

# PHYSICAL 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

## Unit 1

### Warming up

**Task 1.** Watch a video 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 to the pictures.



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



E \_\_\_\_\_

F \_\_\_\_\_

G \_\_\_\_\_



H \_\_\_\_\_

I \_\_\_\_\_

J \_\_\_\_\_

**Task 3.** Match Ukrainian equivalents to the key terms.

brisk walking

cardiovascular

dancing

endurance

flexibility

jogging

martial arts

muscle

physical education

self-defense

strength

swimming

to promote

плавання

гнучкість

фізичне виховання

сила

піднімання важких

предметів

самозахист

тренування

швидка жвава хода

підтримувати, активізувати

танці

здоров'я

витривалість

розминочна пробіжка

training

weight lifting

well-being

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.

### Reading

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.
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 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.



## Vocabulary notes:

Physical education ['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.*

Educational course [ˌedʒu'keɪʃ(ə)n(ə)l, ˌedʒu-] (навчальний курс): a series of lessons or lectures on a particular subject intended or serving to educate or enlighten.

*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.*

To promote [prə'məʊt] (підтримувати, активізувати): support or actively encourage; further the progress of.

*To promote the role of women in all activities.*

*Schools promote physical activity.*

Cardiovascular [ˌkɑːdɪəʊ'væskjʊlə] (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.*

Aerobic activities [eə'reʊbɪk] (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.*

Brisk walking ['wɔ:kɪŋ] (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.*

Jogging ['dʒɔ:gɪŋ] (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.*

Strength [streŋθ] (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.*

Endurance [ɪn'dʒʊər(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.*

Flexibility [ˌfleksɪ'bɪləti] (гнучкість): the quality of bending easily without breaking.

*He has enough flexibility to win in the competition.*

*Players gained improved flexibility in their ankles.*

Pilates [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.*

Frisbee ['frɪzbɪ] (фрісбі): 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.*

Bowling ['bəʊlɪŋ] (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.*

Martial arts ['mɑ:ʃ(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.*

Nutrition [nju:triʃ(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.*

Pedometer [pi'dɒmɪtə] (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.*

Well-being ['wel.bi:ɪŋ] (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.*



**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.

Speaking

**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 by an expert 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.**

1. 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 ...
  - a. flexibility.
  - b. endurance.
  - c. strength.
6. Ability to move joint in full range of motion ...
  - a. flexibility.
  - b. endurance.
  - c. strength.
7. Which is a form of physical exercise?
  - a. walking.
  - b. swimming.
  - c. both variants.
8. The ability of muscles to repeat movements is ...
  - a. flexibility.
  - b. endurance.
  - c. strength.

9. Before training, a sportsman usually takes up...
  - a. jogging.
  - b. swimming.
  - c. dancing.
10. Technological enhancements are ...
  - a. pedometers.
  - b. heart-rate monitors.
  - c. both.

**Task 8.** *Discussion. Watch the video “Support PE in school” and discuss the following.*

1. What is the main source for children and adults during the day?
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 4<sup>th</sup> 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.*

**Task 11.** *Look through an ‘Inactive Student Worksheet’. Fill it out.*

STUDENT: \_\_\_\_\_ DATE: \_\_\_\_\_

**\*INACTIVE STUDENT WORKSHEET\***

**\*INSTRUCTIONS:** Answer the following questions on your own using two or more complete sentences.

This worksheet must be signed by your parents or guardian and returned to your teacher the next class period.

1. The reason I am not participating in today's class is because: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. The skills we are learning today in class are: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Students in my class could improve their skills by: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Two questions I could ask my classmates at the end of class for review are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. One action I could take to be able to participate in the next class is: \_\_\_\_\_

\_\_\_\_\_

SIGNATURE: \_\_\_\_\_

**Task 12. Render the article.**

**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 культури, будучи пасивним суб'єктом навчально-виховного процесу, виконують, як правило, фізичні вправи, запропоновані вчителем, не вникаючи в їх оздоровчий ефект, тому ніякого ціннісного ставлення до здоров'я у них не формується. Звідси напрашується висновок: необхідно учнів у процесі фізичного виховання залучити в ціннісно - орієнтовану діяльність, в процесі якої у них будуть розвиватися їх особистісні якості, необхідні ціннісні 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 активності на уроках фізичної культури. 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 віком. Широко використовуються технічні прийоми спортивних ігор; для дівчат – різні види аеробіки, художня гімнастика; для юнаків – 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 достатньо враховують на уроках фізичної культури змістовні вподобання учнів, віддаючи перевагу традиційному розподілу навчального матеріалу. Слід зазначити, що на даний час необхідно проводити активну роботу педагогічних колективів у створенні сприятливого для здоров'я учнівського середовища, використовувати засвоєння учнями валеологічних знань не лише в школі, а й поза її межами, проводити просвітницьку роботу серед батьків, 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.*

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 "geocaching") 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.

# HEALTHY WAY OF LIFE

## KEY TERMS:

healthy way of life, to endanger, sedentary lifestyle, to preserve, to be overweight, balanced meals, to give up, unhealthy habits, moderate, diseases, stroke, obesity, to keep fit, to reduce, to avoid anxiety, daily routine

## Unit 2

Warming up

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

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 ru:'tɪ:n]; c. [ɪn'deɪndʒə]; d. [ə(u)'bi:si:tɪ]; e. ['bælənst mɪ:lz]; f. ['strəʊk]; g. ['mɒd(ə)rət]; h. [ˌəʊvə'weɪt]; i. ['sed(ə)nt(ə)rɪ]; j. [ə'vɔɪd æŋ(g)'zaiətɪ]; k. [dɪ'zi:z]; l. ['gɪv'ʌp]; m. [ki:p fɪt]; n. [rɪ'dju:s]; 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. *А 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 *товстим* and short of breath.
8. Properly *збалансована їжа* can have many health benefits.
9. A classic example of *помірної фізичної активності* is walking at a 15-20 minute mile pace.
10. The doc advices Ann to *уникати занепокоєння* for it can cause great eating disorders.

