

Практическая работа № 26

Тема: «Здоровый образ жизни. Спорт.»

Цель: Отработка лексики по теме, навыков чтения и перевода текста на английском языке.

Задание 1: Переведите текст.

Summer and Winter Sports

People all over the world are very fond of sports and games. That is one of the things in which people of every nationality and class are united. The most popular outdoor winter sports are shooting/ hunting, hockey and, in the countries where the weather is frosty and there is much snow — skating, skiing and tobogganing. It's so nice to go to the skating-rink on a frosty sunny day. 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.

Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding and many other sports. Among outdoor games football takes the first place in public interests; this game is played in all the countries of the world. The other games that have firmly established themselves in favour 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. 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.

Among indoor games which one can go in for all the year round are billiards, table tennis, draughts, chess, of course. The results of chess tournaments are studied and discussed by enthusiasts in different countries. So we have all grounds to say that sport is one of the things that makes people kin.

Vocabulary:

to be fond of smth. — любить, нравиться

to unite — объединять

out door winter sports — зимние виды спорта на открытом воздухе

shooting — стрельба

hunting — охота

tobogganing — санный спорт

to sledge — кататься на санках

yachting — парусный спорт

gliding -планерный спорт

to establish oneself in

favour- стать в почете

lawn-tennis — теннис

track and field events — легкая атлетика

scores of young girls and women — множество девушек и/женщины

calisthenics — ритмическая гимнастика

indoor games — игры в закрытом помещении

impressive example — замечательный пример

in exhaustible — неисчерпаемый

cheerfulness — бодрость

enthusiast — энтузиаст

to initiate — приобщить кого-то к чему-то

tournament — турнир, спортивное соревнование

Задание 2: Ответьте на вопросы:

1. What are people all over the world fond of?
2. What unites people of every nationality?
3. Why do people prefer to be out of town on a frosty sunny day?
4. What are the most popular outdoor winter sports?
5. What opportunities for sports does summer afford?
6. What game takes the first place in public interest?
7. What is your favorite sport? Why?
8. Do you know the names of the athletes who are involved in this sport?

Задание 3. Соотнеси названия видов спорта и их определения:

<p>1. It is a sport of riding a small sort of boat with a sail.</p> <p>2. It is the sport in which acrobats and gymnasts jump up and down to perform exercises on a sheet of material tightly stretched (крепко прикрепленный) to a metal frame.</p> <p>3. It is jumping from an airplane with a parachute.</p> <p>4. The sport of climbing down inside large holes which go deep underground in a rocky country.</p> <p>5. It is the sport of climbing mountains.</p>	<p>a. parachuting</p> <p>b. potholing</p> <p>c. mountaineering</p> <p>d. windsurfing</p> <p>e. trampolining</p>
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