

Topic: Sports

Checking of the homework: New vocabulary + Reading Comprehension (p. 80-83)

Grammar Present perfect tasks

Tasks with vocabulary

Listening Comprehension

Homework: learn new words, Syvak, Kovalchuk, p. 82 ex 7 in written form

Resources:

“English” for first year students : навч.-метод. посіб. для студ. всіх спец. вищ. навч. закл. / І.С. Ковальчук, О.Б. Сивак.

Speakout. Pre-Intermediate. Student's Book. 2nd Edition — Pearson Education Limited, 2015 - 176p

Speakout. Pre-Intermediate. Workbook. 2nd Edition — Pearson Education Limited, 2015 – 94 p

<https://learnenglish.britishcouncil.org/>

Match words with definitions:

1. award	a) making you feel that you want to sleep or rest
2. treadmill	b) to do something in order to protect someone or something from being attacked
3. workout	c) something that brings your energy back
4. to require	d) determined or trying very hard to be more successful than other people or businesses
5. to defend	e) to make your body fit and strong by doing exercises
6. to practice	f) something such as a prize or money given to someone to reward them for something they have done
7. tiring	g) a period of physical exercise, especially as training for a sport
8. competitive	h) to need something
9. recreational	i) to make someone or something better so that they reach the necessary standard
10. to work out	j) a piece of exercise equipment that has a large belt around a set of wheels, that you can walk or run on while staying in the same place
11. to get into shape	k) when you do a particular thing, often regularly, in order to improve your skill at it

Fill in the missing word from the previous exercise:

1. _____ sports encourage children to work together as a team.
2. He _____ with weights twice a week.
3. It takes hours of _____ to learn to play the guitar.
4. Join a gym or buy a _____?
5. Most houseplants _____ regular watering.

6. Most _____ facilities like swimming pools and sports can help you to relax.
7. Some of them lack experience, but we'll soon ____ them into _____.
8. Students should be ready to explain and _____ their views.
9. The movie has won a number of _____.
10. The video cover says it includes two 40 minute fitness ____ plus an extra 10-minute jump-start mini workout.
11. We've all had a long _____ day.

Objective: to activate students' background knowledge

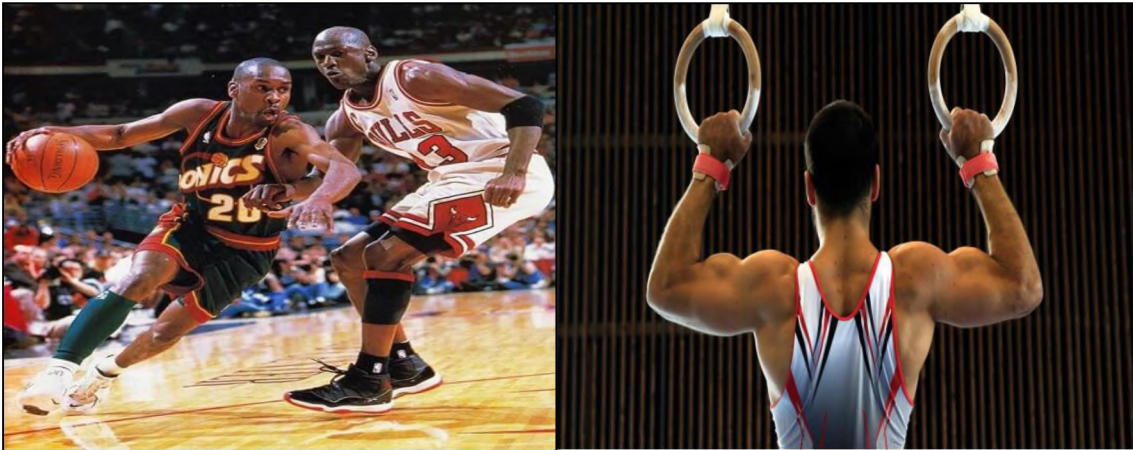


Even the greatest was once a beginner. Don't be afraid to take that first step

Muhammad Ali

Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? Is it more difficult to play an individual sport rather than a team sport?



Useful expressions:

*Personally, I would say that ...
I'm not really very interested in ...
It's very hard to say, but ...
If I had to choose ..., I would*

Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
Award (n)	to require (n)	tiring (adj)	to be out of condition
treadmill (n)	to defend (v)	competitive (adj)	to work out
workout (n)	to practice (v)	recreational (adj)	to get into shape
<u>Phrases related to sport activities</u>			
To keep fit		To drop the ball	
To go in for sport		At this stage in the game	
To be good at		To be on target	

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

Reading

3. Read and translate the text.

Sport in Our Life

Sport is probably as old as the humanity itself. It is very important in our life. It's popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions. The others like sports too, but they only watch sport competitions, listen to sports news. They prefer reading interesting articles about sportsmen and sport events, but they don't go in for sports. There are sports grounds and stadiums near institutes and universities. A lot of different competitions are held there, a great number of students take part in them. All participants try to get good results and become winners.

There are summer and winter kinds of sports. The summer kinds of sports are: swimming, athletics, football, volleyball, basketball and others. The winter kinds of sport are figure skating, skiing, ice hockey etc.