#### **Task 4. Read and translate the text**

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.

Reading

The only possible way of preserving your health is, therefore, healthy way of



**Healthier Way Of Life**  
*change your way of living*

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.

### Vocabulary notes:

Healthy way of life ['helθi 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.*

To endanger [ɪn'deɪndʒə] (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.*

Sedentary ['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.*

To preserve [pri'zɜ:v] (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.*

To be overweight ['bi: ,əʊvə'weɪt] (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.*

Balanced meals ['bælənst mi:lz] (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.*

To give up ['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.*

Unhealthy habits [ʌn'helθi 'hæbɪts] (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.*

Moderate ['mɒd(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.*

Disease [di'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.*

Stroke ['strəʊk] (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.*

Obesity [ə(u)'bi:si:tɪ] (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.*

To keep fit ['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.*

To reduce [ri'dju:s] (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.*

To avoid anxiety [ə'vɔɪd æŋ(g)'zaɪəti] (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.*

Daily routine ['deɪli ru:'ti:n] (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.*

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

Speaking

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 non-balanced 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. Golfing, badminton, Frisbee playing belong to... activities.
  - a. aerobic
  - b. moderate
  - c. 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 fat.
5. To be ...means watching TV less, avoiding anxiety and observing daily routine.
  - a. healthy.
  - b. unhealthy.
  - c. morbid.
6. A feeling of nervousness or worry is ...
  - a. happiness.
  - b. anger.
  - c. anxiety.
7. ... habits can do big damage to your mind and body
  - a. healthy
  - b. unhealthy
  - c. both
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.

### Questionnaire

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. Render the article.**

### *ЧОМУ ВАЖЛИВО ВЕСТИ ЗДОРОВИЙ СПОСІБ ЖИТТЯ*

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*Жоден лікар, жодна державна програма не зроблять нас здоровими. Здоровими зробити себе можемо тільки ми. У 75% випадків більшість захворювань є наслідком нашого способу життя. Здоровий спосіб життя – це комплекс дій, який включає:*

*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 лікар); Рівень загального холестерину (норма: не більше 5 ммоль/л); Рівень цукру (норма: 3,3–5,5 ммоль/л (незалежно від віку); Артеріальний тиск (АТТ) (норма: АТТ не має перевищувати 140/90 мм рт.ст.); Індекс маси тіла (ІМТ), формула: маса тіла, поділена на зріст у квадраті (норма: 18,5-24,9 кг/м<sup>2</sup>); Чим вищий від норми показник, тим вищий ризик 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 (ОП) (норма: у жінок – до 88 см, у чоловіків – до 100 см). Фізичну активність (10 хвилин руху щодня продовжують життя на 2 роки). Гіподинамія атрофує м'язи, вимиває кальцій із кісток, знижує опірність організму, погіршує якість сексуального життя, сприяє атеросклерозу, ожирінню, інсульту та інфаркту. Зробіть перший крок – ходіть. Мінімум 30 хв щодня у швидкому темпі.

**Психічне здоров'я.** Невід'ємною частиною здорового способу життя є позитивне мислення, хороши настрої: покращується обмін речовин, міцніє імунітет, сповільнюються процеси старіння. Важлива деталь – 7-8-годинний сон! Сон менше 7 годин збільшує ризик інсультів та інфарктів на 33%!

**Здорове харчування.** Всі водії чудово знають, наскільки важливо заливати в автомобіль якісний бензин. Так 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 контролювати масу тіла: зайва вага скорочує життя на 5 років, а ожиріння – на 15 років.

Нагородою буде щасливе довголіття. Ну що, стартуємо?

**Task 13.** Watch the video and answer the questions.

Listening

- 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!

A Tip to Possibly Lower Your Blood Pressure? Start Eating a Vegetarian Diet!

Healthy Foods to Keep You Hydrated!

--Cucumber is 96% water

--Radishes are 95% water

--Zucchini is 95% water

--Strawberries are 92% water

--Watermelon is 92% water

--Grapefruit is 90% water

--Oranges are 80 - 90% water

--Pineapple is approximately 85% water

--Broccoli is 91% water

--Carrots are 87% water

--Grapes are 81% water

Compromise and Indulge:

--1 hour of tennis = 500 calories = 1 slice of key lime pie

--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.

# 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

## Unit 3

Warming up

**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

2 to enhance a prowess

3 affective development

4 voluntary choice

5 athletics

6 fair play

7 equipment

8 hygiene

9 to boost

10 key advantage

11 available

12 to partake

13 competitive

14 to improve

15 leisure

a. основна перевага

b. добровільний вибір

c. приймати участь

d. чесна гра

e. доступний

f. обов'язковий

g. гігієна

h. емоційний розвиток

i. підвищувати майстерність

j. поліпшувати

k. вільний час, дозвілля

l. підвищувати

m. заняття спортом

n. обладнання

o. 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 surroundings 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 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.



Reading

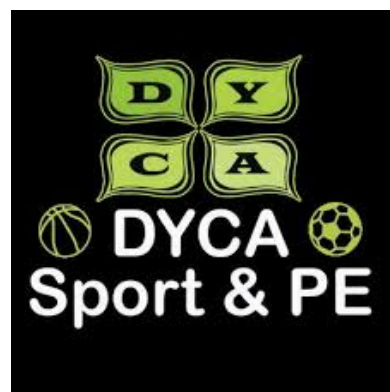


Physical Education is "training in the development of and care for the human body; stresses athletics; includes hygiene." It is a taught course taken during primary and secondary education. Physical Education classes are compulsory in school until approximately age 16. As well as learning basic sporting 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.

### Vocabulary notes:

Leisure ['leɪzə] (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.*

Prowess ['praʊs] (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.*

Competitive [kəm'petɪtɪv] (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.*

Advantage [əd'vɑ: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.*

Care [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.*

Athletics [æθ'letɪks] (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.*

Hygiene ['haɪdʒi:n] (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.*



Compulsory [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.*

To enhance [ɪn'hɑːns, -hɑːns, 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.*

Boost [buːst] (активно підтримувати; рекламувати; сприяти росту): help or encourage (something) to increase or improve.

