

**SANAKULOV ZAYNIDDIN  
BOTIRBEKOVA GULCHEHRA**

**XORIJY TIL  
(sport yo'nalishida ingliz tili)  
O'QUV QO'LLANMA**



**O'ZBEKISTON RESPUBLIKASI OLIY VA O'RTA  
MAXSUS TA'LIM VAZIRLIGI  
CHIRCHIQ DAVLAT PEDAGOGIKA UNIVERSITETI**

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#### **Tuzuvchilar:**

Chichiq davlat pedagogika universiteti Nemis tili kafedrası mudiri, f.f.f.d. (PhD) – **Sanakulov Zayniddin Ibodullayevich**

Toshkent davlat texnika universiteti Olmaliq filiali O'zbek tili va adabiyoti kafedrası katta o'qituvchisi – **Botirbekova Gulchehra Abdumutalovna**

O'zbekiston Respublikasi Oliy va O'rta maxsus ta'lim vazirligining 2022 yil 9 sentabrda 302-sonli buyrug'iga asosan o'quv qo'llanma sifatida nashr etishga ruxsat berildi.

#### **Taqrizchilar:**

**J.Sh.** O'zMU Ingliz filologiyasi kafedrası mudiri,

**Djumabayeva** filologiya fanlari doktori, professor

**D.B. Otajonova** TVCHDPI, Fakultetlararo chet tillar kafedrası mudiri, filologiya fanlari bo'yicha falsafa doktori

(PhD)

**Annotatsiya.** Xozirgi kunda til o'rganishga e'tibor o'tib borgan bir vaqtda, ingliz tilini mutaxassisliklarda o'qitish bo'yicha o'quv qo'llanma va darsliklarga bo'lgan talab sezilmoqda. Ma'lumki, har bir mutaxassis xorijiy tilda mustaqil umumiy mulotot malakasini egallash bilan birga, o'z sohasiga oid mavzuda ham mulotot qila olishi lozim. Buning uchun mutaxassislikka oid matnlar bilan ishlashga katta e'tibor berish, lug'at boyliklarini oshirib borishlari kerak bo'ladi.

Mazkur o'quv qo'llanma jismoniy tarbiya va sport yo'nalishidagi oliy o'quv yurtlari talabalari uchun mo'ljallangan bo'lib, xorijiy til – ingliz tili mashg'ulotlarida matnlar bilan ishlash, mustaqil ta'limni tashkil etishda qo'llaniladi. Shuningdek, jismoniy tarbiya va sport yo'nalishi mutaxassis va qiziquvchilar ham soha bo'yicha bilimlarni va so'z boyligini oshirish uchun foydalanishi mumkin.

O'quv qo'llanma jismoniy tarbiya va sportga oid mavzularni o'z ichiga olgan va har bir mavzuda matn, matn yuzasidan mashqlar harakatlar hamda mavzuni qay darajada o'zlashtirganligini tekshirish uchun test berilgan. Talaba matnini o'qib o'rganib, bilim va ko'nikmalarni rivojlantirish uchun mashqlarni bajaradi. Berilgan mashqlar natijati 4 ta ko'nikmani mustahkamlashga, balki shuningdek bilimlarni oshirishga ham qaratilgan bo'lib, uslubiy jihatdan mazmunida muvofiq keladi.

**Аннотация.** В данный момент все больше внимание уделяется изучению иностранных языков и в связи с этим, растет спрос на учебники и пособия для преподавания английского языка по специальности. Известно, что каждый специалист должен иметь навыки самостоятельно общаться на иностранном языке, в также на тему, относящуюся к своей специальности. Для этого им нужно больше внимания уделять работе со специальными профессиональными текстами, увеличивать словарный запас.

Данное пособие предназначено для студентов вузов физической культуры и спорта, для пользования на уроках иностранного языка и организовать самостоятельное обучение. Это также им могут пользоваться специалистами физической культуры и спорта для расширения своих знаний и словарного запаса в этой области. Пособие содержит тексты по спорту, упражнения и словари по каждому тексту. Студент читает текст и выполняет упражнения для развития знаний и навыков и в конце может проверить знания решив тесты по темам. Упражнения в основном направлены на укрепление навыков чтения и имеют методологическое значение.



**Abstract.** At a time when more and more attention is paid to study of languages, there is a growing demand for textbooks and aids for teaching English in specialties. It is known that each specialist must be able to communicate freely in foreign language, as well as on a topic related to his field of specialization. To do this, they need to pay more attention to working with specialized texts, to increase their vocabulary.

This manual is intended for students of universities physical education and sport who studies foreign language, especially English, to organization of self-study. It can also be used by sport specialists to expand their knowledge and vocabulary in this area.

The manual contains texts on sport, exercises and vocabularies for each theme. The student reads the text and does exercises to develop knowledge and skills on English by specialty and check the knowledge with test at the end of the manual. The exercises are mainly aimed at strengthening 4 skills and have methodological significance.

## SO'Z BOSHI

Ma'kur o'quv qo'llanma oliy ta'lim muassasalarida ingliz tilini o'rganuvchilar, xususan, jismoniy tarbiya va sport yo'nalishida ta'lim olayotgan talabalar uchun mo'ljallangan va nofilologik oliy ta'lim muassasalarida xorijiy til fan dasturiga asosan ishlab chiqilgan.

O'quv qo'llanmaning maqsadi – talabalarga mutaxassislikka doir ashy matnlarni o'qib tushunish, kerakli ma'lumotlarni tanlab olish, zarurat tug'ilganda ularni lug'at yordamida o'z ona tiliga tarjima qilib, mavzuga oid matnlarni tinglab tushunish hamda mavzu doirasida subat qurish va so'zlab berishni o'rgatishdan iborat. Undagi barcha mavzular maxsus autentik matn bilan boshlanadi va har bir mavzuda matn ustida ishlash mashqlari berilgan. Shuningdek, til o'rganuvchilarning mavzuni yaxshiroq o'zlashtirishi maqsadida lug'at boyligi ustida ishlash uchun leksikaga oid topshiriqlar, yozish, tinglab tushunish, gapirish ko'nikmalarini rivojlantirish uchun mashqlar, sport tur baqida aniq tasavvurga ega bo'lishi uchun rangli illyustratsiyalar berilgan. Bundan tashqari, har bir mavzuda talabalarning grammatik bilimlarini mustaxkamlash maqsadida grammatik mashqlar ham berilgan.

Qo'llanmada berilgan matnlar analitik o'qish uchun mo'ljallangan bo'lib, o'qish jarayonida talabalarning real va potentsial lug'at boyligini oshirish, matndan kerakli bo'lgan ma'lumotni o'zlashtira olish kabi ko'nikmalarni shakllantirish vazifalari amalga oshiriladi. Shuningdek, berilgan mashqlar talabalarda olganiyat matnning murakkab sintaktik va kompozitsion qurilishiga qarab rivojlantirishga yo'naltirilgan. Shu bilan birga, matn ustida ishlash mashqlari talabalarning o'rganilayotgan til materialni mazmunini tushunish va o'zlashtirish darajasini nazorat qilib uchun mo'ljallangan.

Ma'kur qo'llanma bilan ishlashda ingliz tilini yaxshi o'zlashtirish uchun quyidagi vazifalarga e'tiborni qaratish lozim:

- ✓ mavzu yuzasidan berilgan matnni o'qib chiqish va mazmunini tushunish;
- ✓ matn ustida ishlash uchun berilgan mashqlarni bajarish;

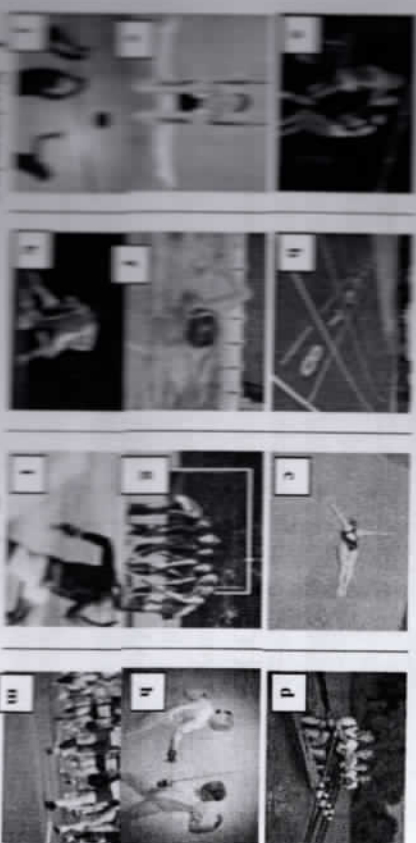


- ✓ notanish so'z va so'z brikmlarni tarjima qilib, ularning garda qo'llanilishiga e'tibor qaratisht;
  - ✓ diqqatni jamlagan holda, matni tinglab tushunishga harakat qilish;
  - ✓ grammatik qoidalarni yodga olgan holda grammatik mashqlarni bajarish;
  - ✓ mavzuni o'zlashtirganlik darajasini aniqlash uchun test topshiriqlarini bajarish.
- Berilgan tavsiyalar xorijiy tilni o'zlashtirish vazifasini ma'lum darajada yengillashtiradi. Ushbu o'quv qo'llanma ingliz tilini kasbga yo'naltirilgan fan (sport ta'lim yo'nalishtari uchun) sifatida, shuningdek, ingliz tilini mustaqil o'rganish uchun qo'shimcha adabiyot sifatida hamda mustaqil ishlarni tashkil qilishda foydalanilish tavsiya etiladi.

## UNIT 1. OLYMPIC GAMES

### LESSON 1. THE HISTORY OF OLYMPICS

*Activity 1.* Find sports from the pictures.



