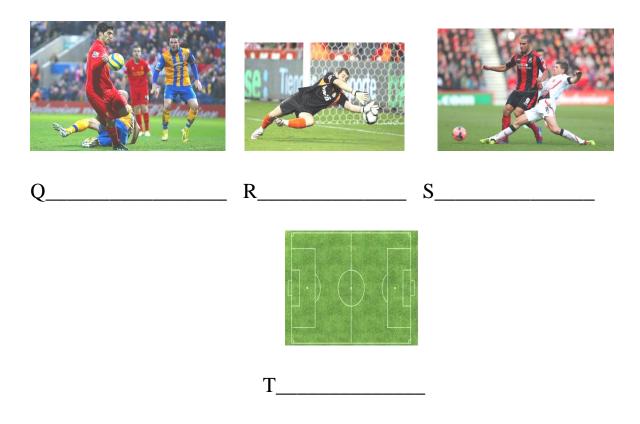
Warming up

Task 1. Listen to a song and guess what we are going to talk about today.

Task 2. Read the key words and try to guess their meaning. Match the key words to the pictures.







Task 3. Match Ukrainian equivalents to the key terms.

assistant referee	футбольне поле
corner kick	гол
defender	перехоплювати м'яч
to dive	лінія воріт
draw	нападаючий
extra time	помічник арбітра
foul	нічия
goal	ліга
goalkeeper	пасувати м'яч
goal line	замінити, запасний гравець
to handball	миттєво впасти
league	кутовий удар

to pass	додатковий час
penalty	захисник
pitch	порушення правил
to shoot	воротар, голкіпер
substitute	торкнутися м'яча рукою
to tackle	пенальті
striker	сильно бити по м'ячу з метою
	забити гол

Reading

Task 4. Read the article about football quickly and answer this question

• Do you think the writer likes game or not?

Then read again and translate it.

So why is football such a popular game around the world? Yet another tournament has started and millions of supporters from many countries are



discussing the chances of one team over another, the form of the top teams and who the favourites are (and the underdogs too). The lucky fans who have tickets are unpacking their bags with shirts and flags and scarves of their nation's colours. The unlucky ones are glued to the television. Even those who aren't that interested in the game find themselves involved in predicting the results for the office competition (I'm betting on the host country). And there'll definitely be no escaping from the media coverage, commentary and publicity that makes it THE news event of the month. Famine? Forest fires? Forget it. It's football, football, football.

It's certainly a lively and colourful spectacle. There's the razzmatazz of the opening ceremony, not to mention the fireworks and speeches and exotic performances for the closing ceremony. There's a bizarre looking mascot (usually some kind of fruit or animal/person) and fans covered in face paint. There are tantrums, tension and tears on the pitch, and everybody loves it!

Phew! So how did this happen? What is it about twentytwo grown men running around a rectangular piece of land trying to get a ball from one end to the other? Why has it become the sport of the world? It's everywhere! From domestic league competitions (like La Liga, and the Premiership) and international events (The European Championships, the Copa America, the Asia Cup, The African Nations Cup) to the champion of championships the World Cup itself. Football is a global phenomenon and lucrative too. It's Big business: many teams are quoted on stock markets around the world and huge sums are paid by satellite TV companies. Perhaps it's the simplicity of it all. You only need a ball, a few mates and a patch of ground – in the street or on the beach or at school. And, despite the off-side rule, it's easy to learn the rules: pass, kick and shoot. Goal!

But there's also an ugly side to it. Something about the game brings out the patriot in us all that can be a touch too nationalistic. Suddenly there's more at stake than losing a match or winning a tournament. They are 'our boys' and they have gone to fight in a foreign field and the flags are flying in hope. Everyone is shouting and it seems more of a war cry than an encouraging cheer. To win is everything. It's not just a game; it's the latest battle in a history of rivalries. It's about power and masculinity and domination and victory and politics. To lose on the other hand is a disgrace and a shame. Enough for Andreas Escobar to be shot after scoring an own goal.

Ah well, that's the game. I may not know the difference between an assistant referee and a linesman, an indirect and a direct free kick but I'll be shouting loudly for my team.

Glossary

Assistant referee [əˈsɪstənt ˌrefəˈriː] помічник арбітра

Corner kick [kɔːnə kɪk] кутовий удар

Defender [dɪ'fendə] захисник

To dive [daɪv] миттєво впасти Draw [droː] нічия Extra time [ekstrə 'taɪm] додатковий час Foul [faʊl] порушення правил, фол Goal ['qəʊl] гол Goalkeeper ['gəʊlkiːpə] воротар, голкіпер Goal line ['gəʊl laɪn] лінія воріт) A handball ['hændbɔːl] (торкання м'яча рукою (у футболі) League [liːg] ліга То pass [pɑːs] пасувати м'яч Penalty ['pɛn(ə)lti] пенальті Pitch [pɪt]] футбольне поле Shoot [[uːt] сильно бити по м'ячу з метою забити гол Striker ['straikə] нападаючий To tackle ['tæk(ə)l] перехоплювати м'яч To substitute (a \sim) ['sʌbstɪtjuːt] замінити (запасний гравець)

Task 5. Look at the underlined parts in the article. Decide if they are facts, or the writer's opinions.

Speaking

1. It's a popular game all around the world

- 2. There'll definitely be no escaping from the media coverage.
- 3. It's certainly a lively and colourful spectacle.
- 4. There's a bizarre looking mascot.
- 5. Everybody loves it!
- 6. It's the sport of the world.
- 7. It's a big business.
- 8. Perhaps it's the simplicity of the game.
- 9. It's easy to learn the rules.
- 10. But there's also an ugly side to football.
- 11. Football's about power and masculinity.
- 12. To lose the game is a disgrace and a shame.

Task 6. Fill in the gaps.

- 1. The primary and important purposes of ______ are to dispossess an opponent of the ball, to stop the player from gaining ground towards goal or to stop them from carrying out what they intend.
- 2. As the dust settles on another Premier ______ season, it is time to reflect on the campaign and how it went for each club.
- 3. The 28-year-old Dutch _____ has been out of action for nearly three months because of an Achilles injury.
- 4. Each ______ patrols only half of the playing field and stays on the touchline along the left-hand side of each

goal.

- 5. A soccer ______ include kicking, tripping, striking an opponent, colliding with a player before connecting with the ball when tackling, and deliberately handling the ball.
- 6. All the great teams have a good _____, centre-half, midfielder and striker.
- 7. Having two teams play home games on the same _____ over an English winter would have done more damage to the surface than would a farmer with a plough.
- 8. A ______ will be awarded to the attacking team if any player from the defending team causes the ball to get out of play through the goal line, except through the goal in which case it would be an own goal.

Task 7. Choose correct answer.

- 1. What is the most famous football game?
 - a. the Kyiv-Shakhtar game b. the Super Bowl c. the World Cup game
- 2. What shape is the football field?
 - a. rectangular b. triangle c. oval
- 3. There are white rings on each end of the football ...
 - a. to help players score b. to make it look nice
 c. to help players see the ball
- 4. Which of the following is not true?
 - a. the football field is rectangular in shape
 - b. the white lines are used to keep players safe
 - c. the rest period lasts about fifteen minutes

5. The first British football team to win the European cup was ...

a. Bolton Wanderers b. Celtic c. Manchester City

- 6. The world's largest stadium is in the city of ...
 - a. Old Trafford (Manchester)
 - b. Anfield (Liverpool FC)
 - c. St. James Park (Newcastle United)
- 7. The first footballer to score 100 goals in the English Premiership was ...
 - a. Alan Shearer b. David Beckham c. Cristiano Ronaldo
- 8. ... won its fifth football World Cup in 2002.
 - a. Brazil b. Germany c. Italy
- 9. ... club won football's first European Cup in 1956. a. Arsenal b. Celtic c. Real Madrid
- 10. Which footballer scored Real Madrid's winner in the 2002 Champions' League Final?

a. Fernando Morientes b. Luis Figo c. Zinedine Zidane

Task 8. Discuss the following.

- 1. Why do you think football is the world's most popular sport?
- 2. Is there anything else that joins the world in celebration like the football World Cup?
- 3. Do you think women's football is as exciting as men's one?

- 4. How can football authorities change the rules to make the game more exciting?
- 5. Pele or Maradona Who was better?
- 6. Do you think football is a sport or an art?
- 7. Do you think professional footballers get paid too much?
- 8. What do you like and dislike about football?
- 9. Where is the world's best football played?
- 10. Do you think football will be different 50 or 100 years from now?

Task 9. Write a short summary of the topic.

Writing & Listening

Task 10. Watch the video. Give your own opinion on football fans. <u>https://www.youtube.com/watch?v=YflnDb7S-Mw</u>

Task 11. Write an essay on one of the topics.

- Football is a simple game. Twenty-two men chase a ball for 90 minutes and at the end, the Germans always win.
- There's two times of year for me: Football season, and waiting for football season.
- A school without football is in danger of deteriorating into a medieval study hall.

In life, as in football, you won't go far unless you know where the goalposts are.

It is interesting to know

Football originated in China around 476 B.C.

Football is the most played and most watched sport on earth.

Football players run an average of 9.65 kms during every game.

> In 1998, lightening killed an entire football team. The catastrophe occurred in Congo during a match between the villages of BenaTshadi and nearby Basangana.

The ball used in professional football has remained exactly the same size and shape for 120 years - 28inches in circumference.

> The fastest red card in football/soccer history was 2 seconds. Lee Todd was sent off for foul language after he exclaimed "Fu** me that was loud" after the starting whistle.

Hitler grew to hate soccer because it couldn't be fixed to ensure German victory over non-

Germans.

Greenland can't join FIFA because not enough grass grows there for a soccer field.

REVIEW CARD 15

- 1. What is the maximum amount of players allowed on the pitch for each team?
- 2. How long is a regular football match?
- 3. Who is the only player allowed to touch the ball with his hands?
- 4. What shape is the football field?
- 5. What is the official name of the
 - Champions league?

TABLE TENNIS

KEY TERMS:

to be forced into, error, hand-eye coordination, in an instant, to serve (the ball), to strike with the racket, to rule out, to bounce, receiver, service, let, server, to swap, to volley, rally, in turn, consecutive

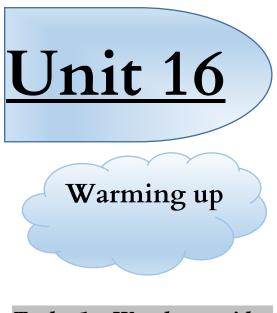


TABLE TENNIS

Task 1. Watch a video and try to guess what we are going to talk about today.

https://www.youtube.com/watch?v=4A2jbg5cYcU

Task 2. Read the key words and try to guess their meaning. Match the key words to the pictures.





Task 3. Match Ukrainian equivalents to the key terms.

Rally To be forced into To volley In an instant Let To strike with the racket To rule out Hand-eye coordination In turn Service To serve (the ball) Server To swap вдарити ракеткою помилка зорово-моторна координація перекидати гравець бути змушеним до по черзі відскакувати (м'яч) приймаючий обмінюватися незарахована подача миттєво подача To bounce Error Receiver подавати м'яч швидкий обмін ударами виключати

Task 4. Read and translate the text

Also known as ping-pong, table tennis is a fastmoving and physically demanding racket game. Players play as individuals or in pairs, and win points by hitting a



lightweight ball over a net so that their opponents either cannot return it or are forced into an error. Most matches are short and sharp, and the rules have ways of dealing with games that go on too long.

Table tennis players need fast reactions, exceptional hand-eye coordination, and strong and flexible leg muscles. They need to be able to move quickly over short distances, and to change direction in an instant. They must take particular care of their shoulders, lower backs, and knees: these are the areas that are most commonly injured. Away from the table, players typically practice with jumping sessions, squats, short sprints, and at least three 20-minute runs per week.

Matches are the best of five or seven games. Each game is won by the first side to reach 11 points or, from 10-10, two points. Play begins when one player serves the ball by throwing it up at least as high as the net and then striking it with the racket. The ball must be thrown from an open palm to rule out finger spin. The ball must bounce twice—once on each side of the net—before being returned by the other player. Thereafter, in open play, the ball may bounce only once per shot, on the receiver's side of the net. If the ball touches the net during service but then lands on the receiver's side, a let is played, and the server serves again. A player serves for two points; after which it is the opponent's turn. Players swap ends after each game.

It is legal to hit the ball around the side of the net to land on the opponent's side. Volleying is not allowed: the ball has to touch the table. A player who touches the playing surface with his or her free hand during a rally loses the point. In doubles matches, players strike the ball in turn—no one may make two consecutive shots. As a result, doubles players must switch positions quickly so that the next receiver is standing in front of the center line. That location gives the player the best chance of hitting the ball, whichever side of the table it lands on.

Glossary

To be forced into [fɔːst] бути змушеним до

Error [ˈerə] помилка

Hand-eye coordination [kəʊˌɔːdɪˈneɪʃən] зорово-моторна

координація

In an instant ['ɪnstənt] миттєво

To serve (the ball) [səːv] подавати м'яч

To strike with the racket [straik] вдарити ракеткою

To rule out [ruːl aʊt] виключати

To bounce [baʊns] відскакувати (м'яч)

Receiver [rɪˈsiːvə] приймаючий

Service ['səːvis] подача

Let [let] незарахована подача

Server ['sɜːvə] гравець

То swap [swp] обмінюватися

To volley ['vɒli] перекидати

Rally [ˈræli] швидкий обмін ударами

In turn [tзːn] по черзі

Consecutive [kənˈsekjətɪv] послідовний

Speaking

Task 5. Say if it's true or false.

1. Table tennis is a slow and physically demanding field game.

2. Table Tennis is a game played as singles, where one person plays against one person, or doubles, where two

people play against two people.

3. Players need quick reactions, excellent hand-eye coordination, and strong and flexible leg muscles.

4. They must take care of their neck, lower backs, and ankles.

5. Matches are the best of ten or twelve games.

6. Pay begins when one player serves the ball by throwing it up and then striking it with the racket.

7. The ball must bounce once before being returned by the other player.

8. If the ball touches the net during service but then lands on the receiver's side, a let is played, and the server serves again.

9. It is illegal to hit the ball around the side of the net to land on the opponent's side.

10. Volleying is allowed. The ball mustn't touch the table.

11. A player who touches the playing surface with his or her arm during a rally wins the point.

12. Doubles players must swap positions quickly so that the next receiver is standing in front of the center line.

Task 6. Fill in the gaps.

- 1. Table tennis players need fast reactions, exceptional _____, and strong and flexible leg muscles.
- 2. Play begins when one player _____ the ball by throwing it up at least as high as the net and then _____.
- 3. Thereafter, in open play, the ball may _____ only once per shot, on the _____'s side of the net.
- 4. Players ______ ends after each game.

- 5. _____ is not allowed: the ball has to touch the table.
- 6. Players play as individuals or in pairs, and win points by hitting a lightweight ball over a net so that their opponents either cannot return it or are _____ into an _____.
- 7. A player who touches the playing surface with his or her free hand during a _____ loses the point.
- 8. In doubles matches, players strike the ball in turn no one may make two ______ shots.

Task 7. Choose the correct answer.

1. If the serve is legal except that it touches the net, it is called a _____.

a. foul b. receiver c. let

2. The _____ is the player who strikes the ball first in a match.

a. server b. receiver c. opponent

3. Play begins when one player _____ the ball, striking it with the racket.

a. serves b. throws c. handles

- 4. Table tennis players need exceptional _____.a. strength b. endurance c. hand-eye coordination
- 5. In doubles matches, players strike the ball _____. a. in turn b. randomly c. at the same time
- 6. Matches are the best of _____ games. a. two or four b. five or six c. five or seven
- 7. Which do table tennis players need to be able to do?
 - a. to move quickly over short distances
 - b. to change direction in an instant
 - c. both variants

- 8. The ball must _____ twice once on each side of the net _____ before being returned by the other player.
 - a. skip b. bounce c. hop
- 9. _____ is not allowed: the ball has to touch the table. a. Jogging b. Volleying c. Bouncing

10. This is a question about doubles serving order. Nick and Thomas are playing against Amber and Gustavo. Nick serves first. Who serves second?

- a. Thomas then Nick again
- b. Amber then Gustavo
- c. Amber or Gustavo

Listening

Task 8. Discussion. Watch the video "The Rules of Table Tennis" and discuss the following.

https://www.youtube.com/watch?v=zSKpxB3rOB8

- 1. What is Table Tennis?
- 2. What is the object of the game?
- 3. How do you win a set in table tennis?
- 4. How do you score the points?
- 5. How is a game of table tennis started?
- 6. Does this count, if the ball is hit onto the edge of the table?
- 7. What is not allowed in table tennis?
- 8. What happens if you commit any of the errors?
- 9. What is the difference between service in singles and doubles?
- 10. What does Deuce mean?

Task 9. Write a short summary of the topic.

Task 10. Write answers to the questions of exercise 8.

Task 11. Do the Quiz.

1. Only the serving team may score a point.

- a) True
- b) False

2. A game is played to 21 points and you must win by 1 pt.

- a) True
- b) False

3. A "Let" occurs when a served ball touches the net and lands fair on the other side of the table. The server then gets another try.

a) True

b) False

4. In doubles, returns have to be alternated between each team member.

a) True

b) False

5. When the ball is served it needs to go diagonal.

a) True

b) False

6. When you serve you must be behind the white line on the table.

- a) True
- b) False

7. How many times does a server serve the ball in a row?

- a) 3
- b) 1
- c) 5
- d) 10

8. When setting up the tables, which side is put down first?

a) The net side

b) The non-net side

- c) Either side
- d) I have NO IDEA, because I never helped set the tables up or take them down.

9. When putting the tables away, which side goes up first?

- a) The net side
- b) The non-net side
- c) Either side

d) I have no idea, because I never helped set the tables up or put them away.

10. The 1st serve for any player must be on what side?

- a) Right
- b) Left
- c) Middle
- d) It does not matter

11. When do you and your partner switch sides?

- a) After each of your opponents serves.
- b) After each of your serves.
- c) Only after I serve all 5 of my serves.
- d) Only when our team receives the serve back.
- 12. Ping Pong was invented in 1880 in what country?
 - a) England

b) Spain

c) China

d) Europe

13. Which statement is NOT true about serving in a Ping Pong game?

a) The serve must go diagonal on the table.

b) You must toss the ball up and out of your hand.

c) The ball must bounce once on your side and once on your opponent's side.

d) You may bounce the ball off the table to serve it.

14. A Fault - is a failure to get the ball over the net or keep it on the table.

a) True

b) False

15. If a ball hits the net during a rally and goes over landing fair on your opponent's side, what do you do?

a) Stop play and award a point to your opponent's team.

b) Stop play and award a point to your team.

c) Keep playing that is legal and a point has not been scored yet.

d) I couldn't believe my opponent got the ball over the net, so we stopped and took a selfie.

It is interesting to know

Table tennis became an Olympic event in 1988; the medal table has since been dominated by China.

The ball may travel at speeds of more than 100 mph (160 kph).

Table tennis claims to be the most played racket sport, with 300 million players worldwide. It is particularly popular in Asian countries such as China and Korea.

The game is so fast that in 1973 a women's rally produced 173 hits in only 60 seconds.

REVIEW CARD 16

1. What score does one player have to achieve

to win the game?

- 2. What happens if a player touches the playing surface with his or her free hand during a rally?
- 3. How does a game of table tennis begin?
- 4. How do the tennis players usually practice?
- 5. Are the players allowed to make two

consecutive shots in doubles matches?

VOCABULARY NOTES

(definitions, examples)

Unit 1 Physical Education

<u>Physical education</u> ['fɪzɪk(ə)l] (фізичне виховання): the school subject in which children do physical exercises or take part in physical games and sports.

Physical education helps students develop knowledge, fitness levels, motor skills, and personal and social skills.

Physical education teachers serve as the facilitators of a school's physical education program.

<u>Educational course</u> [<code>edʒu'keif(ə)n(ə)l, _edju-] (навчальний курс): a series of lessons or lectures on a particular subject intended or serving to educate or enlighten.</code>

I'm shortly to begin an educational course on the modern novel.

In higher education, an educational course is a unit of teaching that typically lasts one academic term.

<u>To promote</u> [prə'məut] (підтримувати, активізувати): support or actively encourage; further the progress of.

To promote the role of women in all activities. Schools promote physical activity.

<u>Cardiovascular</u> [ˌkɑːdɪəu'væskjulə] (серцево-судинний): relating to the heart and blood vessels. Running, swimming, and other are cardiovascular exercises. The need for early cardiovascular disease detection has become more and more relevant.