*To boost one's confidence level.*

*The government took a range of measures to boost tourism.*

To acquire [ə'kwɑɪə] (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.*

To improve [ɪm'pruːv] (поліпшувати, удосконалювати): make or become better.

*He said he was going to improve his football.*

*We read to improve our vocabularies.*

Affective development [ə'fektɪv] (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.*

To partake [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.*

Fair play ['feə 'pleɪ] (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?*

Voluntary ['vɒlənt(ə)rɪ] (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.*

Available equipment [ə'veɪləb(ə)l] (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.*

**Task 5.** *Say if it is true or false.*

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. competitive.
4. 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. consideration.
7. 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.*

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 9.** Write a short summary of the topic.

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



**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’.

## **Task 12.** *Render the article.*

*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 досягнення спрямовані на досягнення високих спортивних результатів (звичайно, , через розвиток і вдосконалення людського потенціалу особистості спортсмена).*

*До найбільш важливих філософсько-соціологічних проблем фізичного виховання та спорту, які будуть особливо актуальні в ХХІ ст., в першу чергу автори відносять проблему гуманізації, підвищення духовно-моральних цінностей. Гуманна суть спорту полягає в тому, що він народився і існує як унікальний засіб максимального виявлення, неупередженого виміру на об'єктивній 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 розвитку фізичних, духовних сил та можливостей особистості, фізичного та емоційного благополуччя, самопочуття в колективі, соціальної захищеності, етичних гарантій, формування здорового способу життєдіяльності.*

*Таким чином, необхідно підкреслити, що гуманізація фізичного виховання підростаючого покоління і сучасної молоді дозволить підняти загальнокультурний, психолого-педагогічний рівень, а також сприятиме формуванню професійно-ціннісних орієнтацій, спрямованих на будівництво сучасного суспільства України.*

It is interesting to know

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.

# WINTER VS SUMMER 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

## Unit 4

Warming up

**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.

Reading

### **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 sports 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 figure-skating 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.

### Vocabulary notes:

Outdoor [aʊt'dɔː] (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.*

Shooting ['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.*

Hunting [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.*

Tobogganing [tə'bagəniŋ] (санний спорт): to ride on a toboggan.

*He thought he would enjoy the tobogganing.*

*The tobogganing run is closed at the moment!*

To sledge [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.*

Slalom ['slɑ: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.*

Yachting ['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.*

Gliding ['glɑɪdɪŋ] (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.*

Lawn tennis ['lɔ:n 'tenɪs] (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.*



Track and field ['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.*

Indoor games [ˌɪnˈdɔː geɪmz] (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.*

Calisthenics [ˌkælsɪsˈθeɪnɪks] (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.*

Table tennis ['teɪbl 'tenɪs] (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.*

Draughts [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.*



## Speaking

### **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 8. Discussion. Watch the video “The Ancient Greek Sports” and discuss the following.**

- ✓ 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?



**Task 9.** *Write a short summary of the topic.*

**Task 10.** *Write 15 questions to the topic.*

**Task 11.** *Write kinds of sports that correspond to the sports equipment in the picture.*

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**Task 12.** *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. ...

**Task 13. Render the article.**

*ПОКАЗОВІ ЗМАГАННЯ ІЗ ЗИМОВИХ ВИДІВ СПОРТУ*

*Михайло БАРСЬКІЙ, 15 січня 2013*

*У Вінниці, як відомо, основна ставка давно зроблена на розвиток літніх видів спорту. Але останнім часом у місті над Бугом почали культивувати й зимові види. Зокрема, при ДЮСШ № 1 Вінницького міського спорткомітету*

відкрито відділення хокею з шайбою і фігурного катання. Безкоштовні заняття з дітьми з цих олімпійських видів спорту проходять на базі Льодового клубу у Центральному парку культури і відпочинку ім. Горького.

Четвертого січня у Льодовому клубі відбулися показові виступи юних фігуристів та товариський хокейний матч юнаків. Ці заходи, які організували міськспорткомітет та МДЮСШ № 1, були присвячені новорічно-різдвяним



святам. На завершення турніру організатори вручили учасникам 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 катанням – 20 дітей. Аби потрапити до цих спортивних секцій, треба мати відповідний рівень фізичної підготовки, адже тренери проводять відбір серед охочих, – розповів заступник голови міськспорткомітету Роман Семчук, – 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 6-річний Арсеній Шевчук. Його батько Олексій Шевчук

розповів, що хлопчик із задоволенням займається хокеєм уже 4 місяці.

It is interesting to know

**Foot Tennis.** In Malaysia, this game is often played between two teams of two players each. A net is stretched at no particular height across the middle of a playing area, and a wicker ball about the size of a soccer ball is used. Players try to pass the ball back and forth over the net using only their feet, knees, and thighs. Each time the ball drops, the other team gets a point.

**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 fast-moving 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.

**Octopush.** This underwater hockey game was first played in South Africa in the 1960s. The players wear skin-diving equipment, such as masks, flippers, and snorkels, in a swimming pool. With miniature hockey sticks and an ice hockey puck, the players follow all the rules of ice hockey—on the floor of the pool.



# JUNK VS HEALTHY FOOD

## KEY TERMS:

dairy products, cereal,  
convenience food, diet,  
famine, junk food,  
malnutrition, wholefood,  
nourishing

## Unit 5

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.**



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



D \_\_\_\_\_



E \_\_\_\_\_



F \_\_\_\_\_

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

Reading

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!

## Vocabulary notes:

Antioxidant [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.*

Cancer ['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.*

Contributory [kən'trɪbjʊtəri] (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.*

Convenience \_\_\_\_\_ food [kən'vi:njəns 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.*

Dairy \_\_\_\_\_ products ['deəri 'prɒdʌkts] (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.*

Diet ['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.*

Junk food [dʒʌŋk fu:d] (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.*

Malnutrition [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.*

Fibre ['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.*

Intake ['inteɪk] (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.*

Nutritious [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.*

Shortage ['ʃɔ:tɪdʒ] (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.*

Suffer ['sʌfə] (страждати): to experience physical or mental pain.