1. Swimming
2. Rowing
3. Boxing
4. Hockey
5. Diving
6. Running
7. Gymnastics
8. Rowing
9. volleyball
10. wrestling
11. marathon
12. athletics

*Activity 2.* Read the text and answer the questions below.

By roughly 500 BCE, athletic festivals were being held throughout Greece. The most famous of these was the Olympic Games, which were held every four years at Olympia, in honour of Zeus. Events in these early games included short, middle, and long-distance races, pentathlon, boxing, and wrestling. Most events required athletes—who were male—to compete in the nude. Rome conquered Greece in the 2nd century BCE, and eventually abolished the Olympic Games. But in 1892, Frenchman Pierre de Coubertin—building on the ideas of others—started to campaign for the resurrection of the event. He gave a talk to the Union des Sports Athlétiques in Paris, urging them to support his vision, and



emphasizing the potential of the Olympic Games to unite nations around the world under a common cause. He continued his championing of the Olympics at the Congress of Paris - a conference on international sport - in 1894. The result was an emphatic vote in favor of the revival of the Games. The organization of the event was placed in the hands of the International Olympic Committee (IOC). The first president of the IOC was the Greek Demetrius Vikelas, one of de Coubertin's most vocal supporters.

1. Which sports did include in the early Olympic Games?
2. When was the IOC organized?
3. Who was the first president of the IOC?

**Activity 3.** Match the definitions a-f to the sports 1-6.

- |                     |  |
|---------------------|--|
| 1 <i>pentathlon</i> | a a sport in which two competitors fight by hitting each other with their hands  |
| 2 <i>boxing</i>     | b a competition in which all the competitors try to be the fastest and to finish first   |
| 3 <i>wrestling</i>  | c a sports event in which athletes compete in five different sports  |
| 4 <i>race</i>       | d a sport where two people fight and try to throw each other to the ground   |
| 5 <i>football</i>   | e a sport in which two teams of eleven players try to score runs (= points) by hitting a small hard ball covered in leather with a bat, and running between two sets of small wooden posts |
| 6 <i>cricket</i>    | f a game played between two teams of eleven people, where each team tries to win by kicking a ball into the other team's goal  |

**Activity 4.** Read the text about the origin of Olympic Games. Use the words in capital letters to form a word that fills each space.

### Olympic Games

While the origin of the Olympic Games is not known exactly, 1) ..... (TRADITION) the first celebration of the ancient

games was in 776 B.C. Every four years, 2) ..... (COMPETITION) came from all corners of the Greek world. The Olympic Truce was declared and 3) ..... (FORCED), which allowed athletes and spectators to travel safely to the games. Before the Olympic Games opened all the contestants and judges 4) ..... (SWEAR) an oath to keep competition clean and fair. 5) ..... (VICTORY) athletes became national heroes. However, the 6) ..... (CAPTURE/MEAN) of the contestant and the method of winning were as important as the victory itself.

**Activity 5.** Watch the video and fill in the gaps.

### ALL ABOUT THE OLYMPICS

Every few years thousands of the finest 1) ..... in the world gather together to compete in the Olympic games. They come from hundreds of 2) ..... from all parts of the globe and for the length of the games the world comes together on common ground in a celebration of 3) ..... and unity.

**But what are the Olympics?**

The first Olympic games took place in 4) ..... nearly 3,000 years ago in 5) ..... They were athletic competitions held in honour of Zeus, the king of the gods. The games happened every 6) ..... and during the games there was an Olympic Truce when war and battles were not allowed so that athletes from different 7) ..... could safely to 8) ..... and from the games.

Originally the Olympic Games only had one event - a short 9) ..... race across a 10) ..... but through the years more events were added including 11) ..... boxing, 12) ..... long jump,





throwing javelins and discus and chariot racing.

In the ancient Olympics only (10) \_\_\_\_\_ were allowed to compete. The (11) \_\_\_\_\_ were awarded a wreath or crown of olive branches, which was a great honour, and often received (12) \_\_\_\_\_ and other prizes.

The final games of the ancient Olympics were held in (13) \_\_\_\_\_, ending a tradition of over a thousand years.

It wasn't until almost 1,500 years (14) \_\_\_\_\_ that someone tried to hold the Olympics again. Small events modelled after the ancient Olympics were held in various places in Europe off and on for over a hundred years, until the International Olympic Committee was created in 1894 by Baron Pierre (15) \_\_\_\_\_ of France. The first games organized by IOC took place in (16) \_\_\_\_\_, Greece, in 1896, and featured (17) \_\_\_\_\_ athletes from 14 countries.

### What has changed since that small beginning?

● (18) \_\_\_\_\_ first competed in the Olympics in 1900.

● The Olympics were expanded to include (19) \_\_\_\_\_ like skiing and figure skating, and special Winter Olympics were held to make that possible.

● Parallel Olympics, now known as the (20) \_\_\_\_\_, began to be held for athletes with disabilities.

● Not so long ago, (21) \_\_\_\_\_ were introduced, which allows athletes between the ages of 14 and 18 to compete.

Today the Olympic Games are held every (22) \_\_\_\_\_, with Summer Olympics and Winter Olympics alternating, so that there are four years between each Summer Olympic Games and four years between each Winter Olympic Games.

### What are some of the differences between the ancient Olympics and the modern Olympic Games?

While the ancient Olympics were held in the same place each time, the modern Olympics are held in different cities (23) \_\_\_\_\_.

In the ancient Olympics winners were awarded (24) \_\_\_\_\_, but in the modern Olympics the victors receive medals. Third place wins (25) \_\_\_\_\_, second place wins (26) \_\_\_\_\_ and first place gets a gold medal. The gold medals are not actually made of solid gold, however, they are made of silver covered with a (27) \_\_\_\_\_ of gold.

### Symbols

Another important symbol of the Olympics is the Olympic (28) \_\_\_\_\_ five interlocking rings of blue, yellow, black, green and red on a white background. The colours of the rings were chosen because every flag in the world at the time had at least one of those colours on it. Each of the five rings represents one of the (29) \_\_\_\_\_ of the world: North and South America are



counted as one, along with Africa, Asia, Europe and Australia. After the rings, one of the most important symbols of the Olympics is the Olympic (30) \_\_\_\_\_. The lighting of the torch is a reminder of the ancient Greek myth where Prometheus (31) \_\_\_\_\_ fire from the god Zeus to give it to humans. Before each Olympics, the torch is (32) \_\_\_\_\_ in a special ceremony at the site of the ancient Olympics in Olympia, Greece. It (33) \_\_\_\_\_ around Greece and then begins a special journey to the city that (34) \_\_\_\_\_ the Olympics. During the opening ceremonies of the games, the torch is used to light a huge (35) \_\_\_\_\_, which stays burning until the Olympics last day. When the flame is put out, it means the official end of the games.

The (36) \_\_\_\_\_ of the Olympics is to help build a better, more peaceful world through international cooperation, and a love of the games. "The most important thing in the Olympic Games is (38) \_\_\_\_\_, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have (39) \_\_\_\_\_." (Pierre de Coubertin)



**Activity 6.** Make a short presentation about your favourite Olympic sport and present it before class.

## LESSON 2. PARALYMPIC GAMES

**Activity 1.** Match the sports to the places.

1	swimming	a) a rink
2	boxing / wrestling	b) a court
3	tennis / basketball / volleyball	c) a pool
4	football / hockey / rugby	d) a ring
5	athletics / motor racing	e) a track
6	ice hockey / skating	f) a pitch
7	bowling	g) a course
8	golf	h) an alley

**Activity 2.** Answer the questions.

1. Why we say Paralympic Games?
2. What do you know about Paralympic Games?
3. What is the difference between Olympics and Paralympics?
4. Do you know any champions of Paralympic Games?

**Activity 3.** Read the text. Are these sentences true or false?

1. The first Paralympics were held in Rome in 1976.
2. The first Winter Paralympics were held in Sweden in 1976.
3. The Summer Paralympics comprises many of the same events as the Olympic Games.
4. The Winter Paralympics comprises seven core events.
5. Olympians compete in sixteen different categories.

The Paralympics Games, an Olympiad for competitors with disabilities, was first contested in Rome in 1960. Initially conceived by Sir Ludwig Guttmann in 1948 as a sports event for World War II veterans with spinal cord injuries (known as the Stoke Mandeville Games), the event later assumed global proportions. The first Winter Paralympics were held in Sweden in 1976.

The Summer Paralympics comprises many of the same events as the Olympic Games—judo, rowing, swimming, table tennis, etc.—while also having several disability-specific events such as wheelchair rugby.

The Winter Paralympics is a smaller spectacle and comprises six core events—alpine skiing, ice sledge hockey, Nordic skiing, biathlon, cross-country skiing, and wheelchair curling.

Because disability can take several forms, Olympians compete in six different categories—amputee, cerebral palsy, wheelchair, vision impairment, intellectual disability, and others (including competitors with a mobility impairment or other loss of physical function that does not fall strictly under one of the other four categories).



**Activity 4.** Put the letters in order to make Paralympics sports.

l e s s i o n  
p a r a l y m p i c s  
s p o r t s  
a m p u t e e  
c e r e b r a l  
p a l s y  
w h e e l c h a i r  
v i s i o n  
i m p a i r m e n t  
i n t e l l e c t u a l  
d i s a b i l i t y  
m o b i l i t y  
i m p a i r m e n t  
o t h e r  
l o s s  
o f  
p h y s i c a l  
f u n c t i o n

**Activity 5.** Watch the video and write a number (1–9) to put these sentences in order.

133 pounds of confidence, me  
Yes, I can, suddenly, yes, I can  
Got the feeling I can do anything, yes, I can

## UNIT 2. ATHLETICS

### LESSON 1. TRACK AND FIELD

*Activity 1.* Label the pictures with eight words from the box.

swimming the Net / ice skating / video games / jogging / taking  
photos / reading books / football / dancing / watching films /  
swimming / listening to music / athletics / drama / board games  
/ basketball / cycling / rollerblading / ice hockey / gymnastics /  
drawing / fashion / skateboarding



1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

*Activity 2.* Read the text and choose the correct heading for paragraphs A-D from the list below. Write the correct number i-iv, next to the paragraphs 1-4.