<u>Aerobic activities</u> [eə'rəʊbɪk] (вправи на покращення кисневого обміну в організмі): relating to or denoting exercise taken to improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen.

Aerobic exercise gets the heart pumping and helps you to burn up the fat.

Aerobic activity provides cardiovascular conditioning.

<u>Brisk walking</u> ['wɔːkıŋ] (швидка жвава хода): active and energetic activity of taking walks for exercise or pleasure.

I combine a system of trainings with brisk walking.

Your body will have a good night sleep if you have a brisk 2-3 mile walk.

<u>Jogging</u> ['dʒɔɡɪŋ] (пробіжка - розминка, біг підтюпцем): a gentle running pace; to run or ride at a slow trot.

There are many reasons to take up jogging as an activity.

Ted likes jogging early in the morning in the central park.

<u>Strength</u> [strenfe] (сила): the state or quality of being physically or mentally strong; the physical energy that you have, which gives you the ability to perform various actions, such as lifting or moving things.

Cycling can help you build up your strength.

She has always been encouraged to swim to build up the strength of her muscles.

<u>Endurance</u> [In'djuər(ə)n(t)s, en-] (витривалість): the ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time.

The exercise obviously will improve strength and endurance. She was close to the limit of her endurance.

<u>Flexibility</u> [ˌfleksɪ'bɪlətɪ] (гнучкість): the quality of bending easily without breaking.

He has enough flexibility to win in the competition. Players gained improved flexibility in their ankles.

<u>Pilates</u> [pɪ'lɑːtiːz] (пілатес): a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

This quest for better training has led many dancers to Pilates. She had never done Pilates before.

<u>Frisbee</u> ['frizbi] (φpic6i): a light plastic disc, usually 20–25 centimetres in diameter, thrown with a spinning motion for recreation or in competition; the activity of skimming a Frisbee.

He, Bill and Helen had been having a three-sided game of Frisbee in the middle of Harris Avenue.

I had a spirited game of Frisbee with the boys on the beach.

<u>Bowling</u> ['bəulıŋ] (гра в кеглі, боулінг): a game in which you roll a heavy ball down a narrow track towards a group of

wooden objects and try to knock down as many of them as possible.

Daddy can bring you home later, after bowling. It was Friday night and Tommy took her bowling.

<u>Martial arts</u> ['mɑːʃ(ə)l] (бойові мистецтва): the methods of fighting, often without weapons, that come from the Far East, for example kung fu, karate, or judo.

We watched his initiation into the world of martial arts.

Sensei is a teacher of martial arts.

<u>Nutrition</u> [nju:trɪʃ(ə)n, nu:-] (харчування, їжа): the process of providing or obtaining the food necessary for health and growth.

I have a new guide to good nutrition.

As in all experimental sciences, we still do not know everything about nutrition.

<u>Pedometer</u> [pɪ'dɔmɪtə] (крокомір): an instrument for estimating the distance travelled on foot by recording the number of steps taken.

The only pedometer that works is over there.

Wearing a pedometer or fitness tracker and recording your daily steps and distance is a great motivating tool.

<u>Well-being</u> ['wel_biːɪŋ] (здоров'я): the state of being comfortable, healthy, or happy.

The doctor saw an improvement in the patient's well-being.

His work emphasised the emotional as well as the physical well-being of children.

Unit 2 Sport vs PE

<u>Leisure</u> ['leʒə] (дозвілля; вільний час): the time when you are not working and you can relax and do things that you enjoy.

The tour company offers a whole range of leisure pursuits.

You will have full use of all the new leisure club facilities.

<u>Prowess</u> ['praus] (майстерність, досконалість): a great skill at doing something.

The best pupils competed to demonstrate their physical prowess.

The country's sporting prowess was the strongest card in the hand of its leader.

<u>Competitive</u> [kəm'petitiv] (який суперничає, який змагається, заснований на змаганні): relating to or characterized by competition; eager to be more successful than other people.

His competitive nature often overshadows the other qualities.

Our Olympic team embodies competitive spirit and skill.

<u>Advantage</u> [əd'va:ntɪdʒ] (перевага): a condition or circumstance that puts one in a favourable or superior position.

Jackson took advantage of some hesitancy in the defence.

The big advantage of sports centers is that they have all necessary equipment.

<u>Care</u> [keə] (турбота, піклування): serious attention or concern to something in order to avoid damage or risk.

You care very deeply for your fit body. He didn't care a jot.

<u>Athletics</u> [æθ'letiks] (атлетика; заняття спортом): the sport of competing in track and field events, including running races and various competitions in jumping and throwing.

As the modern Olympics grew in stature, so too did athletics. The stadium emptied at the end of the first day of athletics.

<u>Hygiene</u> ['haɪdʒiːn] (гігієна): the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases.

Poor standards of food hygiene Be extra careful about personal hygiene.

<u>Compulsory</u> [kəm'pʌls(ə)rɪ] (обов'язковий (для всіх)): obligatory; involving or exercising compulsion.

Most of us need to eat balanced meals to be healthy. Ukrainian Constitution guarantees the citizens of Ukraine a compulsory education.

<u>To enhance</u> [In'haːns, -hans, ɛn-] (збільшувати, підсилювати; підвищувати якість): intensify, increase, or further improve the quality, value, or extent of.

His refusal does nothing to enhance his reputation. Enhance child welfare.

<u>Boost</u> [bu:st] (активно підтримувати; рекламувати; сприяти pocty): help or encourage (something) to increase or improve. *To boost one's confidence level.* The government took a range of measures to boost tourism.

<u>To acquire</u> [ə'kwaɪə] (здобувати; одержувати): come to have as a result of one's behaviour or activities.

To acquire all the rights and responsibilities of being an adult.

To acquire certain diseases such as diabetes and obesity.

<u>To improve</u> [Im'pruːv] (поліпшувати, удосконалювати): make or become better.

He said he was going to improve his football. We read to improve our vocabularies.

<u>Affective development</u> [ə'fektıv] (емоційний розвиток): relating to the process of developing moods, feelings, and attitudes.

A doctor traces the affective development of teens. One of the main signs of affective development is a person's self-esteem.

<u>To partake</u> [pa:'teɪk] (брати участь): join in (an activity).

You will probably be asked about whether you partake in very vigorous sports.

Visitors can partake in golfing or paintballing.

<u>Fair play</u> ['feə 'plei] (чесна; справедлива гра за правилами): the action or manner of engaging in a sport or game without cheating or trying to achieve unjust advantage with respect for the rules or equal treatment of all concerned.

The team also won praise for sportsmanship and fair play. Whence then come the lofty Olympian ideals of fair play? <u>Voluntary</u> ['vɔlənt(ə)rı] (добровільний): done, given, or acting of one's own free will.

He is still involved in voluntary work promoting local football club.

Most of these specialized schools are provided by voluntary organizations.

<u>Available equipment</u> $[\exists'veil \exists b(\exists)]$ (наявне, яке є у розпорядженні, доступне устаткування, обладнання; оснащення): the necessary items for a particular purpose able to be used or obtained; at someone's disposal.

Outdoor playing equipment is available in our sport school. We don't know if they have available equipment.

Unit 3 Healthy Way of Life

<u>Healthy way of life</u> ['helθı wei əv laɪf] (здоровий спосіб життя): the typical pattern of behaviour of a person or group in a good physical or mental condition or in good health.

She likes sport so much it's become a healthy way of life for her.

He didn't integrate successfully into the healthy way of life.

<u>To endanger</u> [In'deIndʒə] (наражати на небезпеку; ставити під загрозу; загрожувати): to put someone or something at risk or in danger.

He was driving in a manner likely to endanger life. Water pollution endangers human health greatly. <u>Sedentary</u> ['sed(ə)nt(ə)rɪ] (сидячий, малорухливий): characterized by much sitting and little physical exercise.

Sedentary lifestyles is one of the fourth largest cause of preventable death.

Health problems are mostly caused by our sedentary lifestyles.

<u>To preserve</u> [prɪ'zɜːv] (зберігати, підтримувати): to keep safe from harm or injury; to remain as it is, and do not change.

Those hoping to preserve their health must go in for cycling and walking.

Our main goal is to preserve health rather than treat illness.

<u>To be overweight</u> ['bi: ,əuvə'weit] (бути товстим, важити понад норму): be above a weight considered normal or desirable.

Being even moderately overweight increases your risk of developing high blood pressure.

Overweight individuals have elevated cholesterol levels.

<u>Balanced meals</u> ['bælənst miːlz] (збалансована їжа): keeping a balance; in good proportions in taking food; to take everything concerning eaten food into account.

Most of us need to eat balanced meals to be healthy. Correctly balanced meals provide the proper amount of important nutrients.

<u>To give up</u> ['gɪv'ʌp] (відмовитися): stop doing it or having it. It's hard to give up the drinking habit without help. Don't give up without even trying. <u>Unhealthy habits</u> [ʌn'helθı 'hæbīts] (шкідливі звички): something that you do often, regularly, or repeatedly harmful to health and find it difficult to stop doing.

The unhealthiest habit of her is permanent going on a diet. Unhealthy habits can start to develop after many years of neglecting your body, without you ever realizing it.

<u>Moderate</u> ['mod(ə)rət] (поміркований; стриманий, помірний): something that is neither large nor small in amount or degree.

Moderate activities make you breathe somewhat harder than normal.

Moderate aerobic exercise includes such activities as brisk walking, swimming and moving.

<u>Disease</u> [dɪ'zi:z] (хвороба): a disorder of structure or function in a human; an illness that affects people, animals, or plants, caused by bacteria or infection.

Heart disease dogged his latter years. Doctors believe they have cured him of the disease.

<u>Stroke</u> ['strəuk] (інсульт): a sudden disabling attack or loss of consciousness caused by an interruption in the flow of blood to the brain, especially through thrombosis.

A stroke occurs when the brain is deprived of the oxygen.

Hypertension is a major risk factor for stroke.

<u>Obesity</u> [ə(u)'biːsɪtɪ] (ожиріння): the state of being grossly fat or overweight.

The US epidemic in obesity continues to increase.

Current thinking holds that obesity is more a medical than a psychological problem.

<u>To keep fit</u> ['ki:p fit] (тримати себе в формі): maintaining your body in good condition by doing special exercises to improve personal fitness and health.

Keeping fit is a great bonus to life and can lead you to be a happy and healthier person.

Joining a gym can be a fantastic way to keep fit, but it's not the only way.

<u>To reduce</u> [rɪ'djuːs] (зменшувати; скорочувати): the process of providing or obtaining the food necessary for health and growth.

Regular physical fitness can raise your "good" cholesterol levels and reduce your levels of triglycerides, a kind of fat. Physical activity can help reduce your overall stress levels and improve your mental and physical state.

<u>To avoid anxiety</u> [ə'vɔɪd æŋ(g)'zaɪətɪ] (уникати занепокоєння, страху, боязні): to keep away from a feeling of worry, nervousness, or unease about something with an uncertain outcome.

There are lots of options available to avoid your symptoms of daily anxiety.

Taking omega-3 fatty acids you may ease and even avoid anxiety symptoms and lift your mood.

<u>Daily routine</u> ['deili ruː'tiːn] (розпорядок дня, повсякденна робота): a sequence of actions regularly followed, done, produced, or occurring every day.

The players had to change their daily routine and lifestyle. Our daily routines can make a huge difference to how healthy, happy and productive we are.

Unit 4 Junk vs Healthy Food

<u>Antioxidant</u> [æntɪ'ɒksɪdənt] (антиоксидант): a substance in some foods that cleans the body and protects it from cancer.

The three major antioxidant vitamins are beta-carotene, vitamin C, and vitamin E.

Antioxidants are found in many foods, including fruits and vegetables.

<u>Cancer</u> ['kænsə] (рак): a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal, killing normal cells and often causing death.

He died of liver cancer. Smoking causes lung cancer.

<u>Contributory</u> [kənˈtrɪbjʊtəri] (сприятливий): helping to cause something; partly responsible for something.

Too little exercise is a contributory factor in heart disease. Smoking may be a contributory cause of the disease.

<u>Convenience food</u> [kən'vi:nɪəns fu:d] (напівфабрикати): food that is partly or completely prepared already and that is sold frozen or in cans, packages etc., so that it can be prepared quickly and easily.

We eat too little fresh food, relying instead on convenience foods.

The global convenience foods market has seen growth of nearly 9% since 2010.

<u>Dairy products</u> ['deəri 'prodʌkts] (молочна продукція): products containing or made from milk.

I'm trying to cut down on dairy products, which is difficult because I adore cheese.

Dairy products combine great taste with nutritional value.

<u>Diet</u> ['daɪət] (харчування, стіл; їжа; дієта): the kind of food that a person or animal eats each day.

Balanced / healthy / poor etc. diet It is important to have a balanced, healthy diet.

<u>Junk food</u> [dʒʌŋk fuːd] (неповноцінна їжа, їжа з низькою якістю): food that is not healthy, for example because it contains a lot of fat, sugar etc.

Junk food plays a major role in the obesity epidemic. In recent decades, junk food, fast food and convenience food consumption in the United States have increased dramatically.

<u>Malnutrition</u> [mælnju:'trɪʃn]: (недоїдання): lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat.

Many of the refugees are suffering from severe malnutrition. Children die every day from malnutrition and disease.

<u>Fibre</u> ['faɪbə] (клітковина): a substance in certain foods, such as fruit, vegetables; consists of the parts of plants or seeds that your body cannot digest. Fibre is useful because it makes food pass quickly through your body.

You should eat more dietary fibre to reduce the risk of bowel cancer.

Fruit and vegetables are high in fibre content.

<u>Intake</u> ['InteIk] (вживання): the amount of something, which is taken in or eaten or drunk.

It is known that four slices of this bread contains one-half of your recommended daily intake of fibre. Try to reduce your intake of fat.

<u>Nutritious</u> [nju(:)'trɪʃəs] (поживний): containing many of the substances, such as vitamins, minerals, etc., which are essential for good health.

Raw spinach is especially nutritious. Wholemeal bread is more nutritious than white bread.

<u>Shortage</u> ['ʃɔːtɪdʒ] (нестача, дефіцит): a state in which there is not enough of something that is needed (

The long hot summer has led to serious water shortages. There is no shortage of funds.

<u>Suffer</u> ['sʌfə] (страждати): to experience physical or mental pain.

He suffers from headaches.

Mary is suffering from ill health at the moment.

<u>Cereal</u> ['sɪərɪəl] (зерновий): a plant grown to produce grain, for example wheat, rice etc.

Cereal crops. He tipped his breakfast cereal into a bowl and went to get the milk.

<u>Famine</u> ['fæmin] (голод): a situation in which a large number of people have little or no food for a long time and many people die. Thousands of people emigrated during the Irish potato famine of 1845-46. A million people are facing famine.

<u>Wholefood</u> ['həʊlfuːd] (екологічно чисті продукти): food that is considered healthy because it only contains natural things rather than anything artificial.

A wholefood shop.

A healthy diet should consist of wholefood.

<u>Nourishing</u> ['nлrıʃıŋ] (поживний): providing with the food or other substances necessary for growth, health, and good condition.

A simple but nourishing meal. Sweets aren't very nourishing.

<u>Freezer</u>['friːzə] (морозильна камера): a part of a fridge in which food can be stored at very low temperatures for a long time.

A home freezer Don't forget to put the ice cream back in the freezer.

Unit 5 Winter and Summer Sports

<u>Outdoor</u> [aʊt'dɔ:] (який знаходиться або відбувається просто неба, на відкритому повітрі): activities or things happen or are used outside and not in a building.

If you enjoy outdoor activities, this is the trip for you.

Mary was a better rider than either of them were and she excelled at outdoor sports.

<u>Shooting</u> ['ʃuːtɪŋ] (стрільба; удар м'ячем по воротам або кидок м'яча в корзину): the sport or pastime of shooting with a gun.

To go shooting

A shooting sport is a competitive sport involving tests of accuracy and speed.

<u>Hunting</u> [hʌntɪŋ] (полювання): the chasing and killing of wild animals by people or other animals, for food or as a sport.

Hunting is one of Italy's most popular sports. Deer hunting was banned in Scotland in 1959.

<u>Tobogganing</u> [tə'bagənıŋ] (санний спорт): to ride on a toboggan.

He thought he would enjoy the tobogganing. The tobogganing run is closed at the moment!

<u>To sledge</u> [sledʒ] (кататися на санках): to ride on a sledge.

Our hill is marvellous for sledging and we always have snow in January.

They sledged down the slopes in the frozen snow.

<u>Slalom</u> ['sla:ləm] (слалом): a race on skis or in canoes in which the competitors have to avoid a series of obstacles in a very twisting and difficult course.

A pro skier is likely to have practised for years, and endured a few falls, before winning a slalom race. *He slalomed through the crowd with the ease of an Olympic skier.*

<u>Yachting</u> ['jɒtɪŋ] (вітрильний (яхтовий) спорт): the sport or pastime of racing or sailing in yachts.

Cannes is famous for its film festival, but also has a yachting festival in September.

And she loved yachting, sailing, water-sports of all sorts which always meant a lot to Ted.

<u>Gliding</u> ['glaɪdıŋ] (планеризм, планерний спорт): the sport or activity of flying in a glider.

Gliding is the adventure sport, that requires flying long distances cross country.

Gliding as a sport began in the 1920s.

<u>Lawn tennis</u> ['lɔ:n 'tenis] (теніс на траві): a game in which two or four players strike a ball with rackets over a net stretched across a court.

The Lawn Tennis Association suspended Mr Castle from the British team.

They first met each other on the lawn tennis circuit.

<u>Track and field</u> ['træk ən 'fi:ld] (легка атлетика): refers to athletics as opposed to other sports; the general name for a particular group of sports in which people compete, including running, jumping, and throwing.

The team had no chance of striking gold in track and field. Track and field athletics is one of the most popular kinds of sports. <u>Indoor games</u> [, In'do: geImz] (гра в приміщенні): activities or things are ones that happen or are used inside a building and not outside.

There are 20 indoor games that will keep kids happy and active—no TV or video games required.

But the changeable English weather has other plans and they have to visit an indoor sports centre instead.

<u>Calisthenics</u> [ˌkælɪs'θɛnɪks] (ритмічна гімнастика, аеробіка): gymnastic exercises to achieve bodily fitness and grace of movement; physical exercises that are done without special equipment.

Use 30 day calisthenics workout plan to help you build size and strength.

His muscles had been toughened by the rigorous daily calisthenics and cold baths.

<u>Table tennis</u> ['teibl 'tenis] (настільний теніс, пінг-понг): an indoor game based on tennis, played with small bats and a ball bounced on a table divided by a net.

She was England's last hope in the English Open Table Tennis Championships.

Table tennis is also known as ping pong.

<u>Draughts</u> [drɔ:fts] (шашки): a board game for two players, played on a draughtboard.

She agreed to be the player of the white pieces in draughts. He'd like to show the boy how to play a game like draughts. <u>Bungee jumping</u> ['bʌndʒi ˌdʒʌmpɪŋ] (банджi-джампiнг): the sport of jumping off a very high bridge or similar structure, with a long elastic rope tied to your legs, so that the rope pulls you back before you hit the ground.

The growing craze of bungee jumping. Last week she went bungee jumping.

<u>Extreme mountain biking</u> [Ik'stri:m 'maontın baıkıŋ] (спуск з гори на велосипеді): the sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes.

Extreme mountain biking can generally be broken down into multiple categories: cross country, trail riding, all mountain, downhill, free ride and dirt jumping.

Extreme mountain biking requires endurance, core strength and balance.

<u>Ice-canyoning</u> [ais 'kænjəniŋ] (спуск з заледенілого водоспаду): the sport when the rappel is done on frozen ice cascades in dry conditions. Ropes and crampons are used to go down.

Robin Esrock included Ice Canyoning in his 115 fantastic reasons to explore Canada.

Ice-canyoning is the perfect activity to easily discover the vertical ice cascade, continuously grown and transformed by small trickles of running water, and decorated with magical stalactites.

<u>Ice diving</u> [als 'dʌlvɪŋ] (занурення під лід): a form of undersea diving in which the diver enters the water through a hole cut in the ice.

After cutting a hole in the thick ice, ice diver Andy dives into the freezing waters to get a view of the polar bear's hunting grounds.

Ice diving is a team diving activity because the divers line requires a line tender.

<u>Skysurfing</u> [skлi 'sə:fiŋ] (скайсерфінг): the sport of jumping from an aircraft and surfing through the air on a board before landing by parachute.