*He suffers from headaches.*

*Mary is suffering from ill health at the moment.*

Cereal ['siəriəl] (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.*

Famine ['fæmɪn] (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.*

Wholefood ['həʊlfu:d] (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.*

Nourishing ['nʌrɪʃɪŋ] (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.*

Freezer ['fri:zə] (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.*

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

Speaking

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. Foods 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 foods 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.*

*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.

**Task 10.** Render the article.

### *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 калорій, вітамінів й інших, необхідних для організму речовин, щоб мати сили тренуватися і показувати хороші результати в спорті.*

Спортсмени повинні вживати більшу кількість калорій, адже вони витрачають більше енергії під час виконання фізичних вправ. Тому калорійність ужитої за день їжі може сягати 3000 калорій для чоловіків і 2500 – для жінок.

Більшу частину денного раціону спортсмена повинні становити вуглеводи, менше половини - білки і зовсім трохи - жири, які необхідні для полегшення засвоєння їжі шлунком.

Білки містяться в яйцях (рекомендують не більше трьох-чотирьох на тиждень), у м'ясі курки або індички, в молочних продуктах, а також у рибі. Вживати спортсменам рибу потрібно не менше трьох разів на тиждень, адже в ній дуже багато жирних кислот і вітамінів, які добре впливають на роботу м'язів. Вуглеводи важливі при здоровому харчуванні спортсменів, адже вони дають організму енергію, а також є основою метаболізму. Вуглеводи є в кашах, а також у коричневому рисі (але ні в якому разі не в білому!), у чорному хлібі, фруктах і овочах. Вуглеводи містяться і в солодошах, однак 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 відчувати 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 води), щоб не зневоднювати організм.

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 anti-inflammatory.

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 lack 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.

# MARTIAL

# ARTS

## KEY TERMS:

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

## Unit 6

### Warming up

**Task 1.** Match the key words to the pictures.



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



D \_\_\_\_\_



E \_\_\_\_\_



F \_\_\_\_\_

**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 activities that involve fighting 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 improve balance, strength, stamina, flexibility, and posture. They also 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 “kick-punch-art”. *Tae kwon* consists of a variety of powerful kicking and punching techniques.

### Vocabulary notes:

Martial arts ['mɑ:ʃl ɑ:ts] (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.*

Karate [kə'ra:ti] (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.*

Kung fu ['kəŋ fu] (кунг-фу): 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.*

Aikido [aɪ'ki:dəʊ] (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 ['dʒu:dəʊ] (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.*

Jujitsu [dʒu:'dʒit,su:] (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.*

*Jujitsu is practiced in both traditional and modern sports forms.*

Tae kwon do ['teɪ 'kwɑ:n du:] (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.*

Competition [kəmptɪ'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.*

Confidence [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.*

Defensive [dɪ'fensɪv] (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 blunder.*

To disarm [dis'a:m] (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.*

To grapple ['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.*

Offensive [ə'fensiv] (наступальний, атакуючий): actively aggressive, attacking.

*Some friends of his found the play horribly offensive.*

*The troops took up offensive positions.*

Punch [pʌn(t)ʃ] (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.*

To kick [kɪk] (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.*

Self-defence [self di'fens] (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 self-defence.*

Self-esteem [self ɪ'sti:m] (самоповага, почуття власної гідності): belief and confidence in your own ability and value.

*Teachers need to help build up their students' sense of self-esteem.*

*Playing a sport can boost a self-esteem.*

Stamina ['stæmɪnə] (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 ['wɪlpaʊər] (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.*

Weapon ['weɪp(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.*

Emphasize ['emfəsaɪz] (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.*

Fluidity [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.*

**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 other kinds of martial arts do you know?
- What can you say about them?



Speaking

**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 jiu-jitsu, as well as mixed martial arts.

**Task 6.** *Fill in the gaps.*

*aikido; judo; karate; kung fu;  
martial arts; taekwondo<sup>x2</sup>*

- 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.**

- 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.



Writing

**Task 10.** Render the article.

### *Бойові мистецтва неазіатського походження*

При використанні терміну «бойові мистецтва» у багатьох людей зразу ж виникає асоціація з китайськими воїнами – ніндзя, які нам добре відомі з кінофільмів. Насправді тут є тільки частина істини. Найбільш популярні на сьогоднішній день бойові мистецтва дійсно родом із Китаю або Японії. Але є й низка боїв, які прийшли з інших країн. 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 військово-історичних угруповань, клубів, які займаються відтворенням різних історичних подій. Завдяки їм цей старовинний вид бойових мистецтв і продовжує існувати.

*Панкратіон.* Давньогрецькі олімпійські ігри були досить жорстокими. Одним із найбільш видовищних

дійств був панкратіон. Цей вид бою є комбінацією боксу і реслінгу, де дозволено дуже багато (удари в пах, натискання на очі, ламання пальців тощо). Спочатку призначенням Олімпійських ігор була підготовка чоловіка до війни. Цим, мабуть, і пояснюється жорстокість панкратіону. Однак традиція панкратіону продовжується як спортивне змагання і в наш час.

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.

Here's one proof how popular taekwondo is — it 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. Contributing to the appeal of Taekwondo is the fact that it has been featured in different movies, starring actors like Jean Claude Van Damme and Chuck Norris.

# CHESS

## KEY TERMS:

chess board, chess pieces,  
king, queen, bishop, knight,  
rook, pawn

## Unit 7

Warming up

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

Match the key words to the pictures.



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



D \_\_\_\_\_



E \_\_\_\_\_



F \_\_\_\_\_

**Task 2.** Match Ukrainian equivalents to the key terms.

chess board

chess pieces

король

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.



**Reading**

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 state-sponsored 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.