- i. Measure for measure  
ii. indoors and outdoors  
iii. sport overview  
iv. drug testing
1. Paragraph A \_\_\_\_\_  
2. Paragraph B \_\_\_\_\_  
3. Paragraph C \_\_\_\_\_  
4. Paragraph D \_\_\_\_\_

A. Track and field consists of



three types of events: track events (running or walking), field events (jumping or throwing), and combined events, such as the pentathlon, which are a combination of both track and field events. Track and field is at the core of the Olympic movement and was featured at the first games at

..... Take a look, what do you see?  
..... I can go all the way  
..... Yes, I can!  
..... Something that sings in my blood is telling me, 'Yes, I can'

..... I was just born today  
..... 'Gee, I'm afraid to go on' has turned into, 'Yes, I can'

*Activity 6.* Watch the video again. What do you see? Tick (✓) six things.

- ..... a musician playing the drums  
..... people playing golf  
..... an athlete jumping over a bar  
..... a mother playing with her baby  
..... a family playing on the beach  
..... people racing BMX bikes  
..... basketball players scoring points  
..... a pilot flying a plane  
..... people horse riding  
..... a man in a wheelchair flying into the air

*Activity 7.* Discuss.

Do you watch the Paralympic Games?  
Were you surprised or impressed by anything you saw in the video?

*Activity 8.* Vocabulary Box:

Write any new words you have learned in this lesson.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....



Olympia in 776 BCE. The popularity of track and field events wavered during Roman times, but athletics again dominated the first modern Games.

**B.** Track and field events are held either indoors (during the winter) or outdoors (in the spring and summer). The majority of events are held at both indoor and outdoor meets, although there are exceptions. Limited space at indoor venues means that throws such as the javelin, hammer, and discus are only contested during the outdoor season. A smaller indoor track also means that the 100 m is replaced by the 60 m sprint.

**C.** Accurately measuring time and distance is a crucial part of track and field events. For track events, athletes are timed using sensors linked to cameras, and measured using Fully Automatic Time. For the long jump, triple jump, and throwing events, distances are measured using a certified steel measuring tape.

**D.** The use of performance-enhancing drugs—especially in athletics—never fails to make headline news. In a constant battle to promote fair play, the International Association of Athletics Federations runs a stringent control program to detect improper use of drugs such as anabolic steroids. In 1999, an independent foundation called the World Anti-Doping Agency (WADA) was also set up by the International Olympic Committee.



**Activity 3.** Are these sentences true or false.

- 1 Track and field consists of two types of events.
- 2 Field events include jumping or throwing.
- 3 Track and field events are held either indoors (during the summer)
- 4 Accurately measuring time and distance is a extremely important part of track and field events

	True	False
1		
2		
3		
4		

3 The World Anti-Doping Agency (WADA) was also set up by the International Olympic Committee in 1999.

6 A smaller indoor track also means that the 100 m is replaced by the 50 m sprint.

**Activity 4.** Work in pairs. Answer the questions!

- 1 Do you like sports?
- 2 What sports are you crazy about?
- 3 What sports do you do?
- 4 Which sports are you good at?
- 5 Do you like mixed sports?
- 6 Do you think all teams should be mixed?
- 7 Who are you a fan of?
- 8 Do you usually beat other teams?
- 9 Do you watch your friends' games?
- 10 Do you want to be a sports star in the future?
- 11 Do you watch sports on TV?

**Activity 5.** Complete the sentences with the suitable words, two words are extra.

fashion / swimming / reading books / watching films / listening to music / collecting / surfing the Net / board games / go bowling / jogging

- 1 Ann's really into \_\_\_\_\_. She goes to the cinema every weekend.
- 2 I like \_\_\_\_\_. My favourite writer is Irvine Welsh.
- 3 Ted's keen on \_\_\_\_\_. He plays for the school team.
- 4 Sarah likes \_\_\_\_\_. Her favourite singer is Adele.
- 5 John is not very keen on \_\_\_\_\_. He doesn't pay any attention to new trends in clothes.




6. Dave's really interested in \_\_\_\_\_. He likes looking at movie websites.

7. I quite like \_\_\_\_\_.  
especially in the sea.

8. Jack doesn't like playing \_\_\_\_\_. He prefers outdoor games such as football.

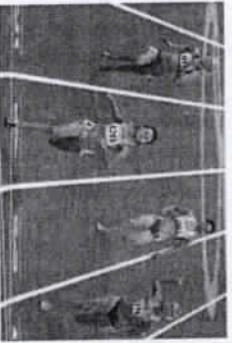
## LESSON 2. SPRINTS

*Activity 1.* Which sports use this equipment?

1	a puck	A	badminton
2	a racket	B	golf
3	a goal	C	ice hockey
4	a shuttlecock	D	football / hockey
5	clubs	E	tennis / volleyball
6	a net	F	hockey / ice hockey
7	a stick	G	baseball
8	a bat	H	tennis / badminton

*Activity 2.* Read the text and answer the questions below.

At athletics events it is usually the sprints—which are run over 60, 100, 200, and 400 meters—that most firmly grip the spectators' imagination. And it is as if the world stops for the Olympic 100 m men's final: there is something mesmerizing—almost primeval—about the competitors exploding out of the blocks, sprinting as fast as is humanly possible, and then streaking across the finishing line a mere 10 seconds or so later.



There are four sprint distances. The 60 m, which is usually run indoors, favours runners with electrifying speed but not necessarily high endurance. Unofficially defining the "Fastest Person on Earth," the 100 m rewards sprinters who can quickly achieve and then maintain maximum speed. This demands tremendous muscular power and finely honed technique.

200 m runners have all the skills of a 100m runner, with the additional ability to manage centrifugal forces when rounding the bend. They must start strongly yet have sufficient energy to finish well. Described as an endurance sprint, the 400 m is the most something of all the sprints. Careful pacing of this race is vital because after about 30 seconds of running at near maximum effort, lactic acid builds up in the muscles, making it more difficult and more painful to maintain speed.



### QUESTIONS

- How many metres do usually the sprints run at athletics events?
- Which sprint distance is usually run indoors?
- Which distance's winners must start strongly yet, have sufficient energy to finish well?
- Which runners are described as an endurance sprint?

*Activity 3.* Complete the sentences with the suitable words, two words are extra.

Push, running, acceleration, the start, stride, sprints,

### TRUE PHASES

A sprint can be divided into four phases:

1 see below,

2 \_\_\_\_\_ the body leans forward, so that the legs can provide maximum acceleration,

3 Full speed has been achieved and is maintained via a relaxed technique, with the body now upright, and

4 the arms are pulled back so that the head and shoulders dip toward the finish line.

*Activity 4.* Fill in the gaps with the appropriate words from the box.

poles    courts    stadium    rink    athletes    jumping    track  
pitches    rings

Jane Sporty is very happy because there is a big sports centre near her home. There are football 1 \_\_\_\_\_, tennis and basketball 2 \_\_\_\_\_, swimming 3 \_\_\_\_\_, a sports hall with two boxing 4 \_\_\_\_\_ and even a skating 5 \_\_\_\_\_. There is also a separate athletics 6 \_\_\_\_\_, where 30 000 spectators can watch track events on the 7 \_\_\_\_\_ and field events, such as 8 \_\_\_\_\_ and throwing, in the grass centre. The 9 \_\_\_\_\_ get ready in modern changing rooms. A huge scoreboard shows the results. Jane often attends sports events. She also goes swimming three times a week and hopes to succeed in this sport.

**Activity 5.** Put the preposition in each space in the sentences below.

1. The match was \_\_\_\_\_ England and Scotland.
2. Which team does he play \_\_\_\_\_?
3. You use golf club to play golf \_\_\_\_\_ a golf course.
4. There's an exciting race taking place \_\_\_\_\_ the track.
5. I'm not very good \_\_\_\_\_ boxing.
6. She's the best player \_\_\_\_\_ the team.
7. There was a crowd \_\_\_\_\_ 40 000 \_\_\_\_\_ the stadium.
8. The result \_\_\_\_\_ the football match was a 1:1 draw.
9. A runner-up comes second \_\_\_\_\_ a race or competition
- 10 Jack played badly \_\_\_\_\_ the tennis match. He kept hitting the ball \_\_\_\_\_ the net.

**Activity 6.** Put these questions in the correct order.

1. it / popular / sport? / Is / a
2. do / it? / you / How / play
3. it? / does / Who
4. all / female? / sport / Is / the
5. do / How / you / go? / fast
6. Wales, / isn't / That's / it? / in
7. sport? / you / about / Can / tell / your / us
8. what / explain / is? / Can / you / that

**Activity 7.** Listen to the radio interview. Which sport? Put these

sentences in the correct groups.

a. The sport began in the 1930s.	b. It's becoming really popular in the UK.	c. This sport involves doing tricks in the air.	d. There are more guys than girls doing it.	e. There are more girls than guys doing it.
f. It started in the 1980s.	g. When you compete, you score points for your team.	h. There are strong influences from other sports.	i. A big event for this sport is held in Wales.	j. The clothes people wear for this sport have changed.

Wakeboarding	Roller derby

Put the sentences in the best option to complete these sentences.