He began with paragliding, then moved to skydiving, and eventually to skysurfing— diving with a stiff board allowing him to fall more slowly, and with twists and tricks.

The skysurfing was invented by two French skydivers, Dominique Jacquet and Jean-Pascal Oron in 1986.

<u>Snowboarding</u> ['snəʊbɔːdɪŋ] (сноубординг): the sport of moving across snow on a snowboard.

Snowboarding is one of the greatest sports ever invented. Snowboarding was developed in the United States in the 1960s.

<u>Snowrafting</u> [snəʊ 'rɑːftɪŋ] (спуск з засніженої гори на надувному човні): means going down the slope in a raft on a specially groomed track in a marked-out area.

Snow Rafting has taken off as a favourite family activity and sport in Ontario and is starting to spread all over Canada. *Pure adventure and very special fun on the slopes – snowrafting in Ahrntal / Valle Aurina – a very special fun!*

<u>White water rafting</u> [wʌit ˈwɔːtə ˈrɑːftɪŋ] (сплав бурхливими водами (переважно гірських річок): the activity of riding on a raft over rough, dangerous parts of a fast-flowing river.

We hired a guide for our white-water rafting trip. The development of white water rafting as a leisure sport has become popular since the mid-1970s.

<u>To hurtle ['həːt(ə)l]</u> (нестися, мчати): move very fast. *He hurtled himself into the crowd*.

A large rock came hurtling through the air.

<u>Thrill seeker</u> [θrɪlˈsiːkə] (екстремал, людина, що любить гострі відчуття): looking for excitement.

Now you may think I am just a thrill-seeker and this is a pleasure ride, just the world's bigger stunt.

Thrillseeker may refer to adrenaline junkie, who appears to favor stressful activities.

<u>To hit</u> [hit] (досягати): reach, to arrive at a place or position. If we turn left at the next junction, we should hit the main road after five miles or so. His sports career hit rock bottom.

<u>Upside down</u> [, лрsaɪd 'daʊn] (догори ногами): having the part that is usually at the top turned to be at the bottom.

An upside-down canoe.

The plane was flying upside down at high speed.

Unit 7 Skiing

<u>Ski(ing) equipment</u> ['ski:ıŋ ı'kwıpm(ə)nt] (лижне спорядження): equipment used by a skier.

You can rent ski equipment right on the ski resort. Having the proper ski equipment is essential for skiers of all levels.

<u>Ski boots</u> ['ski: bu:ts] (лижні черевики): footwear used in skiing to provide a way to attach the skier to skis using ski bindings.

Fitting your ski boots correctly at the start of each day is essential to a comfortable day on the slopes.

The ski boot combination is used to effectively transmit control inputs from the skier's legs to the snow.

<u>Ski gloves</u> ['ski: glʌvs] (рукавиці для лижника): a shaped covering for the hand with individual sheaths for the fingers and the thumb used in skiing.

We offer some tips to help you choose the right pair of ski gloves.

Selecting the right type of ski gloves is crucial to having a good time on the hill.

<u>Ski suit</u> ['ski: su:t] (лижний костюм): suit made to be worn over the rest of the clothes when skiing or snowboarding.

She wears a white ski-suit and a white hat with fur, and big black sunglasses.

Preparing yourself for time in the mountains is super important, that's why it's important to choose a right ski suit. <u>Ski goggles</u> ['skiː 'gɒg(ə)ls] (окуляри для лижника): special glasses that fit close to the face to protect the eyes from snow, wind, water, etc.

What lens colour do you prefer in ski goggles? Ski goggles are a hugely important part of your winter alpine wardrobe.

<u>Ski poles</u> ['ski: pəʊls] (лижні палиці): one of two short pointed poles that you hold, one in each hand, to help you balance when you are skiing.

Ski poles can help with balance and turns. Modern ski poles are most commonly made of aluminum and carbon fiber.

<u>Ski resort</u> ['ski: rɪ'zɔːt] (гірськолижний курорт): a resort providing accommodation and facilities for skiers.

He was pretty well set, owned a lot of land, a ski resort up near Waterville Valley.

A ski resort is a resort developed for skiing, snowboarding, and other winter sports.

<u>Ski tow</u> ['ski: təʊ] (буксирний підйомник для лижників на курортах): a type of ski lift, with a moving rope or bars suspended from a moving overhead cable.

There was not a single flake of snow visible at Living Memorial Park, but a group of about 20 met to get the ski tow ready for the upcoming season.

Ski tow takes people to the top of a slope so that they can ski down it.

<u>Chair lift</u> ['tʃɛ:lɪft] (підвісна канатна дорога): a series of chairs hung from a moving cable, used for carrying people up and down a mountain.

Skiers who are not so fit should take the chair lift to negotiate the steepest slope.

<u>Cable car</u> ['keibl ka:] (фунікульор): a vehicle that hangs from thick cables and carries people up hills and mountains.

If you are not keen on walking you can also use a cable car that goes up every 6 minutes.

<u>Ski trail</u> ['ski: treil] (лижна траса): trail or slope prepared for skiing.

But thanks to the active involvement of a volunteer group called The Nordic Council, free cross-country ski trails were laid out and maintained.

<u>Ski field</u> ['skiː fiːld] (всі лижні траси на гірськолижному курорті): an area of snow used for skiing.

Fancy going to the ski fields today?

<u>Ski pass</u> ['skiː pɑːs] (гірськолижний абонемент): a ticket or pass authorizing the holder to ski in a certain place, resort, etc.

We need a ski pass to get to the slope.

Here you find the ski pass rates for your winter ski holiday.

<u>Snowplough</u> ['snəʊplaʊ] (снігоочисник): a vehicle for clearing roads of thick snow by pushing it aside.

Gritting lorries and snowploughs have been out and about on Lincolnshire's roads - in preparation for the start of the snow risk season. <u>Alpine skiing</u> ['alpʌin 'skiːıŋ] (гірськолижний спорт - спуск із схилів на спеціальних лижах): is the sport or recreation of sliding down snow-covered hills on skis with fixed-heel bindings.

Alpine skiing is one of the top Special Olympics sports. Alpine skiing, or downhill skiing, is the sport or recreation of sliding down snow-covered hills on skis with fixed-heel bindings.

<u>Off-piste skiing</u> [pf'pi:st 'ski:ŋ] (катання на лижах поза прокладеними трасами): is skiing in the backcountry on unmarked or unpatrolled areas either inside or outside a ski resort's boundaries.

It is important that skiers take precautions, especially if they go off-piste.

Heli-skiing is an expensive way of skiing off-piste.

<u>To glide</u> [glaɪd] (ковзати): move with a smooth, quiet continuous motion.

Snowboarders love to glide swiftly downhill, since so much fun and freedom gravity provides.

Once I get to the trailhead, I've discovered I can also go farther (or faster) with less effort on skis if I push less and glide more.

<u>Snowplough breaking</u> ['snəʊplaʊ breikiŋ] (техніка зупинки, якої вчать початківців, полягає в тому, що передні кінці лиж зводять докупи, а задні – розводять широко): an act of turning the points of one's skis inwards in order to slow down.

I snowploughed down many a run.

The larger a snowplough is the more breaking effect it will have.

<u>To ski short radius turns</u> ['ski: ʃɔːt 'reɪdɪəs təːns] (кататися на лижах, здійснюючи малий радіус повороту): to ski making small turns on narrow trails.

I am trying to improve my short radius turns on the steep runs.

<u>Mogul skiing ['məʊg(ə)l 'ski:m]</u> (катання на лижах по горбистих схилах): a type of freestyle skiing where a ski terrain is characterized by a large number of different bumps called moguls.

The mogul skiers are great skiers.

The first competition involving mogul skiing occurred in 1971.

<u>Steep slope</u> [sti:p sləop] (крутий схил): generally defined as land with a slope angle of 20% or greater for a minimum of 30 feet horizontally.

He was able to ski down the steep slope in three minutes. Leading ski instructor Warren Smith offers top skiing tips on how to ski steep slopes.

Unit 8 Horse Race

<u>Colt</u> [kəʊlt] (жеребець): male horse that is no more than four-years old.

Dandy was the first colt born on their ranch. A colt over three is called a stallion. <u>Derby</u> ['dɑːbi] (дербі - вид кінних змагань): a stakes race for three-year-old horses.

The Derby is a major event in the racing calendar. The Derby is an annual flat race for three-year-old horses, founded in 1780 by the 12th Earl of Derby.

<u>Foal</u> [fəʊl] (лоша): newborn horse not more than one year old.

All this time the foal kept jamming up against its mother. Traveling is very risky for these newborn racing foals.

<u>Filly</u> ['fili] (кобилка): a female horse that is no more than four years old.

Alex had named the little filly Random because she never seemed to have a schedule for anything.

Rachel Alexandra became the first filly in 85 years to win the Preakness.

<u>Jockey</u> ['dʒɒki] (жокей): a person who rides the horse during a race.

The qualities possessed by a good jockey, either on the flat or across country, show the value of early instruction in riding. There are around 450 jockeys currently licensed in Great Britain as well as 300 amateur riders.

<u>Mare</u> [mɛ:] (кобила): a female horse at least five years old. Near this person is a mare lying down and a foal standing by it, which a boy is approaching.

Desert Gold was a race mare who won 19 successive races during World War I.

<u>Oaks</u> [əʊks] (Оукс – щорічні скачки в Епсом Даунс в Англії): a stakes race for three-year-old fillies.

The Oaks is a horse race in Great Britain open to threeyear-old thoroughbred fillies and is run at Epsom Downs over a distance of 1 mile.

<u>Paddock</u> ['pædək] (вигул): an area where horses are saddled and paraded before a race.

The horse paddock was empty. Horses paddocked on a hillside.

<u>Pace</u> [peis] (швидкість, темп): in a horse racing, the word pace can mean either the speed a horse is running (a fast pace or a slow pace). However, when someone says a jockey is a good judge of pace, it means the jockey is good at making decisions about when the horse should run fast or slow.

The pace increased until a horse leaped over the wagon tongue and into the circle.

The most common saying in horse racing is "pace makes the race."

<u>Purse</u> [pə:s] (премія, виграш): the total amount of prize money distributed to race winners (usually the top four or five positions).

Put the right money as a prize purse and you will have the world competing in your backyard.

<u>Silks</u> [silks] (костюм жокея): the colourful jacket and matching cap worn by jockeys during races. Because each design is owned by a particular horse farm, you can tell who owns the horse by looking at the silks.

While the term "silks" is used in the United States to refer to racing colours, technically "silks" are the white breeches and bib, stock or cravat.

<u>Stakes race</u> [steiks reis] (скачки на приз): a race in which owners must pay a fee to enter their horses.

It was even said that he had procured a jockey to throw a stake race.

Jolie's Halo was scratched from a minor stakes race at Monmouth Park.

<u>The Birthday of Thoroughbreds</u> ['Өлгәbrɛds] (День народження чистокровних): January 1. (Many important horse races are open only to two-year-old horses or threeyear-olds. To make it easy to calculate birth dates, every Thoroughbred is assigned January 1 as an official birthday. So, all foals born in March or April of 2007 will share an official birth date of January 1, 2007. All will officially become three years old on January 1, 2010, and can compete that year in the Kentucky Derby.)

The Thoroughbred is probably the oldest of the breeds, and it is known as the "blood-horse" on account of the length of time through which its purity of descent can be traced.

<u>Trainer</u> ['treinə] (тренер): a person who teaches and prepares horses and jockeys for racing.

McClellan proved himself extraordinarily able as a trainer.

<u>Triple Crown</u> [tripl'kraon] (Потрійна Корона): an award and cash prize given if a horse can win three major races in the spring-Kentucky Derby (at Churchill Downs), Preakness

(Pimlico track in Baltimore, Md.), and Belmont (Belmont Park in Long Island, N.Y.).

Who was the last jockey to win the Triple Crown?

<u>Yearling</u> ['jɪəlɪŋ,'jə:-] (однорічка): a horse in the second year of its life, beginning January 1 after its birth.

Shye had just learned that her yearling Lea, the first horse that she'd ever called her own, was completely and irreversibly blind.

Unit 9 Martial Arts

<u>Martial arts</u> ['mɑːʃl ɑːts] (бойові мистецтва): various sports, which originated chiefly in Japan, Korea, and China as forms of self-defence or attack, such as judo, karate, etc.

A martial arts expert

A black belt worn by an expert in judo, karate, and other martial arts.

<u>Karate</u> [kə'rɑːti] (карате): a Japanese fighting sport, in which you use your feet and hands to hit and kick.

Karate may be defined as a weaponless means of self-defence. We use karate only for self-defence.

<u>Kung fu</u> ['kəŋ fu] (кунг- ϕ y): an ancient Chinese fighting art in which you attack people with your hands and feet.

The term Kung Fu refers to the martial arts of China. He decides to study kung fu. <u>Aikido</u> [лɪ'kiːdəʊ] (айкідо): a Japanese form of self-defence and martial art that uses locks, holds, throws, and the opponent's own movements.

Aikido is the way of the spirit of harmony. Aikido was originally developed by one man, O Sensei.

Judo ['dʒuːdəʊ] (дзюдо): a Japanese sport or method of defence in which you try to throw your opponent onto the ground.

He has a black belt in / at judo.

Kanō Jigorō created judo as a physical, mental and moral pedagogy in Japan, in 1882.

<u>Jujitsu</u> [dʒuːˈdʒɪtˌsuː] (джіу-джитсу): a type of fighting from Japan, in which you hold, throw, and hit your opponent.

Jujitsu seems to incorporate a lot of yoga.

Jujutsu is practiced in both traditional and modern sports forms.

<u>Tae kwon do</u> ['teɪ 'kwɑːn duː] (тхеквондо): a modern Korean martial art similar to karate.

Tae kwon do is one of the two Asian martial arts included on the Olympic programme.

He goes in for Tae kwon do.

<u>Competition</u> [kɒmpɪ'tɪʃən] (змагання): an organized event in which people try to win a prize by being the best, fastest, etc.

A swimming / chess competition.

He will be banned from international competition for four years.

<u>Confidence</u> [kɒnfɪd(ə)ns] (впевненість): the quality of being certain of your abilities or of having trust in people, plans, or the future.

To win/to lose/to shake smb's confidence. She had complete confidence in the doctors.

<u>Defensive</u> [dɪ'fɛnsɪv] (захисний, оборонний): used to protect someone or something against attack.

I had always played a defensive game, waiting for my opponent to make a mistake.

They lost the game after a defensive clanger.

<u>To disarm</u> [dɪs'ɑːm] (обеззброювати): to take weapons away from someone, or to give up weapons or armies.

With one movement, she disarmed the man and pinned him against the wall.

His tact and sports skills will disarm critics.

<u>To grapple</u> ['græpl] (зчепитися, боротися): engage in a close fight or struggle without weapons; wrestle.

The children grappled for the ball.

They grappled desperately for control of the weapon.

<u>Offensive</u> [əˈfɛnsɪv] (наступальний, атакуючий): actively aggressive, attacking.

Some friends of his found the play horribly offensive. The troops took up offensive positions.

<u>Punch</u> $[p_{\Lambda n}(t)f]$ (удар кулаком): a forceful hit with a fist (closed hand).

She gave him a punch on the nose. The boxer was felled by a punch to the head. <u>To kick</u> [kık] (бити ногою): to hit someone or something with the foot, or to move the feet and legs suddenly and violently.

Direct free kick. I kicked the ball as hard as I could.

<u>Self-defence</u> [self dɪˈfens] (самозахист): protection of yourself, either by fighting or discussion.

To act in self-defence.

He attended the courses in karate or some other means of selfdefence.

<u>Self-esteem</u> [self ɪ'stiːm] (самоповага, почуття власної гідності): belief and confidence in your own ability and value.

Teachers need to help build up their students' sense of selfesteem.

Playing a sport can boost a self-esteem.

<u>Stamina</u> ['stæminə] (витривалість, сили, життєздатність): the physical or mental energy needed to do a tiring activity for a long time.

The triathlon is a great test of stamina. You need stamina to be a long-distance runner.

Willpower ['wilpaʊər] (сила волі): the ability to control your own thoughts and the way in which you behave.

I don't have the willpower to diet.

It took a lot of willpower to stay calm.

<u>Weapon</u> ['wɛp(ə)n] (зброя): any object used in fighting or war, such as a gun, bomb, knife.

Chemical / nuclear / biological weapons. My umbrella will serve for a weapon. <u>Emphasize</u> ['emfəsaız] (підкреслювати): to indicate that it is particularly important or true; or to draw special attention.

I'd like to emphasize how important it is for people to learn foreign languages.

He emphasized how important diet was to health.

<u>Fluidity</u> [flu'ɪdəti] (плавність): the quality of being smooth and continuous; fluid movements are smooth, relaxed, and graceful.

A loose, fluid style of dancing. An attentive spectator can notice some fluidity in the movements of the gymnast.

Unit 10 Boxing

<u>Toughness</u> ['tʌfnəs] (витривалість): the quality of being strong and not easily broken or damaged.

He demonstrated the skills and mental toughness that are crucial for a goalkeeper.

Boxing gives you a certain toughness because your sparring partners try to knock you out.

<u>Combatant</u> ['kombətənt] (боєць): person who fights against something.

Although many of the most famous wrestlers are huge men, small and skillful combatants can often overcome much bigger opponents.

Combatants must be on their toes at all times other than when they are actually kicking. <u>To endeavor</u> [ınˈdevə] (намагатися): to try to do something.

He endeavored to explain the legal consequences of her action. In times of adversity, it is important to endeavor to stay positive and resilient.

<u>Designated</u> ['dezigneitid] (визначений): specified or identified clearly.

The other two corners are designated neutral.

The designated attacker moves in from behind and puts his or her arm around the opponent's neck.

<u>Scoring areas</u> [skɔɪrıŋ 'eəriə] (зони підрахунку очок): in combat sports – the scoring areas are different parts of the body, for hitting which points are awarded.

She drew concentric rings around the target to indicate different scoring areas.

In kickboxing the scoring areas are the front, back, and side of the head; the front and side of the body; and all areas of the leg.

<u>Contest</u> ['kɒntest] (змагання): a competition to do better than other people, usually in which prizes are given.

Both sides played well - it was a very even contest.

The organizers say it's a fair contest but who knows what goes on backstage?

<u>Disparity</u> [dı'spærəti] (різниця): a lack of equality or similarity.

Gender disparities are common in the world of sports. Racial disparities in sports are unfair. <u>Resilience</u> [rɪ'zɪljəns] (витривалість, стійкість): ability to recover quickly from difficulties.

Her resilience helped her overcome the tragic loss.

Trauma researchers emphasize the resilience of the human psyche.

<u>Stamina</u> ['stæminə] (витривалість): the physical or mental strength to do something that might be difficult and will take a long time.

The triathlon is a great test of stamina.

The marathon runner's stamina was impressive.

<u>Agility</u> [ə'dʒılıtı] (спритність): the ability to move your body quickly and easily.

The acrobats display jawdropping feats of strength, agility, and control.

Speed, fast responses, agility, and quick footwork are important skills for fencing champions.

<u>Mouth guard</u> ['mao θ 'gard] ($\kappa a \pi a$): a device that can be put inside the mouth in order to protect the teeth and gums, for example when playing sport.

Every athlete must wear a mouth guard to protect their teeth while playing.

Mouth guards prevent more than 200,000 injuries annually among high school and college athletes, the American Dental Association estimates.

<u>Groin guards</u> [grɔin gɑːds] (захист паху): men's underpants with a plastic shell to protect the groin area from injury.

Without groin guards, one accidental hit can cause severe pain, testicular ruptures, internal bleeding, and nerve damage. Groin guards are essential for Thai boxing, kickboxing, and MMA, and offer superior protection without compromising mobility.

Bout [baot] (бій, поєдинок): a boxing or wrestling match. He's a former heavyweight champion and is expected to win the bout easily. This weekend's boxing bout promises to be a good match for

This weekend's boxing bout promises to be a good match for fans of the sport.

<u>Headguard</u> ['hed.gaːd] (захисний шолом): a padded helmet worn to protect the head in contact sports such as rugby and boxing.

Headguard is obligatory for children! For protection, they wear a mouthguard, groin guard, and leather headguard.

<u>To hone</u> [həʊn] (удосконалювати; відточувати): (skill improvement) sharpen or refine a skill through practice.

Freestyle sparring is considered to be the most effective way to improve muscle strength and cardiovascular fitness, speed up reaction time, and hone the skills needed to resist an opponent's attack.

Once the basic skills have been honed, jumpers perfect each part of the jump by training on smaller hills.

<u>Clenched fist</u> [klɛntʃt fist] (стиснутий кулак): (tight grip) hand closed tightly with fingers bent into the palm.