### Vocabulary notes:

Chessboard [tʃes bɔ:d] (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.*

Chess pieces [tʃes 'pi:sɪz] (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.*

King [kɪŋ] (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.*



Queen [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.*

Bishop ['biʃəp] (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.*

Knight [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.*

Rook [rʊk] (тура): 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.*

Pawn [pɔ: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.*

Row [rou] (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.*

To appear [ə'piə] (з'являтися): 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.*

Diversion [dɪv'vɜ:(ə)n] (розвага, забава): an activity you do for entertainment.

*Reading is a pleasant diversion.*

*Sport is a very exciting and excellent diversion.*

Explosive [ɪk'spləʊsɪv] (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.*

Growth [grəʊθ] (ріст, 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.*

To compete [kəm'pi:t] (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?*

Tournament ['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.*

To capture ['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.*

To flank [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.*

**Task 4.** Answer the questions to the text.



Speaking

- 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?
- 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 8. 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 9. Watch the video “3 Basic Opening Strategy Principles in Chess” and fill in the gaps.**

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 10.** Write a short summary of the topic.

**Task 11.** Render the article.

*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 корисним. Спробуємо розібратись, у чому ж користь шахів.*

*Багатьом відомий факт, що людина протягом життя використовує тільки невелику частину свого мозку. Гра в шахи сприяє роботі всіх частин мозку - і лівої, яка відповідає за логіку, і правої, яка відповідає за аналіз і допомагає знайти вихід із різних ситуацій. Граючи в шахи, людина розвиває вміння швидко 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 складного в цьому немає. Сьогодні грати у шахи можна як з партнером, так і за допомогою комп'ютера. Але з партнером гра набагато цікавіша і емоційніша. Ознайомтесь з правилами гри в шахи і розпочинайте гру!*

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.



# BASKETBALL

## KEY TERMS:

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

## Unit 8

Warming up

**Task 1.** Watch a video and try to guess what we are going to talk about today. What do you know about it?

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



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



D \_\_\_\_\_



E \_\_\_\_\_



F \_\_\_\_\_

**Task 3. Match Ukrainian equivalents to the key terms.**

backboard

winner

court

to score

baseline

whistle

basket

dribbler

guard

to shoot

boundary

team-mate

forward

centre

passer

нападник

майданчик для гри

корзина

свисток

кидати

гравець, що пасує

границя поля

член тієї ж команди

переможець

баскетбольний щит

гравець, що веде м'яч

закинути м'яч у кошик

захисник

задня лінія майданчика

гравець центра

**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.

Reading

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 it 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 teammates. The three-point 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 12-minute 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.

### Vocabulary notes:

To invent [ɪn'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.*

Court [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.*

Backboard ['bækbɔ:d] (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 ['leðə] (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.*

Circumference [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.*

Team-mate ['ti:mmeɪt] (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.*

To foul [faʊl] (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.*

Baseline ['beɪslɑːn] (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.*

To substitute ['sʌbstɪtju:t] (замінити): 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.*

Guard [gɑ:d] (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.*

Forward ['fɔ:wəd] (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.*

To score [skɔ:(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.*

Whistle ['wɪsl] (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.*

Basket ['bɑ:skɪt] (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.*

To dribble ['drɪbl] (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.*

To pass [pɑ:s] (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.*

Winner ['wɪnə] (переможець): someone who wins a game, competition or election.

*The winner of the Ladies' Championship.*

*There will be a prize for the winner.*

To shoot [ʃu:t] (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.*

Boundary ['baʊnd(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.*

Centre ['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.*



Speaking

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

- 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.**

1. 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

**Task 8. Discussion. Watch the video “The rules of basketball” and discuss the following.**

- 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 shot 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.



Writing

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

**Task 11.** Render the article.

### *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 активності: біг, ходьбу, стрибки. Приблизно до 40% від загального часу гри в баскетбол припадає на максимальну активність 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 великі можливості для ефективного оздоровчого впливу на організм. У процесі гри людина виявляє рухову активність, при цьому тренуються органи дихального апарату, залози внутрішньої секреції і навіть травна система. Особливо важливу роль під час гри відіграють окремі ланки нервової системи, оскільки вони постійно 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%.*

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.

The reason a backboard was added is because the audience in the balcony used to interfere in the game by handling the ball.

# EXTREME SPORTS

## KEY TERMS:

bungee jumping, extreme mountain biking, extreme skiing, ice-canyoning, ice diving, snowboarding, skysurfing, snowrafting, white water rafting

## Unit 9

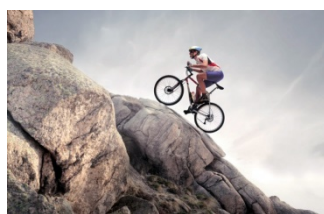
Warming up

**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.



A \_\_\_\_\_



B \_\_\_\_\_



C \_\_\_\_\_



E \_\_\_\_\_



F \_\_\_\_\_



G \_\_\_\_\_



H \_\_\_\_\_



I \_\_\_\_\_



J \_\_\_\_\_

**Task 3.** Match Ukrainian equivalents to the key terms.

bungee jumping

сплав бурхливими  
водами(гірських річок)

extreme mountain

сноубординг

biking

занурення під лід

extreme skiing

спуск з гори на велосипеді

ice-canyoning

спуск з засніженої гори на

icediving

надувному човні

skysurfing

спуск з заледенілого

водоспаду

snowboarding

катання на лижах поза

прокладеними трасами

snowrafting

банджі-джампінг

white water rafting

скайсерфінг

#### **Task 4.** *Read and translate the text*

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

### Reading



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!

### Vocabulary notes:

Bungee jumping ['bʌndʒi ,dʒʌmpɪŋ] (банджі-джампінг): 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.*

Extreme mountain biking [ɪk'stri:m 'maʊntɪn ,baɪkɪŋ] (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.*

Ice-canyoning [aɪs 'kænjənɪŋ] (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.*

Ice diving [aɪs 'dɪvɪŋ] (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.*

Skysurfing [skɑɪ 'sɜːfɪŋ] (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.*

Snowboarding ['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.*

Snowrafting [snəʊ 'rɑ:ftɪŋ] (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!*

White water rafting [waɪt 'wɔ:tə 'rɑ:ftɪŋ] (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.*

To hurtle ['hɜ:t(ə)l] (нестися, мчати): move very fast.