1. People are *nothing about these sports because* a they are becoming more and more popular b they might be included in the 2020 Olympics c a lot of people are getting injured doing them d in wakeboarding the rider is attached to a the board e another rider f a skateboard g in wakeboarding 1 200 degree spins are a impossible h difficult i surprisingly easy.



4. *Wakestock festival in Wales has*

- a. a similar feel to California
- b. is a good place to see the best riders
- c. is really cool but not many people know about it.

5. *Wakeboarding tricks*

- a. are unique to the sport
- b. have different names to skateboarding and surfing moves
- c. are often the same as skateboarding and surfing ones.

6. *Roller derby has*

- a. had a revival in popularity in the last fifteen years
- b. has always had a small group of dedicated fans
- c. has continually grown in popularity since it started.

7. *In roller derby you score points by*

- a. going past other players
- b. arriving at a goal
- c. making people fall over.

8. *Roller derby teams are*

- a. currently mostly non-professional
- b. mostly professional
- c. about half professional and half amateur.

**Activity 9.** Which of these sports would you be most interested in trying?

I'd like to try ... because .... I wouldn't like to try ... because ...

## UNIT 3. GYMNASTICS

### LESSON 1. RHYTHMIC GYMNASTICS

**Activity 1.** Read the text and choose the correct heading for paragraphs A-D from the list below. Write the correct number i-iv, next to the paragraphs 1-4.

i. Performing parameters	1. Paragraph A ____
ii. Performance area	2. Paragraph B ____
iii. Event overview	3. Paragraph C ____
iv. Competitor profile	4. Paragraph D ____

A. In this combination of gymnastics and ballet, competitors either singly or in teams—perform graceful choreographed routines to music while working with different types of hand-held apparatus: stick, hoop, ball, rope, and ribbon. The sport is dominated by women, although a few men also compete, especially in Japan.



B. Known as the platform, this is a carpeted area similar to mat larger than that used for gymnastic floor exercises. The ceiling must be at least 26 ft (8 m) and preferably 32 ft 6 in (10 m) above the ground so that the items of apparatus can be thrown as high as possible.

C. As for any gymnastic discipline, competitors must have a strong, flexible body. In addition, rhythmic gymnasts need finely tuned hand-eye coordination for manipulating the apparatus, and an instinctive appreciation of music and rhythm.

D. Each routine is accompanied by music chosen by the competitor and should last 75-90 seconds for an individual and 135-140 seconds for teams. Gymnasts perform with four out of the five pieces of apparatus—each year, the sport's governing body decides which apparatus is to be excluded.



**Note:**

- Rhythmic gymnastics competitions take place at national and international levels;
- The world governing body of rhythmic gymnastics is the Federation International de Gymnastique (FIG), which sets the rules for competitions and also trains judges.
- Acrobatic movements such as those used by artistic gymnasts do not necessarily find favour with rhythmic gymnastics judges and some movements, such as handsprings, are banned in competitions.

**Activity 2.** Read the text, then answer the True/False questions.

- 1 Rhythmic gymnastics is competed only by women.
- 2 The sport is dominated by men, also compete, especially in Japan.
- 3 The platform, this is a carpeted area similar to but larger than that is used for gymnastic floor exercises.
- 4 The ceiling is usually at least 26 ft (8 m) and preferably 32 ft 6 in (10 m) above the ground
- 5 Rhythmic gymnastics has been an Olympic sport since 1984.
- 6 The Federation International de Gymnastique (FIG) sets the rules for competitions and also trains judges.
- 7 Gymnasts perform with three out of the five pieces of apparatus

True False	

**Activity 3.** Use the right verb "do", "play", "go" with the kinds of sport.

Squash, swimming, skiing, ping pong, weight training, cycling, athletics, basketball, motor racing, hockey, karate, gymnastics, wrestling.

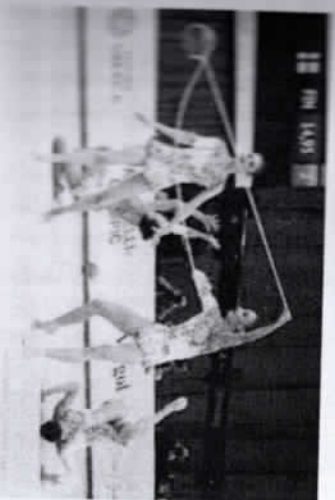
"do"	"play"	"go"

**Activity 4.** Fill in the gaps with the words from the box.

equipment win pass scores lost take part coach exercises kick

- 1) Andy does a lot of \_\_\_\_\_ every day as he wants to be stronger.
- 2) Every time *Spartak* \_\_\_\_\_ a goal in a football match my father goes wild.
- 3) I teacher cannot \_\_\_\_\_ in the game because his trousers are worn.
- 4) I do my best to \_\_\_\_\_ the school race.
- 5) For cycling you need special \_\_\_\_\_; a bike and a sports kit.
- 6) Everyone in the team respects our \_\_\_\_\_ because he sets a good example for us.
- 7) In football you should \_\_\_\_\_ a ball and let the players
- 8) Unfortunately, my favourite team \_\_\_\_\_ the game in the International Championship yesterday.

**Activity 5.** Look at the picture and describe it.



## UNIT 4. TEAMSPORTS

### LESSON 1. FOOTBALL

**Activity 1.** Vocabulary: match the word and definition.

- |                |  |
|----------------|--|
| 1. goal        | a) the number of points that smb. gets in a game                 |
| 2. team        | b) fast movement   |
| 3. score       | c) a shape with four straight sides and four angles              |
| 4. speed       | d) a group of people who play sport or game                      |
| 5. rectangular | e) apart, not joined   |
| 6. separate    | f) the area between two posts into which the ball must be kicked |

**Activity 2.** Read the text and answer the questions.

The beauty and popularity of soccer (or football, as it's known in most of the world) lies in its simplicity: two teams of 11 players each attempt to kick a ball into the opposing team's goal. Compared with more complex team sports



such as cricket or rugby, there are fewer rules, and matches are often free-flowing and highly exciting spectacles. Considered the world's most popular sport, soccer is enthusiastically played and watched by men and women in just about every country on Earth.

Football is played on a flat, rectangular grass or artificial turf field (also known as a pitch), the dimensions and markings for which are shown below. The outer extremes of the field are delineated by the touch lines and goal lines, and if the ball wholly crosses any of these lines it is out of play (or a goal is scored if the ball crosses the goal line between the goal posts). If part of the ball is on the line, it is still in play. While most matches are played on grass, artificial turf is increasingly employed in places such as Africa, where conservation of resources like water is an acute issue. But whatever

the surface, anyone can play social football: all that is needed are two teams, a ball, two make shift goals, and a flat playing surface—anything from a park or field to a street or beach.

1. Why is football popular around the world?
2. Where do we play football?
3. What sports are similar to football?

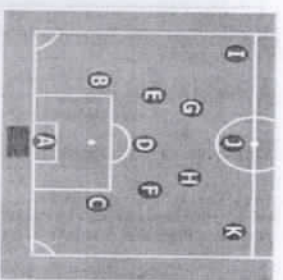
**Activity 3.** Complete the passage with the words in the box.

centuries	soccer	games	between	history
	popular	running		

The earliest known form of football was played in China in the second and third \_\_\_\_\_ BCE. Football-like games were also played in Ancient Greece and Rome and in other early civilizations. However, the development of modern \_\_\_\_\_ occurred mainly in Britain, over the last thousand years. Early \_\_\_\_\_ took many forms, and a "match" was often an anarchic contest \_\_\_\_\_ two whole villages. During the nineteenth century, the pivotal moment in the sport's \_\_\_\_\_ was reached. Earlier in the century, soccer had become very \_\_\_\_\_ in private schools (known as public schools in England). But without standardized rules, some schools favoured a rougher game that included handling and \_\_\_\_\_ with the ball, while others preferred a game based around dribbling.

**Activity 4.** Put the players (1-11) to the right places (A-K)

- |                      |                             |
|----------------------|-----------------------------|
| 1 - left forward     | A - right forward (striker) |
| 2 - left fullback    | B - right midfielder        |
| 3 - right fullback   | C - left back               |
| 4 - centre forward   | D - left back               |
| 5 - right midfielder | E - goalkeeper              |
| 6 - right back       | F - centre back             |
| 7 - left midfielder  | G - right forward           |
| 8 - left back        |                             |
| 9 - goalkeeper       |                             |
| 10 - centre back     |                             |
| 11 - right forward   |                             |





**Activity 5.** Read the text and give a title.

My favourite athlete is Lionel Messi, a soccer (football) player from Argentina. He plays forward for Barcelona FC. Many consider him to be the world's best soccer player - maybe even of all time. He is the first player to win the FIFA Golden Ball trophy, awarded to the best player of the year - 4 years in a row! He has set so many scoring records and won so many awards - that it is totally amazing! He's a very exciting player to watch. You can tell that he loves the game and lives to score goals. He is only 26 years old, so he should play for many more years. He has brown hair and he is 5'7" (1.69). He may not be a giant in height, but he is a giant of a player.



**Activity 6.** Write about your favourite football player: "Who is your favourite Athlete?"

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**Activity 7.** Listen and decide how many persons are there?

**Activity 8.** Listen again and complete the sentences with the modal verbs.

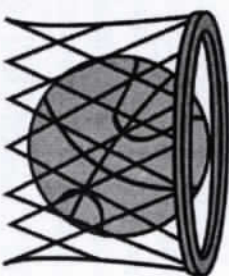
- I say, what a crowd! There \_\_\_\_\_ be 20,000 people here. The ground's absolutely full.
- Yes, this is one of the most popular sporting events in England.
- It's lucky for us we have reserved seats.
- Yes, if you haven't tickets you've got to be here an hour before the match starts to get a good seat.