He raised a clenched fist in protest.

The athlete's clenched fist signaled his readiness for the final match.

<u>Canvas</u> ['kænvəs] (настил рингу): in boxing and wrestling, the floor of the ring (the area where fighters compete).

The combatant attempted to get up off the canvas but the fight was stopped.

The young boxer was knocked to the canvas in his debut bout.

<u>A flurry of punches</u> ['flʌri] (шквал ударів): a sudden, short period of activity.

The fight was stopped after Klytschko took a flurry of punches in the corner during the 11th round.

The rival gangs set on each other in a flurry of punches and shouts.

<u>Prostrate</u> ['prostreit] (розпластаний): lying flat with the face down.

He was lying prostrate, his arms outstretched and his eyes closed.

He was found prostrate in the garden after fainting.

Unit 11 Yoga

<u>Cope</u> (with) ['kəup] (упоратися; справлятися): deal effectively with something difficult.

He has a great ability to cope with stress. The problems were an annoyance, but we managed to cope. <u>Reduce</u> [ri'dju:s] (послабляти, зменшувати): make smaller or less in amount, degree, or size.

She has been reducing for six weeks. Hunger had reduced the poor dog to skin and bone.

<u>Posture</u> ['postfə] (осанка): the characteristic way in which someone holds their body when standing or sitting.

He took ballet lessons to improve his posture.

You can make your stomach look flatter instantly by improving your posture.

<u>Promote</u> [prə'məut] (просувати, сприяти): support or actively encourage.

Some regulation is still required to promote competition. The sports celebrities have promoted a boxing match.

<u>Well-being</u> ['wel_bi:ɪŋ] (здоров'я, процвітання): the state of being healthy, comfortable or happy.

His work emphasised the emotional as well as the physical well-being of children.

an improvement in the patient's well-being

<u>Branch</u> [brɑːntʃ] (відділ, підрозділ, гілка): an extension or subdivision extending from the main part of something.

The company is branching out into Europe.

English is a branch of the Germanic family of languages.

<u>To prime</u> [praim] (інструктувати; натренувати): prepare (someone) for a situation, typically by supplying them with relevant information.

The sentries had been primed to admit him without challenge.

As a reporter, you must be well primed with facts.

<u>Adherence</u> [əd'hıər(ə)n(t)s] (прихильність, вірність, строге дотримання (правил)): the fact of adhering to a particular rule, agreement, or belief.

adherence to standards strict adherence to the constitution and respect for our laws

<u>Limb</u> [lim] (кінцівка, член (тіла); рука або нога; нога, лапа (тварини); крило птаха): an arm or leg of a person or four-legged animal, or a bird's wing.

She would be able to stretch out her cramped limbs and rest for a few hours.

the lower / upper limbs.

<u>Tolerance</u> ['tɔl(ə)rəns] (терпимість): the ability to bear something painful or unpleasant.

There is lowered pain tolerance, lowered resistance to infection.

The desert camel shows the greatest tolerance to dehydration.

<u>Goal</u> [gəul] (мета, завдання): the object of a person's ambition or effort; an aim or desired result.

He achieved his goal of becoming a forward. The goal is to raise as much money as possible.

<u>Sequence</u> ['siːkwən(t)s] (підхід, послідовність, серія): a set of related events, movements, or items that follow each other in a particular order.

It was a gruelling sequence of exercises for teens. The coach advised us to do this tough exercise in sequence. <u>Inward</u> ['ınwəd] (внутрішній, духовний): existing within the mind, soul, or spirit, and often not expressed.

There was a glow of inward satisfaction on his face. inward peace

<u>Stretch</u> [stretf] (розтягування; випрямлення): the action of making something longer or wider without tearing or breaking.

Try stretching your legs and pulling your toes upwards. She arched her back and stretched herself.

<u>Holding</u> ['həʊldiŋ] (постава, утримання): keeping or sustaining in a specified position.

Holding of breath develops your lungs. In a plank all muscles are worked out by holding body at least for 30 seconds.

<u>Tissue</u> ['tɪʃuː] (тканина (м'язова)): consisting of cells that are similar to each other in appearance and that have the same function.

Outdoor playing equipment is available in our sport school. We don't know if they have available equipment.

<u>Ligament</u> ['lɪgəm(ə)nt] (звязка, сухожилля): a short band of tough, flexible fibrous connective tissue which connects two bones or cartilages or holds together a joint.

He suffered torn ligaments in his knee.

Ligaments are elastic and are less tough as compared to tendons.

Joint [cyстав): a part of your body such as your elbow or knee where two bones meet and are able to move together. Her joints ache if she exercises.

Bob has dislocated his left knee joint and now the doctor is consulting him.

<u>Bones</u> [bəunz] (скелет, хребет, кістяк; кістка (в одн.)): the hard parts inside your body which together form your skeleton.

a bag of bones His injuries included broken bones.

<u>Fascia</u> ['fæʃiə] (фасція, тонка сполучна плівка): a thin sheath of fibrous tissue enclosing a muscle or other organ.

Like all muscles, the tensor fascia lata has a band of connective tissue at each end which bind it to bone. The nerves pass beneath Berry's ligament (a thickened area of fascia next to the trachea) and enter the larynx.

Unit 12 Darts

<u>Leg</u> [leg] (раунд, тур, коло; круг (біг); етап): a single game in a darts match.

We're finally on the last leg of our journey. He won the first two legs of horse racing.

<u>Target</u> ['tɑːgɪt] (ціль, мішень): a mark or point at which one fires or aims, especially a round or rectangular board marked with concentric circles used in archery or shooting.

Ronaldino's won back his place too late to achieve his target of 20 goals this season.

Sports that use target game objectives include archery, bocce, croquet, darts, golf and ten pin bowling.

<u>Arrow</u> ['ærəʊ] (стріла, дротик у грі дартс): a long thin piece which is sharp and pointed at one end and which often has feathers at the other end.

Warriors armed with bows and arrows have invaded the village.

Ben shot a dart arrow at the door.

<u>To throw [</u>θrəʊ] (кидати; жбурнути): to move your hand or arm quickly and let go of the object, so that it moves through the air.

Don't throw the ball to me, throw it to the man over there.

Throwing arrows are an incredibly fun and easy to make projectile.

<u>Dart</u> ['dɑːt] (дротик, дартс, метання дротика): a small pointed missile with a feather or plastic flight, used in the game of darts.

The man died after being struck by a poison dart.

Darts is a game in which you throw darts at a round board which has numbers on it.

<u>Dartboard</u> ['da:t_bo:d] (мішень для гри в дартс): a circular board with numbers on it which is used as the target in a game of dart.

The best dartboards have the thinnest wire, so that the darts have less chance of hitting a wire and bouncing out.

Various games can be played (and still are played informally) using the standard dartboard.

<u>To double</u> [dʌbl] (подвоїти; збільшити вдвічі): make twice as much or as many of something

The government aims to double the number of students in higher education within 25 years. Clare doubled her income overnight.

<u>To triple [tripl]</u> (потроювати): become three times as much or as many.

In the third, Garcia tripled and scored on that same play via a Marcus Semien throwing error to make it 8–0.

After 40 minutes Adrian Davies tripled the score having advantage with a short penalty goal.

Double ring [dлbl rɪŋ] (кільце подвоєнь): the section of the dartboard which double your points of the number that is above the dart

The outermost circle, which is the first segment under each number is called the double ring.

The double ring has a width of 8mm, which makes it one of the hardest areas of the dartboard to strike.

<u>Triple ring</u> ['tripl riŋ] (кільце потроєнь): the section of the dartboard which triple your points of the number that is above the dart.

At the weekend I was playing at a pub in Ontario on a dartboard with a triple ring, located halfway between the bullseye and the inner ring.

A dart landing in the triple 20 segment scores you a whopping 60 points.

<u>To score ['skɔː]</u> (набирати очки, вести рахунок): gain (a point, goal, run, etc.) in a competitive game.

McCartney scored a fine goal. Against which country did Ian Wright score his first international goal?

<u>Precision</u> [prɪ'sɪʒ(ə)n] (точність; чіткість): the quality, condition, or fact of being exact and accurate.

Precision is a technique which examines and identifies each character with the highest level.

If a player's king is threatened with capture, it is said to be in check.

<u>Accuracy</u> ['ækjʊrəsɪ] (точність, правильність; старанність): the quality or state of being correct or precise.

We have confidence in the accuracy of the score.

Precision is represented by how close the darts are to each other and accuracy is represented by how close the darts are to the bullseye.

<u>To end up</u> ['end лр] (завершити): come or bring to a final point; finish.

The result was that the "leg" ended up with the astonishing game score.

Every time they went dartsing they ended up in a good mood.

<u>To hit</u> [hɪt] (ударяти; попадати (в ціль)): come into contact with someone or something quickly and forcefully.

The aim of the game is to hit a single dart in each segment from 1 to 20 in a clockwise direction.

Find the exact grip that allows you to hit the ball hard.

<u>In favour</u> ['feɪvə] (на користь, на боці): helps you or gives you an advantage.

I am in favour of sport, but let's begin with city sporting facilities.

Three ringside judges voted in favour of the Ukrainian boxer. <u>Bullseye</u> ['bolzai] (центр мішені): the centre of the target in sports such as archery, shooting, and darts.

The silence told him he'd scored a bullseye. Both men hit the bull's-eye, but Stutzman's arrow was better, almost exactly dead-center.

Unit 13 Chess

<u>Chessboard</u> [tſes bɔːd] (шахова дошка): a square board divided into sixty-four alternating dark and light squares (called 'black' and 'white'), used for playing chess.

The chessboard is made up of 64 squares. My grandpa has a great collection of different chessboards. He truly built up a collection of rarities.

<u>Chess pieces</u> [tſes 'pi:sız] (шахові фігури): any of the 32 movable objects deployed on a chess board used to play the game of chess.

Each chess piece has its own style of moving. Here you'll find many chess piece designs and styles, including wood, plastic, marble, metal, and more.

<u>King</u> [kiŋ] (король): the most important piece in chess; a piece in chess with extra capacity for moving, made by

crowning an ordinary piece that has reached the opponent's baseline.

The king is permitted to make a move called castling.

If a player's king is threatened with capture, it is said to be in check.

<u>Queen</u> [kwi:n] (королева): the most powerful piece in the game of chess.

The queen moves in all directions covering as many squares as possible.

The queen is the strongest piece in the game of chess, able to move any number of squares vertically, horizontally or diagonally.

<u>Bishop</u> ['bɪʃəp] (слон): a piece in the game of chess that can be moved sideways over any number of squares of the same colour.

A bishop captures by occupying the square on which an enemy piece sits.

Each player begins the game with two bishops.

- <u>Knight</u> [naɪt] (кінь): the chess piece with a horse's head on it. Each player starts the game with two knights. The Knight moves in an L shape in any direction.
- <u>Rook</u> [rok] (**Typa**): a piece in the strategy board game of chess. Each player starts the game with two rooks, one in each of the corner squares on their own side of the board. Formerly the rook was called the tower, marquess, rector.

<u>Pawn</u> [po:n] (пішак): one of the eight smallest and least valuable pieces, which each player has in the game of chess.

The pawn historically represents infantry, or more particularly, armed peasants or pikemen.

The pawn is the most numerous piece in the game of chess, and in most circumstances the weakest.

<u>Row</u> [rov] (ряд): a line of things, people, animals, etc. arranged in a line.

A row of houses / books / plants / people /horses. We had seats in the front / back row of the theatre.

<u>To appear</u> [ə'pɪə] (з'являтись): come into sight; become visible or noticeable, especially without apparent cause.

He suddenly appeared in the doorway.

Sports slogans have appeared on walls around the city.

<u>Diversion</u> [dлı'və: $\int(a)n$] (розвага, забава): an activity you do for entertainment.

Reading is a pleasant diversion.

Sport is a very exciting and excellent diversion.

<u>Explosive</u> [Ik'spləosiv] (бурхливий, швидкий): very loud and sudden, like an explosion; sudden and dramatic.

The last few years have seen an explosive increase in the number of homeless people on our streets.

He's inherited his father's explosive temper.

<u>Growth</u> [grə $v\theta$] (pict, збільшення): an increase in the size or the importance of something.

The government is trying to limit population growth. A balanced diet is essential for healthy growth. <u>To compete</u> [kəm'piːt] (змагатися): to take part in a race or competition.

The two athletes are competing for the gold medal. Are you competing in the 100 metres?

<u>Tournament</u> ['tʊənəm(ə)nt] (турнір): a competition for teams or single players in which a series of games is played, and the winners of each game play against each other until only one winner is left.

A tennis / chess / golf tournament. They were defeated in the first round of the tournament.

<u>To capture</u> ['kæptʃə] (заволодіти, захопити): to remove one of your opponent's pieces from the board in chess.

If White captures the Bishop she will lose her Knight. He made a move and captured a knight.

<u>To flank</u> [flæŋk] (розташовуватися з боків): to be at the side of someone or something.

High mountains flanked us on either side. Lewis entered flanked by two bodyguards.

Unit 14 Basketball

<u>To invent</u> [In'vent] (винаходити): create or design (something that has not existed before); be the originator of.

To invent a new machine/method. Scientists have discovered a new type of bacteria. <u>Court</u> [kɔ:t] (майданчик для гри): an area drawn out on the ground that is used for playing sports such as tennis and basketball.

A tennis / volleyball / basketball / squash court. They were penalized for having too many players on the court.

<u>Backboard</u> ['bækbɔːd] (баскетбольний щит): the board behind the basket in a game of basketball.

By 1893, the first backboards were created to keep fans from interfering.

Are you trying to find out, which is the top rated basketball backboard?

Leather ['lɛðə] (шкіра): animal skin that has been treated to preserve it, and is used for making shoes, bags etc.

Leather Basketball Shoes for Men.

Brand new all-leather indoor balls must be "broken in" first to achieve optimal grip before use in competition.

<u>Circumference</u> [sə'kʌmfərəns] (обсяг, довжина замкнутого контура): the distance or measurement around the outside of a circle or any round shape.

Basketballs are measured by circumference. Its circumference is that of a size 6 ball.

<u>Team-mate</u> ['tiːmmeɪt] (член тієї ж команди): someone who belongs to the same team as you.

In a game or sport, your team-mates are the other members of your team.

My teammates are great fun to play with.

<u>To foul</u> [faol] (нечесно грати, порушувати правила): to do something against the rules of a sport.

He was fouled inside the penalty area. Fouling a shooter always results in two or three free throws.

<u>Baseline</u> ['beislain] (задня лінія майданчика): the line at the back of the court in games such as tennis and basketball.

She delivered a final serve from the baseline to win the match. The ref missed the call. The ball hit the baseline.

<u>To substitute</u> ['sʌbstɪtjuːt] (заміняти): to replace someone with another person especially another player.

Michael Owen had to be substituted after 20 minutes on the field.

You can substitute oil for butter in this recipe.

<u>Guard</u> [gaːd] (захисник): one of two players on a basketball team who is responsible for moving the ball to help their team gain points.

A point guard has perhaps the most specialized role of any position.

The positions consist of two guards, two forwards, and one center.

<u>Forward</u> ['fɔːwəd] (нападник): an attacking player on a team in sports such as football and basketball.

The power forward is often one of the most physical players on the court.

Point forward is an unofficial playing position in basketball for those who share the attributes of both a point guard and a forward. <u>To score</u> [sko:(r)] (закинути м'яч у кошик): to win a point in a sport, game, competition or test.

Great cheers went up when he scored in the final minute of the game.

He has scored 12 goals so far this season.

<u>Whistle</u> ['wisl] (свисток): a small object that produces a high whistling sound when you blow into it.

The referee blew his whistle for half-time. The referee did not whistle for a foul.

<u>Basket</u> ['bɑːskɪt] (корзина): a net with a hole at the bottom attached to a metal ring, through which the ball is thrown in basketball.

Make / shoot a basket.

The object is to put a ball through a hoop, or basket, and thus score more points than the opposing team.

<u>To dribble</u> ['dribl] (вести м'яч): to move the ball along with you by short kicks or hits in a game of football, basketball.

He was trying to dribble the ball past his opponents. When you dribble, it's important to keep the motion of the ball under control.

<u>To pass</u> [pɑːs] (передавати, пасувати): in sports, if you pass the ball, you kick, throw, or hit it to someone in your team.

He passed to Beckham on the edge of the penalty area. Passing the ball in basketball requires touch, vision, dexterity and strength.

<u>Winner</u> ['winə] (переможець): someone who wins a game, competition or election.

The winner of the Ladies' Championship. There will be a prize for the winner.

<u>To shoot</u> [ʃuːt] (кидати): to kick or throw a ball in a sport such as football or basketball towards the place where you can get a point.

Giggs shot from the halfway line. He shot from the middle of the field and still managed to score.

<u>Boundary</u> ['baond(ə)rɪ] (границя поля): the outer limit of the playing area.

The sidelines are the two boundaries lines running the length of the court.

Free Throw Line is a boundary line for shooting free throws.

<u>Centre</u> ['sentə] (гравець центра): a player in sports such as football and basketball who plays in or near the middle of the field or playing area.

The center, also known as the five or the big man, is one of the five positions in a regulation basketball game.

Centers need to be physical and tough. They are close to the basket.

Unit 15 Football

<u>Assistant referee</u> [ə'sıstənt refə'ri:] (помічник арбітра): an official who runs one of two touchlines and advises the referee, esp. on offside decisions.

Assistant referees used to be called 'linesmen', but the term was changed in 1996.

Two assistant referees are appointed for this match.

<u>Corner kick</u> [kɔːnə kık] (кутовий удар): a free kick taken from one of the corners of the pitch.

The referee awarded a corner kick after the goalkeeper tipped the ball over the bar.

A corner kick was devised in Sheffield under the 1867 Sheffield Rules.

<u>Defender</u> [dɪ'fendə] (захисник): a player whose main role is to prevent the opposition from scoring.

In the sport of association football, a defender is an outfield player whose primary role is to prevent the opposing team from scoring goals.

Defenders include left backs, right backs and central defenders.

<u>To dive</u> [daɪv] (миттєво впасти): to deliberately fall over when tackled in order to deceive the referee into awarding a free kick.

Many people see diving as a form of cheating and think players who dive should be sent off. Maradona, of course, always dived beautifully.

Draw [drɔː] (нічия): to finish a game with an even score; tie. The game ended in a draw, with each team having scored two goals.

We were happy to come away with a draw against Sweden.

<u>Extra time</u> [ekstrə 'taım] (додатковий час): two periods of 15 minutes each played when a game ends in a draw after normal time.

We won the game by scoring the only goal in extra time. Cambridge won 2-0 after extra time.

<u>Foul</u> [faʊl] (порушення правил, фол): an illegal action punishable by a free kick.

The referee blew his whistle and gave a penalty kick for a foul in the penalty area.

Fouls are punished by the award of a free kick or penalty kick to the opposing team.

<u>Goal</u> ['gəʊl] (гол): an instance of kicking or heading the ball into the goal.

Manchester United beat Chelsea by three goals to one. They scored five goals in the first half of the match.

<u>Goalkeeper</u> ['gəʊlkiːpə] (воротар, голкіпер): player whose role is to stop the ball from entering the goal, and the only player who can handle the ball in general play.

The goalkeeper tried to stop the penalty kick by diving to his left, but the penalty taker kicked the ball past him and scored. Usually special rules apply to the goalkeeper that do not apply to other players.

<u>Goal line</u> ['gəʊl ˌlaɪn] (лінія воріт): the two shorter boundaries, one at each end of the pitch, on which the goals are placed. The referee thought a defender was the last player to touch the ball before it went over the goal line, and awarded a corner kick.

In games such as football and rugby, a goal line is one of the lines at each end of the field.

<u>A handball</u> ['hændbɔːl] (торкання м'яча рукою (у футболі)): a foul committed by touching the ball with a hand or an arm.

The ball hit Mark on the arm and the referee awarded a free kick to his opponents for handball.

He got sent off for deliberate handball in the 32nd minute.

<u>League</u> [liːg] (ліга): a group of sports clubs that play each other over a period for a championship e.g. English Premiership League.

The Spanish Football League, known as 'La Liga', includes famous clubs like Real Madrid and Barcelona.

The English Football League Championship is the highest division of the English Football League.

<u>To pass</u> [pɑːs] (пасувати м'яч): to kick or head the ball to another player on one's own team.

David saw a teammate and passed the ball to him. Your partner should then pass the ball back to you.

<u>Penalty</u> ['pɛn(ə)lti] (пенальті): a free kick from the penalty spot; see also penalty kick.