*He hurtled himself into the crowd.*

*A large rock came hurtling through the air.*

Thrill seeker [θrɪl'si:kə] (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.*

To hit [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.*

Upside down [ˌʌpsaɪd '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.*



Speaking

**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.*

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



Writing

**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!

### **Task 12.** *Render the article.*

#### **БЕЙС-ДЖАМПІНГ**

Бейс-джампінг (B.A.S.E.) - 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-джампінга від стрибків з парашутом - це те що стрибки здійснюються із статичних об'єктів, а не з літака. . B.A.S.E. - це акронім англійських слів "будинок" (building), "антена" (antenna), "міст" (span), "скала" (earth) і одночасно список основних об'єктів, з яких виконуються стрибки. Любителі бейс-джампінга, як екстремального спортивного відпочинку прозвали себе бейс-джамперами (basejumper) або бейсерами. Специфіка бейс-джампінга 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.

Екіпіровка для бейс-джампінга не передбачає запасний парашут - бейсер просто не встигне його використати.

Тому зайняття бейс-джампінгом вимагає хорошої фізичної форми, тривалої підготовки і досвіду сотень стрибків з парашутом, щоб бейсер залишився живий після першого стрибка. Бейс-джампінг – це у більшості випадків напівлегальні стрибки, ризик, можливі травми і навіть летальний кінець для бейс-джампера.

Кращі місця для бейс-джампінга Ви можете знайти в США, Норвегії, Австралії, Франції, Італії, Мексиці, Південній Африці, Бразилії. Саме у цих країнах існують численні об'єднання любителів екстремального відпочинку - бейс-джамперів.

Популярні місця для бейс-джампінга: найвищий у світі водоспад Анхель у Венесуелі, Пізанська і Ейфелева вежі, "Емпайр стейт білдинг", статуя Ісуса Христа в Ріо-де-Жанейро і інші.



It is interesting to know

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.

# 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

## Unit 10

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.



A



B



C



E



F



G



H



I



J



K



L



M



N



O



P



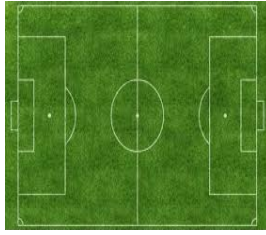
Q



R



S



T \_\_\_\_\_

**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

to shoot

substitute

to tackle

striker

порушення правил

воротар, голкіпер

торкнутися м'яча рукою

пенальті

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?*

**Read again and translate the text.**

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 twenty two 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.

### Vocabulary notes:

Assistant referee [ə'sɪstənt ,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.*

Corner kick [kɔ:nə kɪk] (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.*

Defender [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.*

To dive [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.*

Extra time [ˌɛkstrə 'taɪm] (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.*

Foul [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.*

Goal ['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.*

Goalkeeper ['gəʊlki:pə] (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.*

Goal line ['gəʊl ,laɪn] (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.*

A handball ['hændbɔ:l] (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.*

League [li:g] (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.*

To pass [pɑ:s] (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.*

Penalty ['pen(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.*

Pitch [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.*

Shoot [ʃu: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.*

Striker ['straɪkə] (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.*

To tackle ['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.*

To substitute (a ~) ['sʌbstɪtju:t] (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.*

**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.

**Task 10.** Watch the video. Give your own opinion on football fans.



Writing

**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.



## **Task 12. Render the article.**

### *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. Дісталось 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 кафе 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 посилювати заходи безпеки в місті.*

*Поєдинок збірних на Лілль Арени 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.*

*Такий початок поєдинку і неймовірне завзяття футболістів давали право сподіватися на виграш, але чемпіони світу якісніше скористалися 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.

А 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. Треба рухатися далі... основне зараз це відновити хлопців. Треба 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 опускаєти 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! Прощи більше футбольної фортуни і перемоги будуть за нами!" – Висловив надію президент Петро Порошенко.

*"Спасибі команді за гідну гру проти чемпіонів світу. Головне – не опускаєти руки! Все попереду!" – Зазначив у свою чергу співак Святослав Вакарчук.*

*"Хлопці, спасибі за хороший матч! З такою грою ми вийдемо з групи!" – Сказав Абрамовічюс.*

*Сьогодні вранці наша збірна з Лілля повернулася на свою базу – неподалік Марселя. Днем у спортсменів заплановані відновлювальні процедури, а на вечір легке тренування.*

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.

# Skiing

## KEY TERMS:

avalanche, off-piste skiing,  
slope, bindings, to slide,  
mogul slope, snowplough,  
goggles, helmet

## Unit 11

Warming up

**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

**a slope** схил, нахил

**a 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. Was it easy to understand?*

**Task 3.** *Now listen to the video tracking the text in the book.*

Reading

*Translate the text.*

### Winter sports

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, free-styling is twice as expensive, since you pay for the same ski-pass, 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!



## Vocabulary notes:

Ski(ing) equipment ['ski:ɪŋ ɪ'kwɪpm(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.*

Ski boots ['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.*

Ski gloves ['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.*

Ski suit ['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.*



Ski goggles ['ski: 'ɒɹɔ(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.*

Ski poles ['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.*

Ski resort ['ski: ri'zɔ:t] (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.*

Ski tow ['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.*

Chair lift ['tʃe: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.*

Cable car ['keɪbl.kɑ:] (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.*

Ski trail ['ski: treɪl] (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.*

Ski field ['ski: fi:ld] (всі лижні траси на гірськолижному курорті): an area of snow used for skiing.

*Fancy going to the ski fields today?*

Ski pass ['ski: pɑ:s] (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.*

Snowplough ['snəʊplɑʊ] (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.*

Alpine skiing ['aɪlpaɪn 'ski:ɪŋ] (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.*

Off-piste skiing [ˌɒfˈpiːst ˈskiːɪŋ] (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.*

To glide [ɡlaɪd] (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.*

Snowplough breaking [ˈsnəʊpləʊ breɪkɪŋ] (техніка зупинки, якої вчать початківців, полягає в тому, що передні кінці лиж зводять до купи, 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.*

To ski short radius turns ['ski: ʃɔ:t 'reɪdiəs tɜ:ns] (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.*



Mogul skiing ['mɒʊg(ə)l 'ski:ɪŋ] (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.*

Steep slope [sti:p sləʊp] (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.*

## 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?

- a. skiing      b. running      c. dancing

Michaela: Yeah, a fair bit.