Where about are our seats?  
 Row A, numbers 16 to 21. That's right in the front. We'll push through the crowd to get to them... Excuse me... Excuse me... Do you mind... Sorry... Excuse me... Well, here we are at last.  
 What splendid seats! We'll \_\_\_\_\_ see everything from here.  
 Yes, Jan has certainly looked after us well. We'll take him out to dinner after the match.  
 Good idea, Pedro, we certainly \_\_\_\_\_.  
 And we \_\_\_\_\_ shout for his team. I hope Jan is in form today.

## LESSON 2. BASKETBALL

**Activity 1.** Find the pair of the words.

1. ball	_____	need
2. point	_____	points
3. huge	_____	restarts
4. players	_____	sport
5. three	_____	line
6. game	_____	advantage



**Activity 2.** Read the text and find adjectives.

Invented in the late 19th century, basketball is a fast-paced, highly technical, whereby two teams of five players attempt to score points in the opposing side's basket. Most popular in the United States, where the National Basketball Association (NBA) runs the professional game, it also has a strong presence in Europe. Basketball has been an Olympic sport since 1976.

Muscular and athletic, basketball players require all-around fitness. Being such a fast-paced game superb stamina allied to





agility. Above all, of course, they need to be tall. Players are rarely under 6 ft (1.8 m) and often as tall as 7 ft (2.1 m).

Following the jump off which starts the game (see right) the two sets of players simply aim to score more points than the other. Attacks are mounted via a combination of passing and dribbling and when a player feels they are in a position to score they shoot. Basketball is truly an "end-to-end" sport with numerous baskets scored during the course of a game. Often the winning side will have accumulated more than 100 points.

If a player is successful in shooting a basket, the team is awarded two or depending on the distance from the basket. The game begins with the opposing team in possession on the under net or backboard. If a shot is unsuccessful, and it bounces off the rim or backboard, players compete for "rebounds." If the offense picks up a rebound they can prepare for another shot, if it is the defence they then mount a speedy counter-attack. Having a center who is particularly adept at picking up rebounds on defence is a as turning defence into attack at such speed catches the opposition unawares and often leads to a basket. In the NBA players such as Shaquille O'Neil have made careers out of this.

**Activity 3.** Read the text again and make up 5 special questions.

**Activity 4.** Match the word expressions 1-6 and definitions a-f.

- 1 to score a the condition of being physically strong and healthy
- 2 fitness b the board behind the basket in a game of basketball
- 3 basketball c (a ball used in) a game played by two teams of five men or six women who score points by throwing a large ball through an open net hanging from a metal ring
- 4 backboard d a quick large jump
- 5 bounds e to move a ball by repeatedly hitting it against the floor with your hand
- 6 to dribble f to win or get a point, goal, etc. in a competitive

activity, such as a sport or game, or in an examination

**Activity 5.** Complete the sentences with the suitable tense of the verb

### BASKETBALL STAR: RICKY RUBIO

Ricky Rubio (is/was) born on October 21, 1990 in Spain. He's a professional basketball player for Minnesota Timberwolves. Rubio (become/became) the youngest player ever to play in the Spanish ACB Lesage at 14. In 2009 he (gets/got) the fifth position on the NBA draft. Ricky Rubio first (play/played) for DKV Joventut and he (were/was) part of FC Barcelona Basketball Team until 2011, when he (reached/reaches) an agreement with The Timberwolves to play in NBA league. In a loss to Los Angeles Lakers on March 9, 2012, Rubio (tear/tore) his ligament defending Kobe Bryant. He (misses/missed) the rest of the season. Rubio (finishes/finished) second in Rookie of the Year voting after Kyrie Irving (Cavaliers).



Rubio (scores/scored) 10.6 points, 8.2. assists and 2.2 steals in 41 games average. He (returned/returns) from his injury in December 2012 in an overtime victory over Dallas Mavericks. He (took part/participates) at Rising Stars Championship in Shaq team in 2012. Ricky Rubio (wins/won) Silver medal in Beijing 2008 as well as Gold Medal in the European Championships celebrated in Poland and Lithuania in 2009 and 2011 respectively with Spain team.

**Activity 6.** Write true or false and give the evidence.

- A) Ricky Rubio started his NBA career at 14. T/F
- B) Ricky Rubio didn't play for FC Barcelona T/F
- C) Ricky Rubio won silver medal at Beijing 2008 T/F
- D) Ricky Rubio wasn't the youngest player in ACB T/F



**Activity 7.** Answer the questions about the text: (remember to give full sentence answers)

- 1) When did Ricky Rubio make his first debut in the ACB League?
- 2) Which team did he join in the NBA?
- 3) How many titles did he win the Spanish National Team so far?
- 4) Did Ricky Rubio take part at the Rising Star along with Shaq O'Neill?

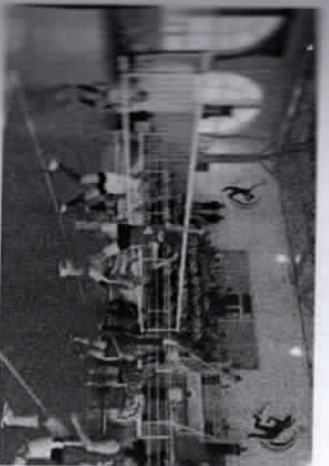
### LESSON 3. VOLLEYBALL

**Activity 1.** Read the text and match the passages.

- a) PLAYER PROFILE
- b) KEEP IT UP
- c) GAME OVERVIEW

1. Volleyball is a high-energy sport played between two teams of six players. The object is to score points by hitting a ball over a net so that the opposition cannot return it before it hits the ground. Defensive players dive around the court to get their hands under the ball and push it up toward their team mates in attack, who are ready to leap high to smash it back over the net. At top levels, teams are either all-male or all-female, but volleyball is also a popular recreational sport, played by mixed teams of all ages and abilities.

2. Volleyball was initially created as a gentler form of relaxation, but in its first 100 years developed into a high-energy game requiring great aerobic ability. Training concentrates on cardiovascular exercises—sprints, long-distance runs, and jumping rope. Jumping is important. Players also work out with dumb bells.



3. Once the ball is in play, each team has up to three hits to get it back over the net. As long as they do not catch or carry the ball, players can strike it with any part of their bodies, but in practice they usually use an open hand, wrist, or fist. The team that wins a rally wins a point, and if not serving wins the right to do so. Matches are usually the best of five sets.

In the first four games, the winner is the first to 25 points; in the fifth game, the winner is the first to 15 points. If the score reaches 24-24 or 14-14, respectively, two clear points are needed for victory.

**Activity 2.** Answer the questions.

1. What is the object of the game?
2. What is the role of defensive players?
3. What exercises does the training concentrate on?
4. How many sets are there in a match?

**Activity 3.** Complete the sentences using the words below.

International demonstration invented national  
Championship status founded game

Volleyball was \_\_\_\_\_ in 1895, and originally named mintonette. The first recorded competitive \_\_\_\_\_ was played at Springfield College, Massachusetts, in 1896. The sport's popularity spread from North America in the early 20th century. In 1949, volleyball's first World \_\_\_\_\_ was held in Prague. The sport was given Olympic \_\_\_\_\_ in 1964, although it was first featured as part of a \_\_\_\_\_ of US sports at the Paris Olympics of 1924.



The Federation Internationale de Volleyball (FIVB) was \_\_\_\_\_ in 1947 as the sport's governing body. It has 218 affiliated federations, making it the world's largest \_\_\_\_\_ sporting federation.

**Activity 4.** Match the vocabulary with the correct definition.

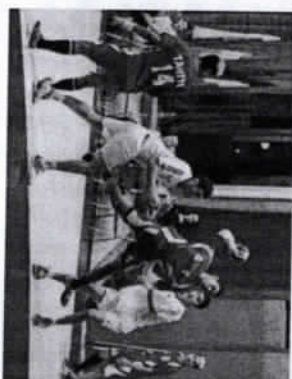
1. Sports that include running, jumping and throwing.	a. rowing
2. Athletes race in the water.	b. volleyball
3. Jumping or falling into water.	c. athletics
4. Two people fight using swords.	d. diving
5. Similar to dancing. You need a lot of strength, balance, co-ordination and flexibility.	e. hockey
6. A team sport. You have to move the ball into the opponent's goal with a stick.	f. fencing
7. A team sport with six players on each side. You hit the ball over the net with your hands.	g. gymnastics
8. Athletes race in boats on rivers or lakes.	h. swimming

**Activity 5.** Listen to the dialogue between Rod and Paul. Then choose the correct answer.

- Rod is looking for ... for the volleyball team.  
a. a net                      b. a ball                      c. players
- Paul ... jump high.  
a. can't                      b. can                      c. mustn't
- Water basketball is similar to ....  
a. ordinary basketball    b. water volleyball                      c. water football
- In water basketball, you can ... the ball.  
a. throw                      b. run with                      c. swim with
- Rod and Paul decide to ... on Saturdays.  
a. play volleyball                      b. go swimming                      c. play water basketball

**Activity 6.** Listen again and answer the questions.

- Why can't Paul play volleyball?
- What sport does Paul usually play?
- Who is very athletic and loves ball games?
- How many people can play water basketball?
- Where is Paul going now?