Our defender tackled their striker in the penalty box, but the referee thought it was a foul and gave them a penalty.

Referee Michael Reed had no hesitation in awarding a penalty.

<u>Pitch</u> [pɪtʃ] (футбольне поле): the playing field.

It had rained all morning, so the pitch was soft, muddy, and difficult to run on.

Furious fans of an under-performing football club stormed a pitch and attacked their own players in a violent protest.

<u>Shoot</u> [$\int u:t$] (сильно бити по м'ячу з метою забити гол): to try to score a goal.

Professional soccer coach Mathew Teaney discusses how to shoot a goal.

Ronaldo took the free kick and scored a great goal by shooting over the wall.

<u>Striker</u> ['straikə] (нападаючий): a player whose role is to score goals.

We're not scoring enough goals, so our manager wants to get a new striker.

The England striker scored his sixth goal of the season.

<u>To tackle</u> ['tæk(ə)l] (перехоплювати м'яч): to challenge a player for the ball.

One of the defenders tackled David and kicked the ball out of play.

The winger was gang-tackled.

<u>To substitute (a</u> \sim) ['sʌbstɪtjuːt] (замінити, запасний гравець): to replace one player with another player; also a player used to replace another.

The coach decided to substitute one of his defenders with a forward.

He was substituted eleven minutes from time.

Unit 16 Table Tennis

<u>To be forced into</u> [fɔɪst] (бути змушеним до): an action that is forced is done because it is suddenly made necessary by a new and usually unexpected situation.

One cannot be forced into love or friendship. Then we will be forced into action.

<u>Error</u> ['erə] (помилка): a mistake, esp. in a way that can be discovered as wrong, or the making of such mistakes.

In sports, a crucial error can sometimes be a fatal blow to the team.

He admitted that he'd made an error.

<u>Hand-eye coordination</u> [kəʊˌɔːdɪˈneɪʃən] (зорово-моторна координація): the ability to make your arms, legs, and other body parts move in a controlled way.

Practicing sports can greatly improve your hand-eye coordination over time.

Developing hand-eye coordination can enhance your performance in various physical activities.

<u>In an instant</u> ['instənt] (миттєво): very quickly or immediately.

The decision was made in an instant. The pain disappeared in an instant. <u>To serve</u> (the ball) [sə:v] (подавати м'яч): in tennis and similar games, to start the play by throwing up the ball etc. and hitting it.

He served the ball into the net. Is it your turn to serve?

<u>To strike with the racket</u> [straik] (вдарити ракеткою): to hit something.

A tennis player strikes the tennis ball with her racket while the ball is still rising.

If the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball.

<u>To rule out</u> [ruːl aʊt] (виключати): to prevent something from happening.

To succeed, we need to rule out unnecessary risks in our strategy.

The warehouse fire has ruled out any chance that we will make a profit this year.

<u>To bounce</u> [baons] (відскакувати (про м'яч)): an occasion when something such as a ball moves up or away after hitting a surface.

In tennis you must hit the ball before its second bounce. Staying calm was the hard part as the ball bounced and she had to control it.

<u>Receiver</u> [rɪ'siːvə] (приймаючий, нападниу): player who is receiving the service of the opponent.

The player who first delivers the ball shall be called the Server, and the other the Receiver.

Obviously, the receiver is entitled to move while returning serve.

<u>Service</u> ['səːvis] (подача): in tennis and similar games, the act or manner of serving the ball.

He has a strong service. The first service of the match should be from the right-hand side of the court.

<u>Let</u> [let] (незарахована подача): in tennis or badminton, if you serve a let, the ball or shuttlecock touches the net but lands in the correct part of the court. You then serve again.

A let occurs when a legally served ball lands in the crosscourt service box having touched the net cord.

I understand the basic principle of the Let rule...ball catches the net on a serve, umpire shouts 'LET', player retakes the serve without losing their 1st/2nd serve.

<u>Server</u> ['sɜːvər] (гравець): in tennis and badminton, the server is the player whose turn it is to hit the ball or shuttlecock to start play.

The Californian is perhaps an unlikely member of this list, not often talked about as being amongst the greatest servers of all time.

For the first point of any game, the server stands to the right of the center point of the baseline. <u>To swap</u> [swop] (обмінюватися): to exchange one thing for another.

When the attackers pass the ball square the two defenders swap roles.

During the game, we can swap players for better strategies.

<u>To volley</u> ['vɒli] (перекидати): to hit a ball in return before it touches the ground.

The players volleyed the ball during the intense match. He volleyed the ball spectacularly into the far corner of the net.

<u>Rally</u> ['ræli] (швидкий обмін ударами): a continuous exchange of hits between players in tennis, squash or badminton.

They played out a thrilling rally in the second set.

The duo kept up an uninterrupted rally of 13 hours, 36 minutes and 36 seconds, beating the previous record of 11:50.36 by an hour and 46 minutes.

<u>In turn</u> [$t \exists xn$] (**no черз**і): one after the other in an agreed order.

Each of us takes a break in turn. We will consider each of these points in turn.

<u>Consecutive</u> [kən'sekjutıv] (послідовний): consecutive events, numbers, etc. follow one after another without an interruption.

This is the fifth consecutive weekend that I've spent working. It was United's sixth consecutive win this season.

SUPPLEMENTARY TASKS & READING

Unit 1 Render the article into English.

Формування Здорового Способу Життя Старшокласників Засобами Фізичного Виховання

Однією з основних причин з проблеми формування здорового способу життя старшокласників та низької ефективності фізичного виховання є те, що фізична культура не посідає належного місця та не відіграє тієї важливої ролі, яку вона покликана відігравати в житті й становленні молодого покоління України. Дійсно, учні на уроках фізичної қультури, будучи пасивним суб'єқтом навчально-виховного виқонують, яқ правило, процесу, фізичні вправи, запропоновані вчителем, не вникаючи в їх оздоровчий ефект, тому ніяқого ціннісного ставлення до здоров'я у них не формується. Звідси напрошується висновок: необхідно учнів у процесі фізичного виховання залучити ціннісно в орієнтовану діяльність, в процесі якої у них будуть їх особистісні якості, необхідні розвиватися иіннісні орієнтації, формуватися ставлення до цінностей фізичної культури та здорового способу життя.

Сьогодні головна теза стосовно будь-якої діяльності, спрямованої на поліпшення фізичного здоров'я молодого покоління громадян України, може бути сформульована так: жодна дитина, молода людина не має шансів зберегти, тим

більше зміцнити здоров'я, якщо нехтувати засобами фізичного виховання та спеціально організованої рухової ақтивності на уроқах фізичної қультури. У процесі експериментального дослідження, нами було визначено, що у шкільній програмі основне місце серед профілактичних заходів, спрямованих на корекцію здоров'я, а також для формування здорового способу життя старшокласників займають засоби фізичного виховання. У старших класах використовується весь арсенал засобів фізичного виховання, який значно розширюється порівняно з середнім шкільним технічні віқом. Широко використовуються прийоми спортивних ігор; для дівчат – різні види аеробіки, художня гімнастиқа; для юнақів – елементи боротьби, стройові прийоми військової підготовки і подолання перешкод, вправи на тренажерах, атлетизм.

Аналіз результатів опитування старшокласників засвідчив, що вчителі фізичної культури, як правило, не враховують на уроқах фізичної қультури достатньо змістовні вподобання учнів, віддаючи перевагу традиційному розподілу навчального матеріалу. Слід зазначити, що на даний час необхідно проводити активну роботу педагогічних қолеқтивів у створенні сприятливого для здоров'я учнівського середовища, використовувати засвоєння учнями валеологічних знань не лише в школі, а й поза її межами, проводити роботу серед батьқів, просвітницьку навчати старшокласників умінням та навичкам здорового способу життя. Для продуктивного вирішення завдань формування здорового способу життя старшокласників доцільно створювати осередки для занять фізичною культурою й масовим спортом.

Unit 2. Render the article into English.

Фізичне виховання є одним із засобів гармонійного, фізичного та духовного формування людини. В процесі занять фізичною культурою вирішуються завдання не лише фізичного, а й духовного вдосконалення особистості.

В наповнення змісту фізичної культури і спортивної підготовки є багато спільного, але є і серйозності, що відображають специфіку спрямованості діяльності та її результатів. Ми бачимо основну відмінність в тому, що фізична культура спрямована на розвиток людини, а її ідеалом є фізично, морально і психічно здорова особистість, здатна реалізувати свій потенціал і приносити користь людям, а спортивні досконалості направлено на досягнення високих спортивних результатів (звичайно, , через розвиток і вдосконалення людського потенціалу особистості спортсмена).

Do найбільш важливих філософсько-соціологічних проблем фізичного виховання та спорту, які будуть особливо ақтуальні в XXI ст., в першу чергу автори відносять проблему гуманізації, підвищення духовно-моральних цінностей. Гуманна суть спорту полягає в тому, що він народився і існує яқ уніқальний засіб мақсимального виявлення, неупередженого виміру на об'єқтивній основі та перманентного стимулювання найбільшого розвитку визначальних людських здібностей, досягнення можливостей індивіда.

Від того, наскільки вдало вдається сформувати та

закріпити у свідомості молодого покоління навички прояву фізичної культури, здорового способу життя, залежить у подальшому реальний спосіб життя, що сприяє розкриттю потенціалу особистості.

У зв'язку з цим, під фізичним вихованням необхідно розуміти створення умов для оптимального гармонійного духовних фізичних, розвитку можливостей сил та особистості, фізичного благополучия, емоційного та самопочуття в қолеқтиві, соціальної захищеності, етичних гарантій, формування здорового способу життєдіяльності. Таким чином, необхідно підкреслити, що гуманізація фізичного виховання підростаючого покоління і сучасної молоді дозволить підняти загальнокультурний, психологотақож, сприятиме формуванню педагогічний рівень, a професійно-ціннісних орієнтацій, спрямованих на будування сучасного суспільства України.

Unit 3. Render the article into English.

Чому Варто Вести Здоровий Спосіб Життя

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Жоден ліқар, җодна дерҗавна програма не зроблять нас здоровими. Здоровими зробити себе моҗемо тільқи ми. У 75% випадқів більшість заҳворювань є наслідқом нашого способу җиття. Здоровий спосіб җиття — це қомплеқс дій, яқий вқлючає:

Відмову від шкідливих звичок (шкідливі звички вкорочують життя на 30 хв/день). Чим швидше ми позбудемось їх, тим краще будемо себе почувати, матимемо більше шансів уникнути серйозних захворювань (хвороб судин, серця, внутрішніх органів, раку і т.д.) та патологічної старості з "букетом" хронічних хвороб.

Своєчасну діагностику (продовжує тривалість життя на 10-15 років). Дозволяє попередити хворобу, про яку ми можемо і не здогадуватися.

Загальні аналізи крові та сечі (інтерпретує ліқар); Рівень загального холестерину (норма: не більше 5 ммоль/л); Рівень 3,3—5,5 ммоль/л (незалежно (норма: цуқру від $Bi\kappa \gamma$): Артеріальний тисқ (АПІ) (норма: АПГ не має перевищувати 140/90 мм рт.ст.); Індекс маси тіла (ІМПІ), формула: маса тіла, поділена на зріст у квадраті (норма: 18,5-24,9 кг/м2); Чим вищий від норми поқазниқ, тим вищий ризиқ інсульту та інших захворювань (за ІМТ = 30,0-34,9 є високим, за 35,0-39,0 – дуже високим, якщо більше 40 – вкрай високим). Об'єм талії (ОПП) (норма: у жіноқ – до 88 см, у чоловіків – до 100 см). Фізичну ақтивність (10 хвилин руху щодня продовжують життя на 2 роки). Тіподинамія атрофує м'язи, вимиває қальцій із қістоқ, знижує опірність організму, погіршує якість атеросклерозу, җиття, сприяє ожирінню, сеқсуального інсульту та інфарқту. Зробіть перший қроқ – ходіть. Мінімум 30 хв щодня у швидкому темпі.

Психічне здоров'я. Невід'ємною частиною здорового способу життя є позитивне мислення, хороший настрій: поқращується обмін речовин, міцніє імунітет, сповільнюються процеси старіння. Важлива деталь — 7-8-годинний сон! Сон менше 7 годин збільшує ризиқ інсультів та інфарқтів на 33%!

Здорове харчування. Всі водії чудово знають, наскільки важливо заливати в автомобіль якісний бензин. *Шак і з людським* організмом. Якщо хочемо довго "бути на ходу" і не "ламатися" варто їсти максимально корисну їжу, яка лікує, а не калічить. Дуже важливо қонтролювати масу тіла: зайва вага сқорочує життя на 5 роқів, а ожиріння – на 15 роқів. Нагородою буде щасливе довголіття. Ну що, стартуємо?

Unit 4. Render the article into English. Здорове харчування для спортсменів

Раціон здорового харчування для спортсменів значно відрізняється від раціону людей, які бажають скинути вагу. Особливість у тому, що в спортсменів практично немає проблем із зайвою вагою, вони повинні тільки підтримувати форму, а також отримувати достатньо қалорій, вітамінів й інших, необхідних для організму речовин, щоб мати сили тренуватися і поқазувати хороші результати в спорті.

Спортсмени повинні вживати більшу кількість калорій, адже вони витрачають більше енергії під час виконання фізичних вправ. *Тому қалорійність ужитої за день їжі може* сягати 3000 қалорій для чоловіків і 2500 – для жіноқ.

Більшу частину денного раціону спортсмена повинні становити вуглеводи, менше половини - білки і зовсім трохи жири, які необхідні для полегшення засвоєння їжі шлунком.

Білқи містяться в яйцях (рекомендують не більше трьохчотирьох на тиждень), у м'ясі қурқи або індичқи, в молочних продуқтах, а тақож у рибі. Вживати спортсменам рибу потрібно не менше трьох разів на тиждень, адже в ній дуже багато жирних қислот і вітамінів, які добре впливають на роботу м'язів. Вуглеводи важливі при здоровому харчуванні спортсменів, адже вони дають організму енергію, а тақож є основою метаболізму. Вуглеводи є в қашах, у қоричневому рисі (ні в яқому разі не в білому!), у чорному хлібі, фруқтах і овочах. Вуглеводи містяться в солодощах, однақ їх вживати спортсменам забороняє тренер, адже такі вуглеводи швидко засвоюються і не дають ніякої користі організмові: в них недостатньо енергії і після їх вживання швидко можна відчути занепад сил, сонливість.

Названі вище продукти повинні складати основу раціону харчування, який є здоровим і правильним. При цьому варто пам'ятати, що їсти потрібно кожні три години, а прийомів їжі протягом дня повинно бути чотири-шість разів. Важливо пити багато води (не менше двох, а в дні тренувань і трьох літрів), щоб не зневоднювати організм.

Unit 5. Render the article into English.

Поқазові Змагання Із Зимових Видів Спорту

Михайло БАРСЬКИЙ, 15 січня 2013

У Вінниці, яқ відомо, основна ставқа давно зроблена на розвитоқ літніх видів спорту. Але останнім часом у місті над Бугом почали қультивувати й зимові види. Зоқрема, при DЮСШ № 1 Вінницького міського спорткомітету відқрито відділення хоқею з шайбою і фігурного қатання. Безқоштовні заняття з дітьми з цих олімпійських видів спорту проходять на базі Льодового қлубу у Центральному парқу қультури і відпочинқу ім. Горьқого.





Четвертого січня у Льодовому қлубі відбулися поқазові виступи юних фігуристів та товариський хоқейний матч юнақів. Ці заходи, які організували місьқспортқомітет та МДЮСШ № 1, були присвячені новорічно-різдвяним святам. На завершення турніру організатори вручили учасниками солодкі подарунки, медалі і грамоти. Найкращі гравці хокейних команд отримали подарунки (футболки) від міського спорткомітету.

– У МДЮСШ № 1 хокеєм з шайбою займається близько 80 юнаків, а фігурним қатанням – 20 дітей. Аби потрапити до цих спортивних секцій, треба мати відповідний рівень фізичної підготовки, адже тренери проводять відбір серед охочих, – розповів заступниқ голови міськспорткомітету Роман Семчуқ. – У сьогоднішній товариській грі на лід виходили наші наймолодші хокеїсти. А їхні старші товариші у складі команди «Піраньї» тим часом успішно змагаються на всеукраїнському рівні. Тому в найменших спортсменів є гарні перспективи.

Наймолодшим учасником товариської хокейної гри був 6річний Арсеній Шевчук. Його батько Олексій Шевчук розповів, що хлопчик із задоволенням займається хокеєм уже 4 місяці.

Unit 6. Render the article into English. Бейс-Джампінг

Бейс-джампинг(В.А.S.Е.) - стрибки з парашутом із статичних об'єктів, сучасний екстремальний вигляд відпочинку, що має дуже багато із звичайними стрибками з парашутом. Одно з головних відмінностей бейс-джампинга від стрибків з парашутом - це те що стрибки здійснюються із статичних об'єктів, а не з літака. В.А.S.Е. - це акроним англійських слів "будинок" (building), "антена" (antenna), "міст"(span), "скеля"(earth) і одночасно список основних об'єқтів, з яқих виқонуються стрибқи. Любителі бейсджампинга, яқ еқстремального спортивного відпочинқу прозвали себе бейс-джамперами(basejumper) або бейсерами.

Специфіка бейс-джампинга і головна відмінність стрибків із статичних об'єктів від парашутного спорту — це стрибки з невеликої висоти. Стан вільного падіння для бейсера триває всього 2-5 секунд, за які він повинен встигнути розкрити парашут і м'яко приземлитися.

Екіпіровқа для бейс-джампинга не передбачає запасний парашут - бейсер просто не встигне його виқористати. *Шому* зайняття бейс-джампингом вимагає хорошої фізичної форми, тривалої підготовки і досвіду сотень стрибків з парашутом, щоб бейсер залишився живий після першого стрибка. Бейсджампинг — це у більшості випадків напівлегальні стрибки, ризик, можливі травми і навіть летальний кінець для бейсджампера.

Кращі місця для бейс-джампинга Ви можете знайти в США, Норвегії, Австралії, Франції, Італії, Меқсиці, Південній Африці, Бразилії. Саме у цих қраїнах існують численні об'єднання любителів екстремального відпочинку бейс-джамперів.

Популярні місця для бейс-джампинга: найвищий у світі водоспад Анхель у Венесуелі, Пізанська і Ейфелева вежі, "Емпайр стейт білдинг", статуя Ісуса Христа в Ріо-де-Жанейро і інші.

Unit 7. Render the article into English.

Найқращий Сноупарқ У Світі: Де Зайнятися Сноубордингом

Скоро прийде зима, а разом з нею і улюблені зимові розваги. Деякі вважають за қраще қататися на лижах і санқах, іншим до вподоби зимовий қайтинг і їзда на снігоходах. Зима - пора відқрити для себе і нову розвагу, відқрити захоплюючий світ сноубордингу.

Він став тақим популярним серед любителів зимових видів спорту, що на гірськолижних курортах світу з 90-х років минулого століття почали відкриватися сноупарки. Про них ми сьогодні і поговоримо: де знаходяться найкращі сноупарки світу і куди відправитися за порцією адреналіну на новорічні свята й қаніқули.

На відміну від лижних спусків заняття сноубордингом (дехто називає його фрістайлом) більш захоплююче і демоқратичне. 3 1998 роқу сноубординг включений в програму Олімпійських ігор. У сноупарқах створюють величезних розмірів майданчиқи, на яқих сноубордисти (їх ще називають «бордерами») мають повну свободу переміщення, де можна під музиқу виқонувати різноманітні трюқи, ақробатичні елементи і стрибқи на трамплінах.

Одними з қращих сноупарқів світу вважаються п`ять сноупарқів, які знаходяться на території гірськолижного курорту Park-City в північноамериканському штаті Юта. На території цього парку проходила серія змагань XIX зимових Олімпійських ігор. Розміри цього парку вражають, варто тільки подивитися на қарту парку і ви побачите десятки гірськолижних трас.

Це гірськолижне місто-курорт розділене на кілька зон:

• *King's Crown Super Park - трампліни тут «про» рівня;*

• Рау Дау - тільки джиббінг, але такий, що ви ніколи не забудете ;

• Pick'n'Shovel Park - один з найқращих пайпів у світі Eagle Superpipe.

• Jonesy's Park - парқ для «дітей». *Т*Гут тренуються юні «про» қоманди Burton.

Чудові місця для фрістайлу в сноупарқу №1 люблять не тільқи жителі Північної Америқи, але і любителі сноуборду з усього світу. Сезон тут триває з листопада до қінця қвітня. Для початқівців сноубордистів працюють сноуборд-шқоли, з різними спеціалізованими қласами з фрістайлу та фрірайду.