Gordon: Have you seen my \_\_\_\_\_? They're the latest design.

- a. phone      b. teeth      c. skis

Michaela: Nice.

Gordon: And look at my \_\_\_\_\_. They're new. Did you rent yours?

- a. ski boots      b. ski chair      c. ski books

Michaela: 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. people b. goggles c. moguls

*Michaela:* 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!



\*\*\* 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"

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

**Task 10.** Write a short summary of the topic.

Writing

**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*

C W Y C D P T R S L U V P F E R H J C Y  
S B S L M A N A N J C K D O H B D B I I  
F F I Y L N E R O E H C N A L A V A W G  
C F B P I L M Z W R Z I F V J D H H N C  
T S I I C E P B B X T J O L I E N I M N  
W N A O E V I T O X Q A M Y C A D K O G  
E Y A W B T U D A I K S C A S N A A W Q  
M A G S U K Q J R N W C V N I V O J R P  
K X L L Q S E W D R D Z O B P U S F G Z  
A Z O U T M Q L I A N W M Z Q P Q O U N  
W B V C Q U U N N C P S O S H C S E O F  
Z I E G U T R J G L E C E Y T G G D F G  
D U S P O L E S O M W T G P T Q P I X P  
H C O A M B Y U J B O D S G O G G L E S  
C E C B L H G F P F U N F I A L Q S C T  
U V L U C H G N I I K S C A P C S Y H S  
I A G M Q N R X S W J X Z A F F X K A J  
Q O D N E A W A N F O B P U B X F Z I Z  
M B S Q B T I A T W L T D C W L M O R C  
N A Y G Q E N P J V B W H C L H E O Y F

**Task 12.** Render the article.

### *НАЙКРАЩИЙ СНОУПАРК У СВІТІ: ДЕ ЗАЙНЯТИСЯ СНОУБОРДИНГОМ*

*Скоро прийде зима, а разом з нею і улюблені зимові розваги. Деякі вважають за краще кататися на лижах і санках, іншим до вподоби зимовий кайтинг і їзда на*

снігоходах. Зима - пора відкрити для себе і нову розвагу, відкрити захоплюючий світ сноубордингу.

Він став таким 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 канікули.

На відміну від лижних спусків заняття сноубордингом (дехто називає його фрістайлом) більш захоплююче і демократичне. З 1998 року сноубординг включений в програму Олімпійських ігор. У сноупарках створюють величезних розмірів майданчики, на яких сноубордисти (їх ще називають «бордерами») мають повну свободу переміщення, де можна під музику виконувати різноманітні трюки, акробатичні елементи і стрибки на трамплінах.

Одними з кращих сноупарків світу вважаються п'ять сноупарків, які знаходяться на території гірськолижного курорту Park-City в північноамериканському штаті Юта. На території цього парку проходила серія змагань ХІХ зимових Олімпійських ігор. Розміри цього парку вражають, варто тільки подивитися на карту парку і ви побачите десятки гірськолижних трас.

Це гірськолижне місто-курорт розділене на кілька зон:

- King's Crown Super Park - трампліни тут «про» рівня;

- *Pay Day* - тільки джиббінг, але такий, що ви ніколи не забудете ;
- *Pick'n'Shovel Park* - один з найкращих пайпів у світі *Eagle Superpipe*.
- *Jonesy's Park* - парк для «дітей». Тут тренуються юні «про» команди *Burton*.

Чудові місця для фрістайлу в сноупарку №1 люблять не тільки жителі Північної Америки, але і любителі сноуборду з усього світу. Сезон тут триває з листопада до кінця квітня. Для початківців сноубордистів працюють сноуборд-школи, з різними спеціалізованими класами з фрістайлу та фрірайду.

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 cross-country skiing, which he said was ideal for moving across the surface of the moon.

# HORSE RACE

## KEY TERMS:

Colt, derby, foal, filly, jockey, mare, oaks, paddock, pace, purse, silks, stakes race, the Birthday of Thoroughbreds, trainer, Triple Crown

## Unit 12

Warming up

**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 | a) horses trot or pace while pulling a driver in a sulky  |
| 2. Flat racing      | b) horses travel across country over extreme distances, generally ranging from 25 to 100 miles (40 to 161 km) |
| 3. Harness racing   | c) horses race over obstacles   |

4. Jump racing or Steeple chasing or d) horses gallop directly between two points around a straight or oval track

## Reading

**Task 3.** *Read and translate the text*

### 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 quarter mile (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 the fastest horse is held by Secretariat, who ran in one minute, fifty-nine seconds in 1973.

The horses that race in the Kentucky Derby are three-year-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 the race'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 stew made with beef, pork, chicken, and vegetables. They also eat Derby pie, which is made with walnuts and chocolate.

The Kentucky Derby is also important in Kentucky society. It is a time for women to 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 a time 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 seats is 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, but they still get to have fun and be part of a great sports event.

#### Vocabulary notes:

Colt [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.*

Derby [ˈdɑːbi] (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.*

Foal [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.*

Filly [ˈfili] (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.*

Jockey ['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.*

Mare [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.*

Oaks [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 three-year-old thoroughbred fillies and is run at Epsom Downs over a distance of 1 mile.*

Paddock ['pædɒk] (вигул): an area where horses are saddled and paraded before a race.

*The horse paddock was empty.*

*Horses paddocked on a hillside.*

Pace [peɪs] (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."*

Purse [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.*

Silks [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.*

Stakes race [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.*

The Birthday of Thoroughbreds ['θɹəbrɛds] (День народження чистокровних): January 1. (Many important horse races are open only to two-year-old horses or three-year-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.*

Trainer ['treɪnə] (тренер): a person who teaches and prepares horses and jockeys for racing.