**Activity 7.** Fill in this fact file about water basketball.

**Fact File**  
**Name of sport:** *water basketball*  
**Number of players:** \_\_\_\_\_  
**Equipment:** \_\_\_\_\_  
**Rules:** \_\_\_\_\_

## LESSON 4. HANDBALL

**Activity 1.** Match the words and definitions.

- |             |  |
|-------------|--|
| 1. Bench    | a) done or used inside a building                                    |
| 2. Indoor   | b) to touch sb/sth with a lot of force                               |
| 3. Court    | c) the place where sb/sth is or should be                            |
| 4. Sand     | d) a long wood or metal seat for 2 or more people                    |
| 5. Hit      | e) a place where trials take place in front of a judge               |
| 6. Position | f) a powder consisting of very small grains of rock, found in desert |


**Activity 2.** Read the text and try to understand.

Handball developed in the late 19th century in Germany and Scandinavia. Handball or team handball is a competitive and **collective** sport game. It is played by two hands with two teams of six players and a goal keeper and **more** that 9 substitution-players **stay** on bench in each. In **modern** sport, there are three kinds of this game; one is indoor which is played on a court of 40 metres **long** by 20 metres **wide** and the second one is also called beach or sand handball which is played outdoor on a sand or by a beach. In contrary to American Handball that is totally **different** in which the individual (sometimes more than a player) player exercises in an enclosed room or **outside** and hit the ball on a wall.

During two 30 minutes each half and 10 minutes break-time between them; two referees control the game in different positions; the first one is **in** the goal-line, where as the second is in the **middle** of the court. However, this period is differed according to age conditions:

- \*- 2 x 30 minutes from 16 years old and **up**.
- \*- 2 x 25 minutes from 12 to 16 years old.
- \*- 2 x 20 minutes from 8 to 12 years old.

**Activity 3.** Find the antonyms of the bold words in the text.

 **Activity 4.** Listen to the classroom conversation about the benefits of sport. Which benefits of doing sport are mentioned? Tick (✓) seven.

1. reduced risk of diabetes
2. lower blood pressure
3. improved muscle tone
4. stronger heart and lungs
5. stronger bones
6. increased feeling of calm and tranquility
7. improved mood

8. improved concentration
9. increased motivation
10. makes people less competitive
11. improved communication and negotiation skills

**Activity 5.** Check your understanding: true or false.

	True	False
1. The class have already talked about at least three of the physical effects sport has on the human body.		
2. Doing sport can slow down the production of chemicals in the brain that make us feel good.		
3. There are no real benefits associated with doing individual sport.		
4. Swimmers or tennis players are responsible for their own achievements.		
5. Being part of a team requires you to practise more regularly.		
6. Collaborating with other members is essential for a team to be successful		
7. The skills you learn in a team sport are transferable to everyday life.		
8. It doesn't matter which sport you choose, as long as you're good at it		

**Activity 6.** Discussion

1. Do you like playing sport?
2. What are the biggest benefits for you?



## UNIT 5. RACKETSPORTS

### LESSON 1. TENNIS

*Activity 1.* Give the definitions to the words

1. Field -
2. Lawn -
3. Tournaments -
4. Set -
5. Crude -
6. Opposite-

*Activity 2.* Read the text and match the names and passages.

1. GAMES
2. WINNING A SET
3. RULES & REGULATIONS

Tennis in its modern form dates from 1874, when the game was codified by Major Walter Clopton Wingfield. Its basic principles, however, date back to the French jeu de paume (game of the palm), which came to prominence in the 12th and 13th centuries. It is now strictly known as "lawn tennis" to distinguish it from real (royal) tennis, but because the game is played on a variety of surfaces—



grass, clay, cement, coated asphalt, carpet—"tennis" is the term most widely used. Both the men's and women's tours are split into different categories. The men's tour is made up of four categories: Grand Slams, ATP, Challenger Series, and Futures tournaments.

A. Before a match, a coin is tossed and the winner chooses whether to serve or receive first, or the end that they want to start the match from. Players stand on opposite sides of the net; the server (the player who puts the ball into play) begins the rally by hitting the ball over the net, into the service court directly opposite, from the right of the center line, and from behind the baseline. The server

plays the ball from alternate sides of the center line throughout the game, starting from the right. The receiver may stand anywhere on their own side of the net, but may not return the ball before it has bounced. After the ball is served, play continues until one player hits the ball out of play.

B. Each player starts with "love" (zero); one point is called "15", two points are "30", three points are "40." 40-all is known as "deuce." After deuce, the player who wins the next point is said to have "advantage"; if they win the next point, the game is over. If they don't, the score goes back to "deuce." At this point, the game will only be won when one player has won two successive points, the "advantage" point, and the "game" point. Players change ends at the end of every odd-numbered game.

C. Matches are the best of three or five sets. (Women only ever play the best of three sets.) The first player to win six games wins the set, but if the games go to 5-all, the set is extended to see if a two-game margin can be achieved (7-5, for example). If, however, the score reaches six games apiece, a tiebreaker might come into operation.








*Activity 3.* Answer the questions.

1. When does the modern tennis date from?
2. How many categories is the men's tour made up?
3. What does each player start with?
4. When do players change ends?

*Activity 4.* Compare the following sports in as many ways as possible. Use these adjectives: expensive, dangerous, safe, cheap

Table Tennis	Football	Rollerblading	Skiing	Tennis
Equipment £15.00	Equipment £34.00	Equipment £75.00	Equipment £321.00	Equipment £127.00

6 lessons £30.00 Safety Rating: *****	6 lessons £36.00 Safety Rating: *****	6 lessons £90.00 Safety Rating: **	6 lessons £180.00 Safety Rating: **	6 lessons £120.00 Safety Rating: *****
				

**Example:** Tennis lessons are more expensive than football lessons but they aren't as expensive as skiing lessons.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

**Activity 5.** Choose three sports and say why you like or don't like them. Use the comparative, superlative and (not) as ... as.

**Examples:** I like football because it's more exciting than tennis.

I don't like cricket. It's the most boring sport in the world!

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

## LESSON 2. TABLE TENNIS

**Activity 1.** Make up word combinations or sentences using the words below.

1. Net
2. Coordination
3. Injure
4. Practice
5. Rule
6. Opponent
7. Doubles
8. Chance

**Activity 2.** Read the text.

Also known as ping-pong, table tennis is a fast-moving and physically demanding racket game. Players play as individuals or in pairs, and win points by hitting a lightweight ball over a net so that their opponents either cannot return it or are forced into an error. Most matches are short and sharp, and the rules have ways of dealing with games that go on too long.



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

International Table Tennis Federation was founded in 1926 by Austria, England, Germany, and Hungary. It now has 202 member nations.

The final of the 1936 Swathing cup—the men's team table tennis world championship—was between Hungary and Austria, and the match developed into a marathon that lasted for three days. In



order to prevent further stalemates, which risked killing the game as a spectator sport, the lawmakers brought in what is known as the expedite rule: if a game goes on for longer than 10 minutes, servers then lose points if they cannot beat their opponents in less than 13 shots following each service.

It is legal to hit the ball around the side of the net to land on the opponent's side. Volleying is not allowed: the ball has to touch the table. A player who touches the playing surface with his or her free hand during a rally loses the point.

In doubles matches, players strike the ball in turn—no one may make two consecutive shots. As a result, doubles players must switch positions quickly so that the next receiver is standing in front of the center line. That location gives the player the best chance of hitting the ball, whichever side of the table it lands on.



**Activity 3.** Are these sentences true or false?

1. Table tennis players need fast reactions.
2. They needn't to be able to move quickly over short distances.
3. International Table Tennis Federation was founded in 1916.
4. It now has 202 member nations.
5. It is legal to hit the ball around the side of the net to land on the opponent's side.
6. Volleying is allowed: the ball has to touch the table.

**Activity 4.** Write the words in the correct group.

lifeguard	dance teacher	weight machines	sauna
jazz dancing	secretary	swimming pool	changing rooms
water aerobics	Pilates	Zumba	personal trainer

Gym staff	Gym facilities	Gym classes

**Activity 5.** Listen to the people introducing two different sports centres. Which gym? Circle Gym A or Gym B for these sentences. Which gym has ...

1. a good air-conditioning system? Gym A Gym B
2. dance classes? Gym A Gym B
3. a shop? Gym A Gym B
4. a cafe? Gym A Gym B
5. a bigger gym with more Gym A Gym B
6. a swimming pool? Gym A Gym B
7. a sauna? Gym A Gym B
8. martial arts classes? Gym A Gym B

**Activity 6.** Check your understanding: multiple choice. Do this exercise while you listen. Circle the best option to complete these sentences.

1. Gym A has
  - a. lots of activities in the evenings
  - b. a few different activities at different times
  - c. lots of activities at different times of day.
2. Gym A
  - a. moved into a new building
  - b. built a sauna
  - c. opened ten years ago.
3. In gym A, you can have a massage

- a. at a reasonable price
- b. free if you are a member
- c. free if you book in advance.

4 *You can borrow*

- a. towels and yoga mats
- b. towels
- c. yoga mats from the gym.

5 *Gym B can give you advice about*

- a. training, lifestyle and diet
- b. sports injuries and diet
- c. how to become a professional athlete.

6 *In the main gym, you must use*

- a. a towel
- b. wear trainers
- c. take a bottle of water.

7 *The lifeguard can also give you some tips to*

- a. improve your swimming
- b. demonstrate the best way to swim
- c. give you swimming lessons.

8 *The timetable for the classes is available*

- a. online
- b. in a brochure
- c. on the noticeboard.

**Activity 7.** Which gym would you like to join? Why?

Which activities would you most like to do? Which sports or forms of exercise do you like?