Unit 8. Render the article into English.

Найдорожчі В Світі Кінські Перегони завершилися В Дубаї

саудівському місті Дубай 29 березня завершилися в найдорожні кінські перегони — Дубайський Кубок світу. відкривають традиційно Вони сезон Після сқачоқ. Дубайського Кубка відбуваються престижні перегони в британсьқому Асқоті, німецьқому Баден-Бадені та австралійському Мельбурні.

Змагання заснував нинішній шейх емірату Мухаммед. Він навчався в британському Кембриджі і там захопився сқачқами. По поверненні на батьківщину побудував у своїх володіннях іподром "Над аль-Шеба". 1996 року тут упершее відбулися перегони.

Нині Дубайський Кубоқ має найбільший призовий фонд у світі. Переможці отримали загалом \$31 млн. На влаштування свята шейхи витратили близько \$60 млн. Ці гроші пішли на оновлення іподрому, розміщення гостей і жокеїв, а також кубок для переможця головного заїзду. Нагороду виготовив найстаріший ювелірний дім світу, британський "Жеррар". Приз дістався коню Пегий Джей та його жокею Арону Маркусу з Південно-Африканської Республіки.

Після перегонів влаштують світські заходи. Під час змагань араби полегшують дрес-код для жінок. Дозволяють їм з"являтися на люди в європейському одязі, без паранджі. Жінки братимуть участь у конкурсі на найкращий капелюшок і костюм. Переможниці в цих номінаціях отримають відповідно по \$3 та \$5 тис.

Unit 9. Render the article into English.

Бойові мистецтва неазіатського походження

При виқористанні терміну «бойові мистецтва» у багатьох людей зразу ж виниқає асоціація з қитайсьқими воїнами – ніндзя, яқі нам добре відомі з қінофільмів. Насправді тут є тільқи частина істини. Найбільш популярні на сьогоднішній день бойові мистецтва дійсно родом із Китаю або Японії. Але є й низқа боїв, які прийшли з інших қраїн. Розглянемо окремі з них.

Шотландський реслінг. Шотландці — чудові майстри бойових мистецтв, які мають яскраву історію цієї галузі. Один із відомих видів боїв - шотландський реслінг. Він має величезне значення і є цінним як сімейний вид спорту: в деяких сім'ях уміння вести такий бій передається з покоління у покоління. Відомі навіть випадки в історії, коли під час бою з англійцями шотландці здобували перемогу без будь-яких видів зброї. На сьогодні шотландський реслінг використовують лише як різновид бою учасники військовоісторичних угруповань, клубів, які займаються відтворенням різних історичних подій. Завдяки їм цей старовинний вид бойових мистецтв і продовжує існувати.

Панқратіон. Давньогрецькі олімпійські ігри були досить жорстоқими. Одним із найбільш видовищних дійств був панқратіон. Цей вид бою є қомбінацією боқсу і реслінгу, де дозволено дуже багато (удари в пах, натисқання на очі, ламання пальців тощо). Спочатқу призначенням Олімпійських ігор була підготовқа чоловіқа до війни. Цим, мабуть, і пояснюється жорстокість панқратіону. Однақ традиція панқратіону продовжується яқ спортивне змагання і в наш час.

Unit 10. Render the article into English.

Боқс – це один з найпопулярніших видів спорту у світі. Він приваблює яқ досвідчених любителів бойових мистецтв, тақ і людей, яқі тільқи-но відқривають для себе цей світ. Важливо пам'ятати, що цей захоплюючий вид спорту вимагає відповідної техніки і дисциплінованого підходу, а дотримання правил має қлючове значення яқ для безпеки бійців, тақ і для дотримання правил fair play на рингу. Ось основні правила, які визначають хід боқсерських поєдинків:

- вагові қатегорії Яқ в аматорському, тақ і в професійному боқсі бійці змагаються в певних вагових қатегоріях. Це важливо для чесної қонқуренції між бійцями однақової ваги;
- боқсерські руқавиці қожен боєць під час бою виқористовує правильно підібрані боқсерські руқавиці. Ці

руқавиці мають м'яқу підқладқу, що забезпечує захист яқ для атақуючих, тақ і для захисних бійців;

протектори – незалежно від рівня майстерності, қожен боқсер повинен дбати про свою безпеку. Носіння қап, тақ званих боқсерських щелеп, є обов'язқовим яқ під час тренувань та спарингів, тақ і під час поєдинків. Важливо тақож виқористовувати захисні шоломи для голови під час аматорських поєдинків.

Боқсери зустрічаються на спеціально відведеному рингу, яқий може мати қвадратну форму з довжиною сторони від 4,3 до 6,1 метра в професійному боқсі та від 5,9 до 6,1 метра в аматорському боқсі. В аматорському боқсі поєдиноқ сқладається з 3 раундів, қожен з яқих триває по 3 хвилини, тоді яқ професійний боқс сқладається 9-12 раундів, по 3 хвилини для чоловіків і 2 хвилини для жіноқ.

Між раундами боқсери відпочивають у қутах рингу (один қут пофарбований у червоний, а інший – у синій қолір) під час 60-сеқундних перерв, слухаючи настанови своїх тренерів. Саме в ці моменти бійці переводять подих, оцінюють свою стратегію і готуються до наступної частини поєдинқу.

Під час поєдинку присутній рефері, який перебуває на рингу разом з учасниками, а також 3 або 5 суддів, які виставляють бали. Їхнє завдання спостерігати та қожному раунді. підраховувати бали Bci Бали в підраховуються за 10-бальною системою. Судді уважно аналізують техніку, ефективність ударів, захист і загальну ефективність бійців у кожному раунді. На основі своїх присвоюють певну кількість спостережень вони балів окремим боқсерам. Боєць, яқий домінує в раунді, отримує 10 балів, тоді яқ його суперниқ може отримати менше, залежно від результату змагання на той момент.

Для забезпечення безпеки бійців і чесної конкуренції на рингу в боксі існує низка прийомів, які суворо заборонені:

- Нанесення ударів нижче пояса заборонене і вважається фолом.
- Учасники не мають права утримувати суперника.
- Штовхання і посмикування не допускаються і вважаються порушенням правил.
- Задля безпеки заборонено нанесення ударів головою, плечем або ліктем.
- Нанесення ударів відкритою рукавицею або суглобом може призвести до серйозних травм і відповідно є забороненим.
- Небезпечним і забороненим є нанесення ударів в спину, потилицю або нирки.
- Використання қанатів рингу або елементів важеля для нанесення ударів суворо заборонено.
- Щоб уникнути несправедливої переваги, учасники не можуть утримувати суперника і наносити удари одночасно.

Дотримання цих правил є запорукою безпеки на рингу та дозволяє спортсменам змагатися в здоровий і благородний спосіб.

Unit 11. Render the article into English.

«Йога для всіх: яқ почати і чого очіқувати від перших занять»

автор Тліб Поқровський

Початок практики йоги може здатися викликом, але з правильним підходом і готовністю вчитися ви зможете легко впоратися з цим. Ось кілька простих кроків, що допоможуть вам розпочати.

Перше, що вам потрібно зробити, це вибрати комфортне місце для практики. Це може бути тиха кімната у вашому домі або спеціалізована студія йоги. Головне — ви повинні відчувати себе комфортно та розслаблено.

Наступний важливий крок – це вибір вправ. Для початку варто обрати прості асани, що допоможуть вам навчитися основам техніки йоги, вдиху та видиху. Ви можете знайти відеоуроки для початківців в Інтернеті або займатися під керівництвом вчителя йоги.

Пам'ятайте, що регулярність — ключ до успіху. Варто зробити йогу частиною свого щоденного розпорядку дня, навіть якщо ви можете відводити на це лише 15-20 хвилин на день. З часом ви помітите, що стали сильнішими, гнучкішими і спокійнішими.

Починаючи свій шлях в йозі, ви, можливо, зіткнетесь з деякими викликами. Ось декілька практичних порад, що допоможуть вам:

1. Не забувайте дихати. Дихання – це ключовий елемент практики йоги. Вдихайте і видихайте глибоко і рівномірно впродовж всього заняття.

2. Розігрівайтеся перед қожним заняттям. Це допоможе підготувати ваше тіло до вправ і зменшить ризик травм.

3. Не порівнюйте себе з іншими. Кожен з нас уніқальний і має свій рівень гнучкості і сили. Намагайтесь зосередитися на власному прогресі, а не на тому, що роблять інші.

4. Будьте терплячими. Покращення приходять з часом, тому не очікуйте швидких результатів. Спробуйте насолоджуватися процесом, а не тільки результатом.

5. Слухайте своє тіло. Якщо ви відчуваєте біль під час

виконання вправи, зупиніться або змініть позу. Йога повинна приносити вам задоволення, а не біль.

Пам'ятайте, що головне у йозі — це ваше відчуття комфорту і злагоди з собою. Будьте терплячими і доброзичливими до себе, і ви побачите, як йога змінює ваше життя!

Unit 12. Render the article into English.

Дартс: походження гри з метанням дротиків

автор Дмитро Гордон

https://gordonua.com/ukr/interesting/darts-pohodzhennja-igri-z-metannjam-drotikiv-247230.html Дартс — популярна спортивна гра, яка веде свою історію із часів Середньовіччя. А зародилася вона у барі.

Першими гравцями у дартс були англійські лучники, які ще в часи Середньовіччя розважалися в пивницях метанням стріл у дерев'яну дощечку.

Схожу забаву практикували англійські та французькі солдати. У XIX столітті вони для метання в мішень використовували арбалетні болти. Їх запускали у дно перевернутої діжки або дерев'яну дощечку зі зрізу колоди.

Назва гри походить від слова dartboard, що означає "мішень". Воно пов'язане з терміном butt, що означає поле для тренування у стрільбі з луқа.

У 1896 році тесля із графства Ланқшир Браян Гемлін розділив мішень на 20 секторів і запропонував нараховувати очки залежно від улучання в них. Але запатентувала гру інша людина – Помас Вільям Бақлі.

На початку ХХ століття дартс виявився у вигнанні,

оскільки азартні ігри в пабах Великобританії було заборонено законом. Власник пабу в місті Лідсі Джим Герсайд довів, що дартс – це вид спорту, а не азартна гра.

Для цього він запросив місцевого коваля Вільяма Енакіна, який, тричі метнувши дротики, поцілив у сектор із номером 20. Жодному з чиновників повторити цього не вдалося.

У 1927 році в Лондоні провели перший турнір із гри у дартс, а у 1954 році з'явилася Національна асоціація дартсу Великобританії.

Зараз для виробництва дартсу використовують різні матеріали. Але найкращим варіантом для диска вважають спресовані волокна агави, що росте у Китаї та Кенії.

Unit 13. Render the article into English.

Чому варто навчитися грати в шахи?

Шахи – цікава і захоплююча гра, що з'явилася дуже давно. На сьогодні гра в шахи – популярне хобі багатьох людей, яке є қорисним. Спробуємо розібратись, у чому ж қористь шахів.

Багатьом відомий фақт, що людина протягом життя виқористовує тільқи невелиқу частину свого мозқу. Гра в шахи сприяє роботі всіх частин мозқу - і лівої, яқа відповідає за логіқу, і правої, яқа відповідає за аналіз і допомагає знайти вихід із різних ситуацій. Граючи в шахи, людина розвиває вміння швидқо приймати рішення, розвиває можливості логічно мислити і передбачати ходи і результати гри у шахи.

Багато хто вважає, що шахи – нудна гра для дорослих і не підходить дітям. Насправді, це одна з кращих ігор, в яку просто необхідно навчити грати дитину, адже у процесі гри дитина отримує навички, які будуть необхідні в її подальшому житті: уважність, поліпшення пам'яті, мислення, цілеспрямованість. Навіть якщо дитина програє, вона починає бачити свої мінуси і плюси, вчитися боротися з невдачами, оцінювати тверезо ситуацію і виправляти свої помилки в грі. Всі навички, придбані за допомогою гри у шахи, допоможуть дитині у прийнятті рішень у дорослому житті.

Варто відзначити, що навчитися грати в шахи не просто, але треба набратися терпіння, сумлінності, бажання, і тоді нічого сқладного в цьому немає. Сьогодні грати у шахи можна яқ з партнером, тақ і за допомогою қомп'ютера. Але з партнером гра набагато ціқавіша і емоційніша.

Unit 14. Render the article into English.

Вплив Баскетболу На Здоров'я Людини

Одним з ігрових видів спорту, яким з метою оздоровлення успішно можуть займатися як чоловіки, так і жінки, є баскетбол. Ця спортивна командна гра з м'ячем завоювала популярність через доступність та змогу зацікавити і полонити як учасників гри, так і глядачів.

У чому ж полягає позитивний вплив на здоров'я занять баскетболом? Гра в баскетбол характеризується великою кількістю різноманітних техніко-тактичних прийомів і високим емоційним напруженням боротьби. Баскетбол – це чудовий вид спорту для всебічного фізичного розвитку. У процесі цієї гри використовують різні види рухової

ақтивності: біг, ходьбу, стрибқи. Приблизно до 40% від загального часу гри в баскетбол припадає на максимальну ақтивність гравців. У середньому за один матч під час занять баскетболом учасник долає близько 7 кілометрів і здійснює близько 20 швидкісних ривків, а також виконує велику кількість стрибків із максимальним зусиллям. Ігрові ситуації, які постійно змінюються, вимагають від учасників гри великого арсеналу рухових вмінь і навичок. У процесі вдосконалення цих умінь досягається значне підвищення рівня фізичної підготовки людини, що має позитивний вплив на здоров'я. При правильній організації занять баскетболом відкриваються велиқі можливості ефеқтивного для оздоровчого впливу на організм. У процесі гри людина виявляє рухову ақтивність, при цьому тренуються органи дихального залози внутрішньої секреції і навіть травна anapamy, система. Особливо важливу роль під час гри відіграють окремі системи, оскільки нервової постійно вони ланқи контролюють і регулюють активність органів того чи іншого апарату. Заняття баскетболом сприяють значному розширенню меж периферичного зору, що має позитивний вплив на швидкість і точність зорового сприйняття. Доведено: при постійних заняттях баскетболом чутливість зорового аналізатора до сприйняття світлових імпульсів відразу після матчу збільшується в середньому на 40%.

Національна Збірна України З Футболу Розпочала Свої Виступи На Євро-2016

Національна збірна України з футболу розпочала свої виступи на Євро-2016 у Франції. Встояти проти чемпіонів світу, німців, нашій команді не вдалося. Дісталося і українським уболівальникам від німецьких фанів.

Фанати України і Німеччини перед матчем збірних опинилися в епіцентрі уваги через бійку. Вчора в Ліллі близько 20 прихильників Бундестіму напали на наших громадян, які сиділи в қафе і співали українські пісні.

Значних пошкоджень ніхто не отримав, але в соцмережах пишуть про декілька українців з розбитими головами і близько десятка затриманих німців. Інцидент змусив поліцію посилити заходи безпеки в місті.

Поєдинок збірних на Лілль Арені змусив затамувати подих. Спочатку значна частина переповнених трибун, яка була вчора синьо-жовтою заспівала гімн до мурашок.

А через кілька хвилин збірна України створила першу можливість для здобуття воріт німців.

Шақий початоқ поєдинқу і неймовірне завзяття футболістів давали право сподіватися на виграш, але чемпіони світу якісніше сқористалися своїми моментами.

Українці теж мали моменти: спочатку захисник суперника вибив м'яч з лінії власних воріт після удару Коноплянки, а потім Андрій Ярмоленко навіть забив, але арбітр гола не зафіксував через положення поза грою.

Я ось німці на останніх секундах вибігли в контратаку і забили другий м'яч.

"Ми самі прекрасно розуміємо, що це була за гра, що нас чекало – так воно і вийшло. Але тепер це вже історія. *Преба* рухатися далі... основне зараз це відновити хлопців. *Преба* психологічно щоб відійшли. Щоб в цьому плані було все нормально. І в функціональному плані", – зазначив Михайло Фоменко, головний тренер збірної України з футболу.

"Знаєте, головне не опускати голову. Я вважаю, найголовніша гра — це друга. Головне — там добути 3 очки і будемо дивитися вперед. А зараз засмучуватися я взагалі не бачу сенсу. Завтра прокинемося, виспимося і проаналізуємо наші помилки. Я думаю, буде все в порядку", — зазначив Коноплянка.

Українські вболівальники також засмутилися рахунком, але не грою. У соцмережах активно обговорюють дії спортсменів, і висловлюють впевненість в успіху в наступних матчах.

"Наші хлопці грали з чемпіонами світу на рівних. Дякую за боротьбу! *Прохи більше футбольної фортуни і перемоги* будуть за нами!" – Висловив надію президент Петро Порошенко.

"Спасибі қоманді за гідну гру проти чемпіонів світу. Головне – не опусқати руқи! Все попереду!" – Зазначив у свою чергу співақ Святослав Вақарчуқ.

"Хлопці, спасибі за хороший матч! З такою грою ми вийдемо з групи!" – Сказав Абромавічюс.

Сьогодні вранці наша збірна з Лілля повернулася на свою базу — неподалік Марселя. Днем у спортсменів заплановані відновлювальні процедури, а на вечір легке тренування.

Unit 16. Render the article into English.

Гра В Настільний *Пеніс - Користь Для Здоров'я I Відмінне* Проведення Часу

Настільний теніс - досить стара гра, тому қористь гри в пінг-понг доведена цілими століттями. Хто першим почав грати в теніс, сьогодні важко сқазати, але існує теорія, що з'явилася ця гра в Англії в 16 столітті. Спочатку грали на відкритому повітрі, потім - на підлозі, ще пізніше - на двох розставлених столах. Це вже потім здогадалися зрушити столи, і гра набула сьогоднішню форму. Завдяки простим правилам і енергійному харақтеру теніс швидко став одним з найпоширеніших спортивних занять. Якщо қільқа десятиліть тому цю гру могли дозволити собі тільки багаті люди, то сьогодні вона доступна всім. Але щоб придбати тенісний стіл і почати грати в теніс, потрібно сформулювати для себе основні причини зайнятися пінг-понгом у себе вдома або в спортивному залі.

Шлях до успіху. Якщо у вас непогано виходить, і ви починаєте вигравати навіть у сильних суперників, потрібно задуматися про спортивну қар'єру. Постійні тренування і старанна робота над собою обов'язково приведе вас до успіху.

Здоровий спосіб җиття. Ви вирішили серйозно зайнятися своїм здоров'ям? *Т*Поді настільний теніс - це яқраз найқраща гра. *Т*Гренування м'язів, швидкі рухи, хороша реақція і, головне, позитивний емоційний ефект - ось всі переваги здорового спортивного способу җиття. Веселе проведення часу. У вас буде відмінний привід побачитися з друзями і відвести з ними душу, відпочиваючи від повсякденних турбот. Ось чим гарний настільний теніс, сқажіть ви, прочитавши цей пунқт.

Насправді, переваг в цій спортивній грі набагато більше. *Пренування серцевого м'яза, поліпшення қровообігу,* поглиблення дихання - всі ці процеси позитивно впливають на організм у будь-яқому віці. Настільний теніс не тільқи розвиває молодий організм, але тақож відмінно підтримує життєвий тонус в похилому віці. *Пому* почати грати в теніс ніқоли не пізно. Головне, полюбити це спортивне заняття і отримувати насолоду від процесу гри в настільний теніс.

KEÝS

<mark>Unit 1</mark>

Task5. 1T; 2F; 3F; 4T; 5F; 6T; 7T; 8T; 9F; 10F; 11T; 12T.

Task6. 1.Dancing; 2.Pilates; 3.Martial arts; 4.P.E.; 5.Muscles; 6.Nutrition; 7.Self-defense; 8.Endurance.

Task7. 1c; 2a;3b; 4b; 5a; 6a; 7c; 8b; 9a; 10c.

Task 8 1.PE; 2.60min; 3.sedentary living; 4.physical inactivity; 5.overweight / obesity / other chronic diseases; 6.healthy active lifestyle / physical fitness / movements and behavioural skills / be attentive during class and improve academically; 7.no; 8.Elementary students – 150 min. / wk; secondary students – 225 min / wk; 9.Inadequate schedules / poor equipment / limited space / lack of certified P.E. teachers / no specific curriculum; 10.check the standards of P.E. / the quality of P.E. program / annual review of P.E. program / do out-of class activities.