*McClellan proved himself extraordinarily able as a trainer.*

Triple Crown [trɪpl'kraʊn] (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?*

Yearling ['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.*

**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"?



Speaking

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                |
| 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,  
race-goers, 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 AEST<sup>1</sup>. The \_\_\_\_\_ is 3,200 metres<sup>2</sup> 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.**

1. 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?
- Horses are part of Kentucky culture.
  - The drinks are delicious.
  - It is the only time of year that people eat burgoo.
  - Roses are an important part of Kentucky history.
5. Which of the following groups goes to the Kentucky Derby?
- It is very popular for children.
  - Only people who like wearing fancy clothes go to the Derby.
  - Rich and famous people go to the Kentucky Derby.
  - The article doesn't mention who goes.
6. About how many people sit in the infield area at the Kentucky Derby?
- A hundred thousand
  - A hundred and fifty thousand
  - Fifty thousand
  - It is not possible to answer this from the information in the article.

**Task 7.** Watch the video “*The 138<sup>th</sup> running of the Kentucky Derby*” and answer the questions.

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

**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' teeth?

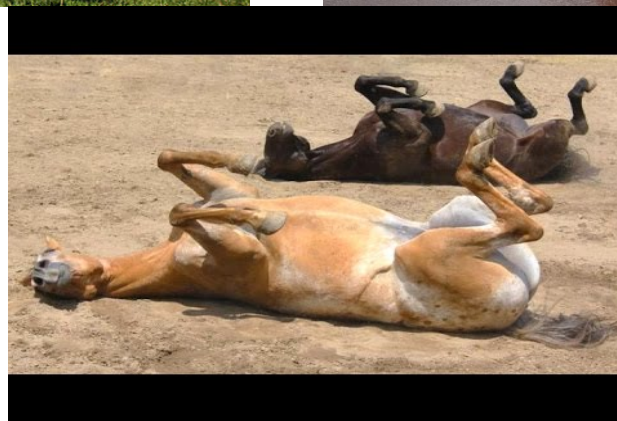
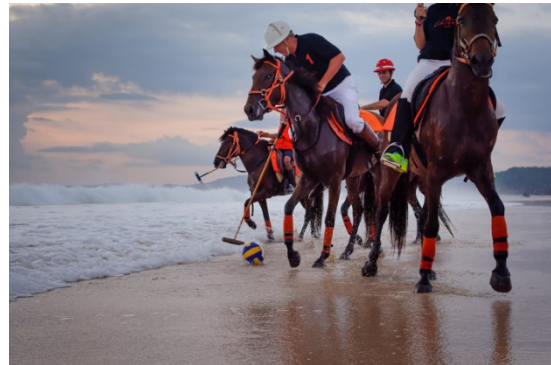


**Task 9.** Write a short summary of the topic.

Writing

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

**Task 11.** Describe one of the pictures.



**Task 12.** Render the article.

*НАЙДОРОЖЧІ В СВІТІ КІНСЬКІ ПЕРЕГОНИ  
ЗАВЕРШИЛИСЯ В ДУБАЇ*

*29 березня в саудівському місті Дубай завершилися найдорожчі кінські перегони — Дубайський Кубок світу. Вони традиційно відкривають сезон скачок. Після*

Дубайського Кубка відбуваються престижні перегони в британському Аскоті, німецькому Баден-Бадені та австралійському Мельбурні.

Змагання заснував нинішній шейх емірату Мухаммед. Він навчався в британському Кембриджі і там захопився скачками. По поверненні на батьківщину побудував у своїх володіннях іподром "Над аль-Шеба". 1996 року тут уперше відбулися перегони.

Нині Дубайський Кубок 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 влаштовують 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 отримують відповідно по \$3 та \$5 тис.

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.

## KEYS

### Unit 1

**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.

### Unit 2

**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.

### **Unit3**

**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.

### **Unit 4**

#### **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

## **Unit 5**

**Task4.** 1F; 2T; 3F; 4F; 5F; 6T; 7T; 8F.

**Task5.** 1.nourishing; 2.fibre, disease; 3.suffer from, malnutrition; 4.junk food; 5.convenience food; 6.famine, shortage; 7.diet.

**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.

## **Unit 6**

**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

## **Unit 7**

**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

## **Unit 8**

**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.

## **Unit 9**

**Task 6.** 1. extreme sports; 2.bungee jumping, rope, hits the ground; 3. skysurfing <sup>x2</sup>; 4. mountain biking, mountain bikers; 5. extreme skiing, slopes; 6. ice diving <sup>x2</sup>; 7. skysurfing, board, surf.

**Task 7.** 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

## Unit 10

**Task 1.** Song transcript.

Cesont les meilleureséquipes  
Essind die allerbestenMannschaften  
The main event

Die Meister  
Die Besten  
Les grandeséquipes  
The champions

Unegrandeunion  
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.**

1. Tackling
2. League
3. Striker
4. Assistant referee
5. Fouls
6. 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

**Unit 11**

**Task 5.** 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.

## **Unit 12**

### **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, race-goers, atmosphere, clothes, gamble, bet, horse, held, fancy hats, race, race

**Task6.** 1c; 2a; 3b; 4a; 5c; 6a

## **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 roles 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 evidence-based 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**

### **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 3**

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 4**

### **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 Greek 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 5**

### ***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 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](http://johngraden.com). Thank you.

## **Unit 7**

### ***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 knight 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 knight. If I have my knight on the side of the board it can only control up to four squares: one, two, three, four. Therefore my knight 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 pieces into the center. Very important to try and get a piece 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 a 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 knight 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 8

### *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 player 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!

# **CONTENT**

- 1. Physical Education**
- 2. Healthy Way of Life**
- 3. Sport versus Physical Education**
- 4. Winter and Summer Sports**
- 5. Junk vs Healthy Food**
- 6. Martial Arts**
- 7. Chess**
- 8. Basketball**
- 9. Extreme Sports**
- 10. Football**
- 11. Skiing**
- 12. Horse Race**