### LESSON 3. BADMINTON

**Activity 1.** Match the words and definitions

- |              |   |
|--------------|---|
| 1. Doubles   | a) happening or done once a year or every year                |
| 2. Smash     | b) the small light object that is hit over a net in badminton |
| 3. Direction | c) sth that has a particular outline or outer form            |
| 4. Shape     | d) the path or line along which a person or                   |

- 5. Shuttlecock
- 6. Annual

- thing is moving
- e) to break violently into many pieces
- f) with two pairs playing

**Activity 2.** Read the text

Badminton is a game for singles and doubles. Players win points by hitting a conical shuttle cock over a high net so that it lands on the other side of the court before the opposition can return it. The shuttlecock's lightness and aerodynamic shape means that badminton can be a game of great delicacy, or sudden bursts of power featuring spectacular smashes.

A top badminton player covers about 1 mile (1.6 km) per game, so strong thigh and calf muscles are essential. Sprinting is a key element of training. Another essential skill is footwork: athletes practice sudden changes of direction and sharp acceleration over short distances. The shuttle moves through the air quite differently from a ball, so stroke play is unlike that of any other racket sport. It can only be improved by playing the game.

The surface of a badminton court consists of a sprung, often plywood, floor beneath a vinyl covering or strips of treated hardwood. The surface is marked with lines that define the playing areas for both singles and doubles games.

The shuttle travels very fast but not very far, so the playing area is compact and suitable for venues with limited space.

In 1873, the duke of Beaufort brought the Indian game of Poona to England, and began to play it on his country estate in badminton, Gloucestershire.

First held in 1977, the World Badminton Championships became an annual event in 2006. The All-England Championships





date from 1899—this prestigious event is widely seen as the unofficial world championship.

Founded as the International Badminton Federation in 1934, the Badminton World Federation now has 156 members and organizes six major competitions around the world. After more than 70 years in England, the headquarters moved to Malaysia in 2005.

**Activity 3.** Answer the questions.

1. How many miles does a top badminton player cover per game?
2. What does the surface of a badminton court consist of?
3. When did the First World Badminton Championships hold?
4. When was the International Badminton Federation founded?

**Activity 4.** Listen to the text and complete the table accordingly. You will hear someone talking about a sports camp for teenagers.

### SPORTS CAMP

*Name of the sports camp*

This camp is called (1) \_\_\_\_\_

*Choice of afternoon activity*

Sign list outside the (2) \_\_\_\_\_

*Clothes needed*

A track suit, (3) \_\_\_\_\_, a T-shirt and two pairs of (4) \_\_\_\_\_

*Food*

• Lunch is served every half-hour between 12:15 and (5) \_\_\_\_\_

• Snack bar sells drinks, chocolate and (6) \_\_\_\_\_

*Certificate*

• It has (7) \_\_\_\_\_ levels

• Marks are given for:

• attitude: (8) \_\_\_\_\_ and team-work;

• performance: strength, (9) \_\_\_\_\_ and

skill.

\* Marks are on a scale of 1 to (10) \_\_\_\_\_.

**Activity 5.** Read the sentences. Then listen to the text again and decide (✓) if they are TRUE (T), FALSE (F) or NOT MENTIONED (NM).

1. This camp is for boys only. .... T O  
F O NM O
2. It offers students a great variety of sports. .... T O  
F O NM O
3. The camp plans all the activities for the students. .... T O  
F O NM O
4. Students can choose their afternoon activities after lunch. ... T O  
F O NM O
5. Students will only need to bring warm clothes. .... T O  
F O NM O
6. The camp offers more outdoor than indoor activities. .... T O  
F O NM O
7. Students can have lunch at 13.15. .... T O  
F O NM O
8. Eating too much at a time is no problem when doing sports. T O  
F O NM O
9. Students who perform badly will get no certificate. .... T O  
F O NM O
10. Students will only get a level 5 certificate if they score 90 or higher. .... T O F O NM O

## UNIT 6. COMBATSPORTS

### LESSON 1. BOXING

**Activity 1.** Answer the questions.

1. What do you know about boxing?
2. Is it popular sport in your country?
3. Which famous boxers do you know?

**Activity 2.** Read the text and translate the bold words.



Boxing is a sport in which two **fighters** battle with their fists. The boxers wear heavily padded gloves and fight in ring. A good bout between two well-matched fighters is a fast, violent display of **strength** and

skill. The boxers throw powerful punches as each tries to dominate his opponent. At the same time, each boxer must **guard** his head and body against the other's **punches** by jogging or blocking the blows. Good boxers must be strong, quick, **skillful**, and in excellent physical condition.

Boxers fight as amateurs or professionals. Most **amateurs** compete as members of an organization or a team. Amateurs may not accept money for boxing. Professionals fight for money.

Boxing began thousands years ago, and for much of its history was an extremely **brutal** sport. Modern boxing 1920's through the 1940's. However, **spectator** interest in the sport of boxing than began to **decline**. Today, only the top professional championship bouts and competition in boxing during the Olympic Games **regularly** draw wide spreaded attention from the public.



Boxers compete in classes, or divisions, based on their weight. To fight in a particular class, a boxer may not weigh more than the maximum for the class.

**Activity 3.** Continue the sentences.

1. Boxing is a sport in which

2. The boxers wear

3. Each boxer must guard

4. Good boxers must be

5. Most amateurs compete as

6. Boxers compete in

**Activity 4.** Complete the passage using the words:

match	consists	competitive	fists	game	break
-------	----------	-------------	-------	------	-------

Boxing or Pugilism is \_\_\_\_\_ and individual combat sport game. Boxers compete and fight each other in a match (bout) which \_\_\_\_\_ of 12 rounds of 3 minutes in each and 1 minute as \_\_\_\_\_ time between them. In addition, the objective of the \_\_\_\_\_ is to combat an opponent with \_\_\_\_\_ while trying to avoid punching and many techniques from an adversary boxer. Besides, winning a \_\_\_\_\_ is either by gaining points from each punch, or by a KO (Knock Out) the adversary.

**Activity 5.** Match the categories and weights for making up Boxers' classifications. Then put them in order.

Boxers are classified according to eight weight categories which are

- |                  |              |
|------------------|--------------|
| 1. Featherweight | a) 72.6 kg   |
| 2. Middleweight  | b) unlimited |
| 3. Lightweight   | c) 57.2 kg   |



4. Flyweight
5. Welterweight
6. Bantamweight
7. Light heavyweight
8. Heavyweight

- d) 61.2 kg
- e) 50.8 kg
- f) 66.7 kg
- g) 79.4 kg
- e) 53.5 kg

**Activity 6.** Read the text and table below.

Uzbekistan has entered eleven boxers to compete in each of the following weight classes into the Olympic boxing tournament. 2012 Olympian Hurshid Tojibaev was the only Uzbek finishing among the top two of his respective division in the AIBA Pro Boxing series, while three further boxers (Akhmadaliev, Gaibnazarov, and Melikuziev) qualified through the 2015 World Championships. Seven further boxers (Dusmatov, Zoirov, Giyasov, Rasulov, Tulaganov, Jalolov, and Mirzaeva) had claimed their Olympic spots at the 2016 Asia & Oceania Qualification Tournament in Qian'an, China. Uzbekistan left Rio de Janeiro with a total of 13 medals (4 gold, 2 silver, and 7 bronze), signifying the nation's most successful outcome in Olympic history. Seven of these medals won by the Uzbeks came from boxing, including three golds.



Athlete	Event	Final	
		Opposition Result	Rank
Hasanboy Dusmatov	Light flyweight	█ Martinez (COL) W 3-0	1
Shakhobidin Zoirov	Flyweight	█ Aloyan (RUS) W 3-0	1
Murodjon Akhmadaliev	Bantamweight	Did not advance	3
Hurshid Tojibaev	Lightweight		
Fazliddin Gaibnazarov	Light welterweight	█ Sotomayor (AZE) W 2-1	1

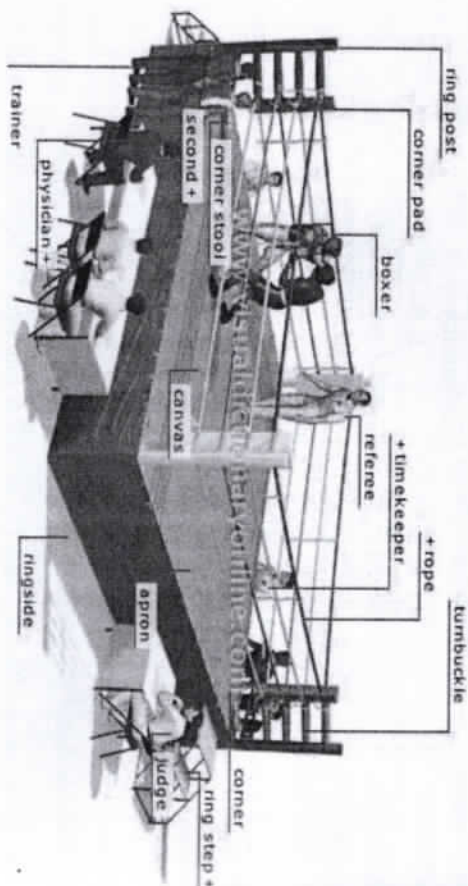
Shakhram Giyasov	Welterweight	█ Yelussinov (KAZ) L 0-3	2
Bektemir Melikuziev	Middleweight	█ López (CUB) OL 0-3	2
Elshod Rasulov	Light heavyweight		
Rustam Tulaganov	Heavyweight	Did not advance	3
Mukhodir Jalolov	Super heavyweight		

**Activity 7.** Answer the questions.

- How many boxers has Uzbekistan entered to compete in each weight classes into the Olympic boxing tournament?
- Where did Akhmadaliev, Gaibnazarov, and Melikuziev get the qualification to take part in the Olympic Games 2016?
- Where did Dusmatov, Zoirov, Giyasov, Rasulov, Tulaganov, Jalolov, and Mirzaeva claim their Olympic spots?
- How many medals did the Uzbek boxers win?
- How many gold medals did the Uzbek boxers win?
- Which boxers did win gold medals?
- Which boxers didn't get any medals?