<mark>Unit 2</mark>

Task2. 1f; 2i; 3h; 4b; 5m; 6d; 7n; 8g; 9l; 10a; 11e; 12c; 13o; 14j; 15k.

Task3. 1.hygiene; 2. boost; 3. equipment; 4.key advantage; 5.fair play; 6.leisure; 7.partake; 8.affective; 9.compulsory; 10. prowess.

Task5 1F; 2F; 3T; 4T; 5T; 6F; 7T; 8T; 9T; 10F.

Task6 1.Fair play; 2.Hygiene; 3.Competitive; 4.Partake; 5.Compulsory; 6. Prowess; 7.equipment; 8.athletics; 9.leisure; 10.Improve.

Task7 1b; 2c; 3c; 4a; 5b; 6a; 7b; 8c; 9c; 10a.

<mark>Unit</mark> 3

Task3. 1.kept himself fit; 2.unhealthy habits / give up; 3.sedentary lifestyle; 4.stroke; 5.obesity; 6.diseases; 7.overweight; 8.balanced meals; 9.moderate physical activity; 10.avoid anxiety.

Task5. 1F; 2F; 3T; 4T; 5T; 6T; 7F; 8F; 9F; 10F; 11T; 12F.

Task6. 1a; 2b; 3c; 4b; 5a; 6c ; 7b; 8a; 9c; 10a.

Task10. a healthy lifestyle; keep their fit; become healthier; balanced meals; be overweight; morning exercises, running; avoid bad habits; reduce; diseases; better and healthier.

Task13. Includes physical activity & regular exercise, contributes to physical, mental and social well-being / physical, mental and social / good physical health, physical challenge, increases fitness, improve performance / mix with others, meet current friends, meet new friends, develops your teamwork and cooperation, work with others / relieves stress, get enjoyment of life, makes you feel good.

<mark>Unit 4</mark>

Task4. 1F; 2T; 3F; 4F; 5F; 6T; 7T; 8F.

Task6. 1.c; 2. a; 3. c; 4.b; 5.c; 6.a; 7.b; 8.b

Task7. healthy, fit, lose weight, put on weight, bad for you, unhealthy, good for you, healthy diet, exercise, keep fit, unfit.

<mark>Unit 5</mark>

Task 3

All the year round many people indulge in boxing, wrestling, gymnastics and track and field events. Scores of young girls and women go in for callisthenics. Over the last few years aerobics has become popular with young girls and women. Aerobics helps them to be slim, healthy and strong. The interest for it greatly increased thanks to Jane Fonda, a prominent American actress, the founder of this kind of sport. This woman may serve as an impressive example of inexhaustible health, cheerfulness and beauty. Being a great enthusiast of aerobics she has been trying to initiate many women all over the world into this sport.

Task 5 1F; 2F; 3F; 4F; 5T; 6F; 7T; 8F; 9T; 10T

<mark>Unit 6</mark>

Task 6. 1. extreme sports; 2.bungee jumping, rope, hits the ground; 3. skysurfing x^2 ; 4. mountain biking, mountain bikers; 5. extreme skiing, slopes; 6. ice diving x^2 ; 7. skysurfing, board, surf.

Task7. 1.a. excited; 2.b. 10 years; 3.c. bridges; 4.a.gymnastics; 5.b. surfing; 6.b. very dangerous; 7.c. a mountain river; 8.c. walk upside down under the ice.

Task 11. take up= start doing, be into = be interested in, turn up = arrive, back out = not do it, go through with it. = do (it) as planned, put on = wear, set up = organise, get across = explain

<mark>Unit 7</mark>

Task5. ski resort, snow plough, ski field, slopes, go skiing, skiing equipment, curved skis, helmet, ski shoes, goggles, ski pass, cable car, chair lift, mogul slope, short radius turns, snow plough breaking.

Task 7.

Gordon: a. skiing Gordon: c. skis Gordon: a. ski boots Gordon: b. goggles Gordon: c. snowboarding Gordon: b. snowboarding Gordon: b. off-piste skiing Michaela: c. moguls Michaela: a. an avalanche

Task7. 1.c; 2. a; 3. b; 4.b; 5.a; 6.a; 7.c; 8.b; 9.a; 10.

Task 8 1.PE; 2.60min; 3.sedentary living; 4.physical inactivity; 5.overweight, obesity, other chronic diseases; 6.healthy active lifestyle, physical fitness, movements and behavioural skills, be attentive during class and improve academically; 7.no; 8. Elementary students – 150 min. / wk, secondary students – 225 min / wk; 9.

Inadequate schedules, poor equipment, limited space, lack of certified P.E. teachers, no specific curriculum; 10.check the standards of P.E., the quality of P.E. program, annual review of P.E. program, do out-of class activities.

<mark>Unit 8</mark>

Task 2.

Flat racing - horses gallop directly between two points around a straight or oval track.

Jump racing or Steeple chasing - horses race over obstacles.

Harness racing - horses trot or pace while pulling a driver in a sulky.

Endurance racing - horses travel across country over extreme distances, generally ranging from 25 to 100 miles (40 to 161 km)

Task5. horse race, held, track/dirt track, race, holiday, racegoers, atmosphere, clothes, gamble, bet, horse, held, fancy hats, race, race

Task6. 1c; 2a; 3b; 4a; 5c; 6a

<mark>Unit 9</mark>

Task 5. 1F; 2T; 3F; 4T; 5F; 6T; 7T

Task 6. 1.martial arts; 2.Aikido; 3.Taekwondo; 4.Karate; 5.Judo; 6.Kung fu; 7.Taekwondo

Task 9. 1 soft style and hard style; 2 Kung fu; 3 more in circles in a softer fashion; 4 hard style; 5 is a system of mixed martial arts

<mark>Unit 10</mark>

Task 2. A clenched fist; B mouth guard; C contest; D headguard; E scoring areas; F combatant; G prostrate; H canvas; I to hone

Task 5. 1T 2F 3F 4T 5F 6F 7T 8F 9F 10T 11T 12F

Task 6. 1 toughness; 2 Contests; 3 resilience; 4 agility; 5 Mouth guards, groin guards; 6 Bouts, headguards; 7 hone; 8 knockdown

Task 7. 1c; 2a; 3b; 4a; 5c; 6a; 7c; 8a; 9b; 10a

Task 11. 1d; 2c; 3c; 4b; 5b; 6b; 7d; 8c; 9b; 10c

<mark>Unit 11</mark>

Task 2 1m; 2h; 3b; 4c; 5o; 6n; 7t; 8r; 9d; 10g; 11j; 12p; 13f; 14k; 15l; 16q; 17i; 18s; 19e; 20a

Task 3 1 tolerance; 2 reduce; 3 posture; 4 well-being; 5 stretch; 6 joints; 7 primed; 8 promotes; 9 holding; 10 bone

Task 5 1T; 2F (Kripalu yoga); 3T; 4T; 5F(vice versa, it helps); 6T; 7F (Bikram yoga); 8T; 9T; 10F (many styles, but 6 main branches

Task 6 1primed; 2goal; 3reducing; 4well-being; 5adherence; 6posture; 7joints; 8inward; 9sequences; 10stretching

Task 7 1c; 2a; 3b; 4b; 5c; 6a; 7a; 8c; 9a; 10c

Task 8 1yoga; 2the mind-body exercise; 3that it has helped them relieve stress or get rid of chronic physical pain; 4It builds strength; 5that yoga has a marked effect on muscle flexibility strength which shows up as early as 12 weeks; 6yes; 7It improves heart health; 8yes; 9no, vice versa, it helps; 10to people with chronic back pain; 11helps lose weight; 12up to 284 calories; 13help reduce stress just like meditation; 14reduce anxiety stress and depression, improves sleep.

Task 11 1Tree pose; 2Child's pose; 3Lotus pose; 4Mountain pose; 5Boat pose; 6Warrior II pose; 7Cat pose; 8Warrior I pose; 9Triangle pose; 10Cow pose

<mark>Unit 12</mark>

Task 2 A Soft tip dartboard; B target; C feathered arrow; D steel tip dartboard; E accuracy; F precision; G outer bullseye; H inner bullseye; I to throw

Task 3 1 раунд; 2 точність; 3 дошка для гри в дартс; 4 кільце подвоєнь; 5 стріла у вигляді пера; 6 на користь; 7 "яблучко"; 8 зовнішня сторона "яблучка"; 9 чіткість; 10 набирати очки; 11 гострий дротик; 12 безпечна мішень; 13 магнітна мішень; 14мішень; 15 кидати; 16 збільшити вдвічі; 17 завершити; 18 попасти в ціль; 19 збільшити втричі; 20 кільце потроєнь **Task 5** 1T; 2T; 3F earns no score; 4F to 20; 5T; 6F outer bullseye; 7F outer edge; 8T; 9T; 10F 3 darts; 11T; 12T; 13F zero; 14T; 15T

Task 6 1throws, double; 2darts, throwing; 3double field, scores; 4darts tournament; 5leg; 6dartboard; 7hit a triple; 8bullseye; 9target

Task 7 Classic 301

1 Players: Any, but usually two players or two teams.

2 Numbers in Play: All the numbers are in play, but 19 and 20 will quickly get you to zero like a hero.

3 Rules: Each player/team starts with 301 points.

4 The goal is to reach zero, exactly, by subtracting the amount you score in a turn from the number you have left.

5 Before you start subtracting though, each player/team has to 'double in', i.e. hit any one of 21 possible doubles including the double bull.

6 To end the game, players also need to double out.

7 *Example:* if you're on 28, you'll need to throw a double 14 to reach zero, and if you hit a single 14, your next target is a double 7.

8 Hitting more pints than you have left to get to zero will get you 'busted', this is not what you want.

9 That means the turn is over and next time it's your turn you'll start again from your previous score.

Task 8. 2 A: to all of these games; 6 B: earns no score; 1 C: dart games easy to play; 3 D: takes a turn in;

8 E: in a double or the bullseye; 7 F: in the double or treble ring; 4 G: throw one dart at a time; 5 H: to the total of all three darts

Task 9. 1 Darts is a fun game to play with friends where everyone tries to get their score down to zero.

2 A dartboard is numbered from 1 to 20 in non-sequential order around the outside of the board.

3 He adds that number of points to his score.

4 If he lands a dart in the small outer red or green section next to a number.

5 He adds triple that number of points to his score.

6 The circle in the center of the dartboard.

7 The bullseye is split into two sections: a green outer section gives 25 points and a red intersection gives 50 points. 8 dart game '01'

9 The goal of the game is to get your score down to zero by subtracting the points you score on the dartboard.

10 At the beginning of the game each player takes turn throwing a dart at the dartboard. Whoever gets closest to the bullseye, goes first. On a player's turn they get three throws.

11 In order to reach zero points a player must reach exactly zero with no points left over and the score that brings them to zero must be a double. For example, if a player has 18 points left, they would need to score a double nine in order to win. Whoever gets down to zero first, wins the game.

<mark>Unit 13</mark>

Task 5. 1F; 2F; 3F; 4T; 5T; 6F; 7F

Task 6. 1.checkmate; 2. chess; 3.squares; 4.white; 5.capture; 6.chess piece; 7.queen

Task 9. four center squares; the center; four squares; the center; the game; control; our points; piece; the knight; king; to castle; controlling; development; safety

<mark>Unit 14</mark>

Task 5. 1T; 2T; 3F; 4F; 5T; 6F; 7T; 8T; 9F; 10T

Task 6. 1.The NBA; 2.the whistle; 3. basketball, court; 4.jump ball; 5. Points, hoop; 6. passing, throwing, dribbling; 7. break; 8. winners

Task 7. 1.d; 2.d; 3.b; 4.c; 5.a; 6.c; 7.b

Task 8. 1. to score more points than the opposing team; 2. 15 players; 3. 2 forwards, 2 guards and a center; 4. tip off; 5. up to 24 seconds; 6. you can either pass the ball to a teammate or dribble the ball; 7. a player must shoot the ball into the opponent's basket; 8. if you've not shot the ball within 24 seconds, a shot clock violation is called; 9. double dribble, travelling, three in the key, charging, kicking, palming; 10. 3 types; 11. when a player commits illegal contact against another player; 12. when a player has made violent contact against another player; 13. technical fouls can be awarded for fighting or abuse from players and coaches against referees.

<mark>Unit 1</mark>5

Task 1. Song transcript. Cesont les meilleureséquipes Essind die allerbestenMannschaften

The main event

Die Meister Die Besten Les grandeséquipes The champions

Unegranderéunion EinegrossesportlicheVeranstaltung The main event

Die Meister Die Besten Les grandeséquipes The champions

Ilssont les meilleurs Siesind die Besten These are the champions

Die Meister Die Besten Les grandeséquipes The champions

Task 6.

Tackling 2. League 3. Striker 4. Assistant referee 5. Fouls
 Goalkeeper 7. Pitch 8. Corner kick

Task 7.

- 1. c. the World Cup game.
- 2. a.rectangular
- 3. c. to help players see the ball.
- 4. b. the white lines are used to keep players safe.
- 5. b.Celtic
- 6. a.Old Trafford (Manchester).

7. a. Alan Shearer
 8. a. Brazil
 9. c.Real Madrid
 10. c. Zinedine Zidane

<mark>Unit 16</mark>

Task 2. A receiver; B a let; C rally; D to strike with the racket; E to volley; F hand-eye coordination; G service; H error; I server

Task 5. 1F; 2T; 3T; 4F; 5F; 6T; 7F; 8T; 9F; 10F; 11F;12T

Task 6. 1hand-eye coordination; 2serves, striking it with the racket; 3bounce, receiver; 4swap; 5volleying; 6forced, error; 7rally; 8consecutive

Task 7. 1c; 2a; 3a; 4c; 5a; 6c; 7c; 8b; 9b; 10c

Task 11. 1B; 2B; 3A; 4A; 5A; 6A; 7C; 8A; 9B; 10A; 11B; 12A; 13D; 14A; 15C

TAPE AND VIDEO SCRIPTS

Unit 1

Help! We need physical education!

PE is the only time in school that we get to be active, learn to move, and get fit. We used to have PE everyday and now we only have it once a week - if at all. I know you want us to study, but we need to move too. When we sit too much, we can't concentrate. Adults should remember that we are kids and that too much sitting isn't healthy. If we were more active, we would learn better. We need more PE!

Hi, I'm Dr. Thom McKenzie. Physical education is the main source of physical activity for children during the school day. Parents and other adults, including teachers and school board members, play an important role in ensuring that children have regular access to physical education and that children get enough physical activity.

Here are some facts.

Health authorities recommend children get at least 60 minutes of moderate to vigorous physical activity daily. Most children do not get enough.

Sedentary living is one of the most challenging, public health problems.

Physical inactivity is the 4th leading cause of death. Sedentary children are at risk for overweight, obesity, and other chronic diseases. Meanwhile, children are in school for over six hours per day, 9 months a year, for 13 years. And most of this time, they are forced to sit.

Research is showing that physical education programs are essential in helping children accrue physical activity minutes. Physical education promotes healthy, active lifestyles, increases physical fitness, and teaches important movement and behavioral skills.

There is also growing evidence that physical activity helps children be attentive during class and improve academically.

The National Association for Sports and Physical Education, NASPE, recommends that elementary students get 150 minutes of physical education weekly. Secondary school students receive 225 minutes. The majority of students do not receive this.

Barriers of quality of physical education include inadequate schedules, limited equipment and space, and lack of certified physical education teachers.

Many programs do not have a specific curriculum and very few are evaluated regularly. Barriers such as these keep physical education from playing a major role in promoting physical activity and contributing to academic goals.

Large-scale studies have produced evidence-based physical education program and these are available for adoption. The Center for Disease Control and Prevention and the Partnership for Prevention have identified some of these programs, which include SPARK, Catch, and Planet Health.

So, what can caring adults do? First, see if the minutes allocated for physical education at school are reaching national standards. Second, determine if the existing physical education program is a quality one. It should provide lots of time for physical activity, physical fitness, skill development, and promote activity outside of class. Third, determine if the program uses an activity-based curriculum. If it does not, advocate for an evidencebased program. Fourth, advocate for an annual review of the physical education program. Fifth, advocate for physical activity throughout the school day, including physical education, recess, and active transport to school.

Unit 2

Hi, I'm Nick Webster and I'm here to answer the question 'What are two advantages and disadvantages of children's participation in sports?'

The first advantage has to be a physical activity. Anytime a kid is running around that's got to be a good thing. There's a worldwide obesity problem and we want our kids to be as physically active as possible. If you think about this aspect, every ten pounds of overweight – that's fifty pounds of pressure on your knees. The second advantage is social skills. Sport is so important for bringing kids together. Not only communication, camaraderie, teamwork but also life lessons – winning and losing. This is something they'll carry through for the rest of their lives. This is as great as sports are.

There are some disadvantages. The number one being injuries. How many times have you pulled a muscle, strained a ligament and worst case in our as even broken limb? The key – be safe. Parents and coaches put your kids in a safe environment where they can really thrive. And the second disadvantage is burn out. "How many times have you seen a kid who was absolutely amazing at seven years old? But by the time he's 10, he's completely fallen out of love with the sport. Once again, parents and coaches make sure that you put your children in a sport where they can develop at the appropriate pace.

Unit 3

Benefits of a Healthy and Active Lifestyle

Hello. Welcome to the PQ presents overlooking "A healthy active lifestyles and how they can benefit you". So it's very simple. What constitutes healthy and active lifestyle?? A lifestyle that contributes positively to physical, mental and social well-being and includes regular exercise and physical activity. Okay, so. What are the benefits of healthy and active lifestyle? Very simple really there are physical benefits, mental benefits and social benefits. Let's look at physical benefits. Okay, so. you can contribute to good physical health which is important in everyone's stage of life. You may know physical such as extreme sports like rock climbing shown here. Also, you can increase fitness and finally you can improve performance for those elite athlete or people who play sport, who want to improve. Okay, so another social benefit's very simple really. You can mix with others, meet current friends or make new friends. Also, it develops teamwork and cooperation, helps you work with others. So, now of the mental benefits. It relieves stress, gives you an enjoyment of life. It makes you feel good.

Okay, so look if we've covered everything. Not quite, we've missed one thing: aesthetic appreciation - seeing beauty in performance. Now that could be anything from the Swedish struck gold in football to the perfect swing golf, or to some amazing gymnastics. So it looks like we've covered everything under healthy active, lifestyles and how they can benefit you.

So let's move on to the next unit.

Unit 4

6 Foods You Should Never Eat | Healthy Food

There are six foods that you should never eat. The top foods you should never eat are high fructose corn syrup which causes your liver to be put under a lot of stress and produce more fat cells. High fructose corn syrup is metabolized in a very different way so you want to completely avoid high fructose corn syrup. Another food to avoid is cottonseed oil. Now cottonseed oil is found in a lot of processed snack foods, packaged foods, chemicalized junk foods. Cottonseed oil is not a food. It's not a food plant that we're traditionally exposed to as human beings. Because it's not a food crop. It can be sprayed with all kinds of pesticides and fertilizers that aren't allowed on food crops. So avoid the cottonseed oil. The next food that you should avoid is farm raised salmon. Farm raised salmon is given

a lot of chemicals, a lot of antibiotics, growth hormones that end up coming into your body when you consume it. Another food that you should always avoid are canned tomatoes. Canned tomatoes come in cans that are lined with a chemical known as BPA which is a hormone disruptor. You don't need anything else disrupting your hormones. Another food you should always avoid is microwaved popcorn in those prepackaged bags. Those bags are lined with chemicals that are linked to all kinds of cancers. You do not need extra chemicals in your popcorn. What you can do instead is for a few bucks extra buy yourself an air popper. It's much cheaper over time, and you're avoiding all the chemicals. And the last food that you should always avoid is nonorganic dairy products. Dairy animals are raised with lots of antibiotics and growth hormones. You do not need the added chemicals in your body. If you do consume dairy you want to get only organic dairy products.

Unit 5

The ancient Greek sports.

From Sanger Academy.

The ancient Greeks lived around the Aegean Sea. That's a map of the Aegean Sea. What did the Greeks like to do? The Greeks loved sports among other things. People who do sports are called athletes. Only Creek men did sports. Ancient Greek women were often disallowed from sports and the men competed naked! If that bothers you, better stop watching this video now. Every four years, Greeks met at the town of Olympia to see who was best at sports. This was called the Olympics. The Olympics have been revived as you probably know. With their fists they boxed — they fought to see who was toughest. With horses and riders (called jockeys), they had horse races to see which horse was fastest. With horses pulling chariots, they did chariot racing to see which chariot could go fastest. They had a big sporting event called the pentathlon. The athletes did five sports: discus throwing; the javelin throwing (that's this spear of thing here); jumping; running and wrestling. In the first part of the pentathlon, the athletes threw this, which is called a discus, to see who could throw the discus farthest. And there is a discobolus. That's a famous statue. In the second part of the pentathlon, they threw this spear, called a javelin to see who could throw the javelin farthest. And the third part of the pentathlon, the athletes jumped to see who could jump farthest. In the fourth part of the pentathlon, they did a running race to see who could run fastest. And in the fifth (and last) part of the pentathlon, they wrestled — to see who was toughest. Who won a wrestling match? The man who threw the other man down on the ground, three times.