We all need to do exercises. Regular exercises give you more energy and make you feel and look better. The best exercise is one, which is involved, in repeated movements: walking, jogging, swimming. Bending and stretching will add flexibility and feeling of lightness. 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.

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

- 1) Sport is probably as young as the humanity itself.
- 2) Many people don't do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions.
- 3) The spring kinds of sports are: swimming, athletics, football, volleyball, basketball and others.
- 4) The autumn kinds of sport are figure skating, skiing, ice hockey etc.

5) Regular exercises give you more energy and make you feel and look better.

5. Answer the questions after the text.

- 1) Why is sport important? Give reasons.
- 2) What are the most popular summer kinds of sport?
- 3) What are the most popular winter kinds of sport?
- 4) Why are regular exercises useful?
- 5) What are the most common places for going in for sport?

6. Complete the chart as shown.

Noun	Verb	Adjective
	to defend	
		recreational
		dangerous
education		
presentation		

Writing

7. Write an essay "A lot of Young People don't Think It's Cool to Take Part in Sports". You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style.

Speaking

8. Think about your answers to these questions.

- 1) What do you think is the most popular sport in the world?
- 2) What is the most dangerous sport?
- 3) What is the most expensive sport?
- 4) What is the most popular sport in your country?
- 5) What do you do to keep fit?

9. Describe a game or sport you enjoy playing. You should say:

what kind of game or sports it is;

who you play it with;

where you play it;

and explain why you enjoy playing it.

10. Work in a group. Some people believe that competitive sports have a positive effect on children's education, while others believe

there is no place for such sports in schools. Discuss both points of view and give your own opinion.

Home project

11. Make ppt presentation about sport.

<p>Favorite Team</p>	<p>Favorite Sportsman</p>
 <p>A group of five New York Knicks basketball players in white jerseys with red and blue accents, standing on a court. The text "THIS IS NEW YORK" is visible in the background.</p>	 <p>A collection of soccer jerseys displayed on a rack. The jerseys are for Argentina (number 10), Germany (number 8), France (number 7), Netherlands (number 9), Brazil (number 10), Portugal (number 7), Spain (number 8), and Italia (number 9). The brand "PetFriend" is visible in the top left corner.</p>
<p>Favorite Game</p>	<p>Sport Event</p>
 <p>Four children standing in a line, wearing soccer uniforms. From left to right: a boy in a red jersey with number 9 holding a soccer ball, a girl in a white jersey with "GRAF" and number 21, a boy in a red jersey with "FORD" and number 11, and a boy in a white jersey with a black helmet and a baseball bat.</p>	 <p>The Olympic flag, featuring the five interlocking rings (blue, yellow, black, green, red) on a white background, waving on a flagpole against a blue sky.</p>

Tennis and keeping fit

Listen to Phil talking about how taking up tennis when he retired has improved his health.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. to keep fit
2. to take something up
3. medication
4. morale
5. blood pressure
6. social
7. exercise
8. squash

Definition

- a. physical activity
- b. relating to activities in which you spend time with other people, outside of work
- c. medicine or drugs taken to improve an illness
- d. to begin to do something
- e. to stay healthy and strong
- f. a sport that involves hitting a ball against a wall
- g. the pressure at which your heart sends the blood around your body
- h. confidence and satisfaction

Tasks

Task 1

Circle the best answer.

1. What did the doctor tell Phil?
 - a. He was fit and healthy.
 - b. His blood pressure was too high and he would soon need medication.
 - c. His blood pressure was too low and he would soon need medication.
2. What did Phil say to the doctor?
 - a. He would take medication.
 - b. He would get more sleep.
 - c. He would take more exercise instead of taking medication.
3. Why didn't Phil just go running?
 - a. He gets very tired.
 - b. He finds it boring.
 - c. He isn't very good at it.

4. Apart from being good exercise, what is the other advantage of tennis for Phil?
 - a. You can meet new people and socialise.
 - b. You can win a lot of competitions.
 - c. You can watch matches on television.
5. How is Phil's blood pressure now?
 - a. The same as before he started playing tennis.
 - b. It has gone down since before he started playing tennis.
 - c. It has gone up since before he started playing tennis.
6. What sport did Phil play when he was younger?
 - a. Squash
 - b. Rugby
 - c. Badminton
7. How old was Phil when he started playing tennis?
 - a. In his early 50s
 - b. In his early 60s
 - c. In his early 70s
8. How does Phil say that his tennis has improved?
 - a. He has watched YouTube tutorials.
 - b. He has watched a lot of professional tennis matches on TV.
 - c. His friend has given him tips.

Task 2

Put the words and phrases in order to make sentences.

1. which was also keep him fit. of exercise enjoyable and Phil had which would
to find some form
2. where you aspect to it, join a club and Tennis has you meet a very good
social lots of other people.
3. needed Phil for his blood pressure. to have any medication has never
4. He used he got lazy. but then to take younger, when he was exercise

5. transformed Phil's than eight years ago. he was Tennis has much fitter
 life. He's

6. his fitness. his morale as well as It's improved

Discussion

What do you do to keep fit and exercise? Would you like to take up a new sport?