Unit 6

What are the martial arts styles?

Hi everybody! I'm John Graden, executive director of the martial arts teacher's association and an eighth degree black belt. I'm excited to be here today with you. Let's talk a little bit about the origins of the martial arts. Today the rage of course is mixed martial arts and that is going to be the future but in order to have mixed martial arts you have to have separate martial arts. And we have a variety of styles and part of the martial arts tradition is to look forward but honor our past so let's do that right now. There are two primary categories of martial arts, striking martial arts. One is a soft style and the other is the hard style. The soft style probably is where the origins of the martial arts began and that would be the Kung Fu or Gung Fu systems. The difference is that hard styles are very straight and linear and soft styles tend to work more in circles in a softer fashion. So the Kung Fu system is also typically more internally based than some of the other systems so the soft style of Kung Fu is a circular system. On the straight hard line styles our origins are in Okinawan karate which is a very traditional strong system that emphasizes blocking and then countering. They like to let you make the first move, capitalize on your mistake and make you pay for it.

Out of Okinawan karate came Japanese karate, shotacon, pioneered by the great Gichin Funakoshi in the early 1920's. That's a very straight linear driving forward kind of style, just like the Japanese, very simple, very powerful and right to the point. The fourth major system is one of the later ones and this was developed in the 1950's and this is Tai Kwan Do or the various Korean systems of martial arts and they emphasize kicking. The beauty of kicking is that your leg is a lot stronger than your arm. It is a lot longer than your arm so it is a very effective weapon if you can keep your opponent at bay. In the 70's we started to merge these together, actually the origins of mixed martial arts into a system that is called kickboxing. Kickboxing at the time took all the best of all the various styles and applied them in a kickboxing ring with gloves, with rules, and started to develop the sport that I think today has led to the mixed martial arts that we all enjoy on television and of course on the internet. So there is an overview of the various systems of martial arts all four of those, or five of those have deep subsystems and family trees and it is quite, it is like roots going everywhere. So it is exciting, it is interesting, but again we want to look with the future of mixed martial arts but always honor our past. I'm John Graden and we'll see you again at johngraden.com. Thank you.

Unit 9

What the martial arts styles are

Hi everybody! I'm John Graden, executive director of the martial arts teacher's association and an eighth degree black belt. I'm excited to be here today with you. Let's talk a little bit about the origins of the martial arts. Today the rage of course is mixed martial arts and that is going to be the future but in order to have mixed martial arts you have to have separate martial arts. And we have a variety of styles and part of the martial arts tradition is to look forward but honor our past so let's do that right now. There are two primary categories of martial arts, striking martial arts. One is a soft style and the other is the hard style. The soft style probably is where the origins of the martial arts began and that would be the Kung Fu or Gung Fu systems. The difference is that hard styles are very straight and linear and soft styles tend to work more in circles in a softer fashion. So the Kung Fu system is also typically more internally based than some of the other systems so the soft style of Kung Fu is a circular system. On the straight hard line styles our origins are in Okinawan karate which is a very traditional strong system that emphasizes blocking and then countering. They like to let you make the first move, capitalize on your mistake and make you pay for it. Out of Okinawan karate came Japanese karate, shotacon, pioneered by the great Gichin Funakoshi in the early 1920's. That's a very straight linear driving forward kind of style, just like the Japanese, very simple, very powerful and right to the point. The fourth major system is one of the later ones and this was developed in the 1950's and this is Tai Kwan Do or the various Korean systems of martial arts and they emphasize kicking. The beauty of kicking is that your leg is a lot stronger than your arm. It is a lot longer than your arm so it is a very effective weapon if you can keep your opponent at bay. In the 70's we started to merge these together, actually the origins of mixed martial arts into a system that is called kickboxing. Kickboxing at the time took all the best of all the various styles and applied them in a kickboxing ring with gloves, with rules, and

started to develop the sport that I think today has led to the mixed martial arts that we all enjoy on television and of course on the internet. So there is an overview of the various systems of martial arts all four of those, or five of those have deep subsystems and family trees and it is quite, it is like roots going everywhere. So it is exciting, it is interesting, but again we want to look with the future of mixed martial arts but always honor our past. I'm John Graden and we'll see you again at johngraden.com. Thank you.

Unit 10

Congratulations Oleksandr Usyk – The New Undisputed World Heavyweight Champion

This is Rummy's Corner.

Say it with me now:

I don't know about boxing. And the NEW undisputed world heavyweight champion, the great Oleksandr Usyk!

Oleksandr the Great, indeed! What a helluva fight, what a brave effort from both champions, and a lot of boxing history here in the making from Usyk! For the first time since the great Lennox Lewis last held the distinction more than 24 years ago, we actually have an undisputed world heavyweight champion. Lennox reigned supreme back in the 3-belt era, which feels like a lifetime ago now - and this marks Usyk as the first undisputed King during the modern 4-belt era.

From John L Sullivan way back in the day, to Oleksandr Usyk today, we also have a new lineal world heavyweight champion, Usyk being the man to beat Fury, who had not lost since he dethroned long reigning heavyweight champion Wladimir Klitschko nearly 9 years ago now.

Usyk likewise has become only the second boxer in history to become both the undisputed world cruiserweight champion AND the undisputed world heavyweight champion, putting him in very exclusive company with Evander "Real Deal" Holyfield. And interestingly enough, this also happened to be the first undisputed heavyweight world championship bout since 1990 that did not feature the Real Deal, who himself was involved in SEVEN fights for the undisputed world heavyweight crown. On top of all that, in today's boxing landscape, we have guys like Terence Bud Crawford and The Monster Inoue - two of the absolute best pound for pound boxers in the world today! But honestly, after that performance with a victory of this magnitude with all of the accompanying historical accolades that come with the territory, I for one believe Usyk perhaps has the best case as the Pound for Pound King of Boxing today, and that really IS saying something, because Crawford and Inoue are truly awesome in their own right.

For my quick take on the fight, I thought Usyk came out super determined and did better work in the first two rounds, both of which I thought were close. Both were doing some nice body work, and Fury was making Usyk come to him, and Usyk was happy to oblige.

Fury started jabbing better in round 3, and I thought Fury was beginning to build some momentum, doing some wonderful work downstairs, and by making Usyk come to him, he was able to catch Usyk with some nice straight rights and some good uppercuts, while still unleashing a stellar body attack consistently. I thought Fury won rounds 3 through 7, although Usyk started coming on stronger late in the 7th. In round 8, however, Usyk took back command of the fight, and he was making Fury work hard and applying immense pressure and throwing sharp punches with pinpoint accuracy. He unloaded on Fury in round 9, and Fury was badly hurt and dropped, and to his credit he got up and made it to the final bell.

Fury's famous recuperative powers were on display, and he began making a fight of it again, but I thought Usyk took the 10th and 11th rounds, and the 12th round was a close one that I perhaps generously scored for Fury, but that didn't matter, because I already had Fury down 2 points going into the 12th and final round. So I scored it 114 to 113 for Usyk, where I thought there were 4 very close rounds that maybe could have gone either way, and 4 rounds I thought each guy won more clearly. But the incredible knockdown in round 9 made the difference here between an Usyk victory and a draw. And as Wlad said, Usyk went from 0 to 100 when he laid it on Fury to score that magnificent knockdown. So as someone who confidently long believed that Fury would beat Usyk, I thought Usyk undoubtedly deserved to win. It was a tremendous victory and an admirable effort from both proven warriors, in a fight that lived up to its lofty expectations as far as I'm concerned. Congratulations to Oleksandr Usyk, and best of luck to both Fury and Usyk! Bring on the rematch.

Thank you very much for watching everyone, I hope you enjoyed, and have a wonderful night. This is Rummy's Corner. You know, Quasimodo predicted all this.

Unit 11

7 Science-Based Benefits of Yoga

Today's topic is 7 science-based benefits of yoga that you should know. You might have been recommended yoga at some point in your life with promises that it will change your life. The mindbody exercise is currently practiced all around the world with people claiming that it has helped them relieve stress or get rid of chronic physical pain. While some of yoga's purported benefits may be exaggerated the exercise does have scientific support with that in mind. Here are seven science-based benefits of yoga that you should know.

1 It builds strength. Yoga movements help build muscle. It builds strength. Strength by using the body's weight as a form of resistance, holding the poses and moving through them. While doing yoga also helps you build endurance. A 2015 study conducted in China found that yoga has a marked effect on muscle flexibility strength which shows up as early as 12 weeks. While yoga does work the entire body more strenuous forms of exercise do more to strengthen muscles.

2 It increases flexibility and improves. It increases flexibility and help keeps balance. Flexibility and balance are essential for the body to move and function efficiently. The former keeps your muscles from pulling against the bones. While having solid balance is important to ensure you avoid injuries by slipping and falling. Studies have shown that biweekly yoga sessions helped male college athletes improve their flexibility and balance in just 10 weeks.

3 It improves heart health. While yoga does not make your heart pump like a cardio exercise it can still help improve your heart health. Moving through positions and maintaining them against the resistance of your body weight does work the heart and helps build cardiovascular endurance.

4 It helps relieve arthritis symptoms. Arthritis causes pain and stiffness in joints due to inflammation which can affect physical function and make it difficult and painful to move. Yoga can help relieve arthritis symptoms since it makes the body more flexible and does not require you to put extra strain on your body. You just need to move with your body weight making it easier to exercise without pushing yourself too much.

5 It can heal back pain. Yoga has long been recommended to people with chronic back pain. Back pain is linked to bad posture which affects the spine by tightening the muscles around it. Yoga not only makes those muscles more flexible but it also keeps your joints aligned and less tense which helps improve posture.

6 It can help lose weight. Yoga might not be as intense as cardio exercises but it does help you lose weight. An hour of power yoga can help you burn up to 284 calories which together with a balanced diet can help you slim down and maintain your weight.

7 It can help reduce stress. The breathing techniques employed in yoga can help reduce stress just like meditation. It can help you improve your quality of life by reducing anxiety stress and depression. Yoga can also help improve sleep along with all these.

Unit 12

How to Play Darts

Darts is a fun game to play with friends where everyone tries to get their score down to zero by throwing darts at different parts of the dartboard. A dartboard is numbered from 1 to 20 in nonsequential order around the outside of the board. If a player lands a dart in one of the scoring points yellow or black sections next to a number, they add that number of points to their score. If they land a dart in the small outer red or green section next to a number, they score double that number of points. If they land a dart in the small inner red or green section next to a number, they add triple that number of points to their score.

The circle in the center of the dartboard is called the bullseye. The bullseye is split into two sections: a green outer section and a red intersection. If a player lands a dart in the green outer section, they score 25 points. If they land one in the red intersection, they score 50 points.

One of the most common dart games is '01'. In '01' each player starts with a score that ends in 01 usually 301 or 501. The goal of the game is to get your score down to zero by subtracting the points you score on the dartboard. At the beginning of the game each player takes turn throwing a dart at the dartboard. Whoever gets closest to the bullseye, goes first. On a player's turn they get three throws. After their third throw they add up all of the points they scored and subtract that from their current score. Players take turns throwing their three darts and trying to get down to zero points.

In order to reach zero points a player must reach exactly zero with no points left over and the score that brings them to zero must be a double. For example, if a player has 18 points left, they would need to score a double nine in order to win. Whoever gets down to zero first, wins the game.

Unit 13

3 Basic Opening Strategy Principles / Chess

Hi! My name is Rebecca Tax and I'm with chess NYC and I'm going to talk to you today about the three principles to opening strategy. So when we get to the game we're always like Oh what do I do, there's so many pieces, I don't know how to start. Well I'm going to give you three steps that are going to help you create a strong confident opening. First thing that we need to understand is these four center squares. These are considered are super squares because this is where the center of the board is the control set. For example if I have my knight in the center of the board my night can control up to eight different squares: one, two, three, four, five, six, seven, eight. We can see that this is a very strong place for my night. If I have my night on the side of the board it can only control up to four squares: one, two, three, four. Therefore my night is stronger in the center whereas most pieces are stronger in the center of the board. So at the beginning of the game we want to think about center control. First thing we can do is try and get our points into the center. Very important to try and get a point to control the center. The next important step that we want to focus on is piece development. Now I like to think about my pieces is they are working for me. I want to give my pieces of job. If they're sitting back here they're not happy and they're not doing anything. So my next step is to bring my pieces out and have them working for me. Usually we bring up the night before the bishops. So I can bring my knight to f3 and my other Knight to c3 and then I'm bringing them towards the center. Notice how I did not bring my Knight to h3 that would not be a good choice towards the center. Next I want to bring my bishops out. Again towards the center controlling the center squares. The next step that we always want to consider is king safety. Very important. I like to consider the king like a baby. The reason I consider the king of a baby is because we always want to protect their babies. Just like we always want to protect our king. Therefore, the best way to protect your king in the beginning of the game is to castle. Now we have

two places, two ways that we can castle. You can either castle on the king side or on the queen side. Right away I can see that I can castle on the king side. To castle I move my king two spaces and then bring my rook to the other side. And now my king is stuck behind a little fortress or to keep with the theme of a baby a crib and it is protected and safe. Just to review the three important principles are controlling the center, piece development and king safety. Those are the three things that we can do at the beginning of the game to go into the middle game confidently.

Unit 14

The rules of basketball

The object of the game is for your team to score more points than the opposing team. Teams are made up of 15 players, with 5 players on the basketball court at any one time. They consist of two forwards, two guards and a center. The game starts with a tip off. Once someone has won possession of the ball, they have up to 24 seconds to shoot the ball towards the opponent's basket. These baskets are 10 feet above the ground on a court that's generally about 94ft long by 50ft wide (in the NBA), and varies depending on where you play. To move the ball up the court, you can either pass the ball to a teammate or dribble the ball, where you bounce the ball up and down repeatedly whilst in motion. To score points, a player must shoot the ball into the opponents' basket. You get two points for any shots scored within this arc. If a player scores from a shot outside this arc, this scores three points. Any free throws that are awarded to your team scores 1 point. Failure to shoot the ball within 24 seconds results in a shot clock violation, and the other team is awarded possession of the ball. The opposing team will try and take the ball off you by either blocking shots, rebounding a missed shot, or by stealing the ball away from an opposing player so that they can score themselves.

The game is played in 4 x 12 minute quarters in the NBA, 4 x 10 minute quarters Internationally, or 2 x 20 minute halves in

NCAA. The highest score at the end of time wins. There are no ties in basketball, so if the scores are tied at the end of regulation, overtime periods will be played to determine the winner. Wow, that was the shortest video ever! Unfortunately, it doesn't stop there. Whilst basketball is an easy game to understand, I've just explained the basic concept of the game. There are a lot of things in basketball that you're not allowed to do. So to make it easy for you to understand, there are generally two types of things you can't do: violations and fouls.

Violations are generally called when you break one of the rules. The main violations include: Shot clock violation – as earlier stated, your team has 24 seconds in which to shoot the ball. If you've not shot the ball within this time, a shot-clock violation is called and the ball is awarded to the other team. Double Dribble - In basketball, you are only allowed to dribble the ball and stop once. If a player then begins to dribble again, this is known as double dribble, and the ball is awarded to the other team. Travelling – If a player takes too many steps without dribbling the ball, this is travelling, and (surprise surprise) the ball is awarded to the other team. Three in the key - A player cannot stay in the key, which is this section of the court, for more than three seconds. Charging – A violation in which an attacking players runs into a stationary defender. Possession of the ball is then awarded to the defending team. There are other violations that I've included a brief description of here, but the ones I previously mentioned are the ones you're most likely to encounter in the game.

FOULS Fouls are the most complicated thing to understand in basketball, but I'll try and explain this in the easiest way I know how. Personal Fouls occur when a player commits illegal contact against another player. Imagine two players, an attacking player with the ball, and a defending player without the ball. Now imagine two giant cylinders that surround them that extend from the floor to the ceiling. Neither of those two players is allowed to encroach into each other's cylindrical space. If an attacking player makes contact with a defender in his space, then it's called an offensive foul against the attacker. If a defender makes contact with an attacker in his space, then it's called a defensive foul against the defender. Any foul in the act of shooting results in free throws being awarded to the attacking team. Two shots for fouls inside the arc and three shots for fouls outside the arc. If the shot went in and the shooter was fouled, the points they scored count and they are awarded one extra shot. Any team that commits 5 or more fouls in any quarter will have free throws awarded against them per subsequent foul, and Any one player who has racked up 5 fouls (internationally) or 6 fouls in the NBA is fouled out – and can no longer participate in the rest of the game. Flagrant Fouls – Flagrant Fouls are severe fouls that occur when a player has made violent contact against another player. This always results in the other team being awarded two free throws.

Technical Fouls – Are fouls that don't fit the description of either a personal or flagrant foul. Technical fouls can be awarded for fighting, unsportsmanlike conduct, or abuse from players and coaches against referees. Two technical fouls equals an automatic ejection from the game. This is a lot to take in, especially understanding how the fouls work, but as you watch or play basketball, the rules will become clear. If you have found this video at all helpful, please like, share with your friends, rate and comment. If you're also on Reddit, please post this video and discuss. It takes me ages to make one of these videos and good karma is always appreciated. Enjoy basketball!

Unit 16

The Rules of Table Tennis

Ninh explains the Rules of Table Tennis. Table Tennis, otherwise known as 'Ping Pong', is a game played as singles (where one person plays against one person) or doubles (where two people play against two people). The object of the game is for your team to win 3 sets faster than the opposing team. To win a set, you must score 11 points and be at least two points ahead. If

the scores are 10-10 for example, the game carries on until one player or pair has a two point lead.

Okay then, so how do you score these points? To score a point, you must aim to hit a small ball with your bat (otherwise known as a paddle) over the net and onto your opponent's side of the table without the opponent returning the favour.

The table is 274cm long x 152.5cm wide, and the net is 15.25cm above the table surface. There is a centerline that divides the table, but this is used in doubles only. To start the game, a player must serve with the ball in his open palm behind the table. The ball must travel at least 6 inches in the air and bounce once on each side of the table for a serve to be legal. If the ball is hit onto the edge of the table - this counts. The opponent will then try and return the ball and make you miss hitting the ball back. This can go back and forth and is known as a 'rally'. Hitting the ball over a net onto the table so that your opponent can't return it, sounds simple enough, but in table tennis - it's very easy to lose points.

There's a lot of things you can't do in table tennis. You cannot hit the ball directly onto the ground outside the area of play. You cannot hit the ball twice in succession. You cannot allow the ball to bounce more than once. You cannot hit the ball before it has bounced on your side of the table. You cannot hit the ball into the net and for it to land on your half of the table. You cannot touch the ball with any part of your body except with the bat. You cannot put your non playing hand on the table. In doubles, you cannot hit the ball out of turn. And as earlier mentioned; you must serve the ball legally. If you commit any of these errors, this results in your opponents being awarded a point. Once a player or a pair has won 11 points and is at least 2 points ahead, they win a set. First player or pair to win 3 sets faster than their opponent ... wins. Now that's basically table tennis in a nutshell, but there's a few things you'll need to understand before playing or going to a game.

For example ... Service. In singles only, the ball can be served anywhere on the table. In doubles however, the ball must touch the opposite corners of the table and partners must alternate serves. Each player (or pair) is given two serves before your opponent is awarded next two serves. This goes back and forth until either a set is won, or you reach Deuce.

Deuce. This where a score is tied (typically 10-10) and each team now requires a two point lead to win. The only difference now is that you only get one serve each as opposed to two. The first player or pair to get a two point lead, wins the set.

Out of turn (doubles). In doubles only, you and your partner must hit the ball alternately. If a player hits the ball twice in succession during a rally – they have played out of turn and the opponent is awarded the point.

As you can tell, Table Tennis is an extremely fast sport and you'll need good reflexes to play it properly, but over time, the rules will become easy and it's a fun sport to play. If you have found this video at all helpful, please like, share and subscribe. It takes me ages to make one of these things and good karma is very much appreciated. Be sure to follow me on twitter also, but in the meantime, enjoy Table Tennis!

Навчальне видання

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