**Activity 8.** Look at the pictures and try to describe the ring.

**The ring:** Boxing is performed on a square podium called ring which is enclosed by 3 or 4 ropes. The dimensions ranged from 4.9 m by 4.9 m to 6.1 by 6.1 m in each side....



## LESSON 2. JUDO

*Activity 1.* Find the pair and make up a word formation.

- |                  |               |
|------------------|---------------|
| 1. Combat        | a) straw      |
| 2. International | b) mats       |
| 3. Protective    | c) place      |
| 4. Pressed       | d) sport      |
| 5. Take          | e) area       |
| 6. Safety        | f) Federation |

*Activity 2.* Read the text and match the passages and titles.

1. FIELD OF PLAY
2. INSIDE STORY
3. GAME OVERVIEW

a) Judo developed in the nineteenth Century from the teachings of Jigoro Kano of Japan. Based on the centuries-old techniques of ju-jitsu, this unarmed combat sport forbids any form of punching or kicking. Instead, the aim is to score an ippon—the equivalent of a knockout punch—by throwing an opponent to the

ground, pinning an opponent down, or forcing a submission using an arm lock or choke.

b) The size of the competition area conforms to the rules of the International Judo Federation (IJF). The

floor is covered with protective mats called tatami, which usually measure 6 ft 6 in x (3 ft 2 x 1 m) and cushion the impact of throws. Traditionally, tatami are made from pressed straw but pressed foam is more common today. Most competitions take place within a contest area that measures 26 x 26 ft (8 x 8 m), although an area up to 33 x 33 ft (10 x 10 m) is allowed. IJF rules also require a safety area of 10 ft (3 m). The contest area and safety area are together known as the field of play.

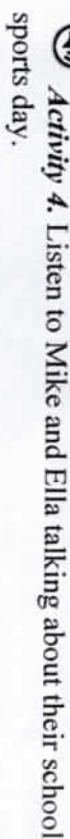
c) Judo was first seen at the Olympics in the 1964 Tokyo Games. It has been a regular Olympic sport for men since the 1972 Munich Games. Women's judo was included as a demonstration sport in the 1988 Seoul Olympics and became an official Olympic event at the 1992 Barcelona Games. World Championships for men, women, and juniors are held every two years.



*Activity 3.* Make up special question to the text.

- |          |        |
|----------|--------|
| a) What  | _____? |
| b) When  | _____? |
| c) Who   | _____? |
| d) Where | _____? |
| e) Why   | _____? |





- What can Mike do well?
- What can Ella do well?

**Activity 5.** Listen again. Are the sentences below true or false? Correct the false ones.

	T	F
1	Ella likes sports day.	
2	The teacher gives them homework on sports day.	
3	Mike always chooses basketball.	
4	Mike's parents are happy with his marks at school.	
5	Mike wants to play professional basketball.	
6	Mike wants Ella to do his schoolwork.	

**Activity 6.** Listen and answer the following questions about their conversation.

1. Why does Ella hate sports day?
2. Which sports do they mention in the conversation?
3. Why isn't Mike on a basketball team?
4. What is Mike's dream?

**Activity 7.** Write the names of these sports.



**Activity 8.** Write questions with the words below. Then match the questions to the answers.

1. Do / What / Daída and Ibálla Ruando / do / sport
2. Well / Bob and Mike Bryan / tennis / play / do
3. Swim / Mircia Belmonte / does / quickly
4. Ricky Rubio / many / speak / how / does
5. Does / fast / run / how / Usain Bolt

- 100 metres in 9.58 seconds
- Windsurfing
- Yes, they can.
- Three
- Yes, he can.

### LESSON 3. WRESTLING

**Activity 1.** Underline the common word.

- a) football, tennis, game, volleyball, hockey.
- b) history, math, English, subject, literature.
- c) ball, football, goal, referee, stadium.
- d) boxing, ring, gloves, corner, knockdown.
- e) teacher, student, class, blackboard, desks.

**Activity 2.** Read the text.

Wrestling is a combat sport in which players try to grapple their opponents to the ground using a variety of holds. It demands concentration and strategy, in addition to strength. The two main



variations are freestyle, the more popular form, and Greco-Roman wrestling. Women's wrestling is also popular in some countries, such as the United States.

Wrestlers must be physically strong and quick on their feet. Training involves

weights and distance running to build up strength and stamina. Wrestlers also spend long periods rehearsing moves with sparring partners.

The wrestling area must be marked as shown. The surface, made of rubber, should be raised no more than 3 ft 7 in (1.1 m) above the floor. In opposite corners are red and blue triangles that mark the wrestlers' bases at the start of the bout. Matches are observed by a referee, who joins the wrestlers on the mat, so that he can study every move at close proximity. On the sidelines sit a judge and a third official known as the mat chairman: they may stop the bout if they notice an infringement that the referee has missed.

In freestyle wrestling, a pin (fall) ends a match. It must be held for about a second to score—the time it takes the referee to count “21, 22,” which he does in French (“vingt-et-un, vingt-deux”). A wrestler with a six-point lead is awarded that period of the bout.

**Activity 3.** Find the antonyms of the words below from the text.

- |               |            |
|---------------|------------|
| 1. sky –      | 5. shot –  |
| 2. weakness – | 6. far –   |
| 3. less –     | 7. begin – |
| 4. slow –     | 8. below – |

**Activity 4.** Complete the passage using the words:

**professional   modern   entertainment   events   federation   competed**

Wrestling has been a medal sport at every \_\_\_\_\_ Olympic Games since 1896. Women first \_\_\_\_\_ at the Olympics in 2004. \_\_\_\_\_ wrestling emerged in the United States in the early 20th century. The eventual result was the creation in 1963 of what became the World Wrestling \_\_\_\_\_, or WWF (now World Wrestling Entertainment, WWE). The WWF oversaw the 1980s' and 1990s' heyday of \_\_\_\_\_ such as Wrestlemania, theatrical star-studded bouts that owed as much to \_\_\_\_\_ as to sport.

**Activity 5.** Write the names of the sports in the boxes below the picture.

volleyball / football / soccer / ice hockey / rugby / hockey / American football / Australian rules football / surfing



**Activity 6.** An email about sports. Read the email.

To:	brent.walker149@malina.ca		
Cc:			
Subject:	Re: sports		
Insert Attachments	Photos	Video	
Tabular	to	W	U
Dear Brent			
Thanks for your email. You do lots of sports at school in Canada. I'd love to play ice hockey one day.			
We do lots of sports at our school too. We've got a swimming pool at school and our class go swimming every Wednesday. We also play tennis, volleyball and football, but football in Australia is different to soccer. You can touch the ball with your hands!			
There are lots of after-school sports clubs in Australia too! I go to a surfing club after school on Tuesdays and Thursdays. We go to the beach and learn how to surf. It's great fun! Can you surf in your country?			
Write soon!			
Rob			

Send Save Cancel



## Top Tips for writing

1. *Begin your email 'Dear' + name.*
2. *Begin your email with thanks or the reason you are writing.*
3. *This paragraph has got one idea.*
4. *This paragraph has got another idea.*
5. *End your email 'Write soon' + your name.*

**Activity 7.** Circle True or False for these sentences.

- |  |            |
|--|------------|
| 1. Rob is from Canada.                                       | True False |
| 2. Rob wants to try ice hockey.                              | True False |
| 3. There is a swimming pool at Rob's school.                 | True False |
| 4. Rob goes swimming on Tuesday and Thursday afternoons.     | True False |
| 5. Rob thinks football in Australia and soccer are the same. | True False |
| 6. Rob often goes to the beach.                              | True False |

**Activity 8.** Rewrite this email and put it into paragraphs like Rob's email above.

(1: Begin the email. 2: Reason for writing. 3: First main idea. 4: Second main idea. 5: End the email)

Dear Rob Great to hear from you! Let me tell you about sports at school in Canada. At school we play a lot of team sports like soccer, baseball and basketball. My favourite team sport is basketball. I'm good at it because I'm very tall. I play basketball two days a week on Wednesdays and Fridays. I also go swimming at school, but I don't really like swimming. It's boring! We do lots of sports after school in Canada. I live in Calgary and it's very cold in winter, so we do lots of winter sports like ice hockey, snowboarding and skiing. It always snows a lot in winter and I go skiing every weekend. It's great fun! I play ice hockey for my town, in the under 14s team. Last week I scored a goal! Write soon and tell me about sports in Australia. Brett

**Activity 9.** Discussion: What sports do you do in your university/institute?

## LESSON 4. KURASH

**Activity 1.** Explain the meanings of the words below.

*Folk, towel, salutation, close, count, violate, disqualification, point.*

**Activity 2.** Read the text.

Kurash is one of the Turkic terms for "wrestling" and specifically refers to a number of folk wrestling styles practiced in Central Asia. The wrestling is the main competition at the folk festival Sabantuy. Wrestlers use towels to hold their opponents, and their goal is to throw their opponents off the feet.

A match starts with a both fighters in a salutation position called Tazim. There are three ways in which points can be scored:

- \*Halol - The act of throwing down the opponent on his back with full speed and control. A player who forces a halol directly wins the match.
- \*Yonbosh - A throw that is that is not completely a halol, but is close, is called a yonbosh. Two yonboshes counts as a halol.
- \*Chala - Throws that are close to yonbosh are called chala. They are independent moves, and no number of chalas count as a yonbosh or halol.

Penalties are imposed on moves that violate the rules. A maximum of two penalties (Tambekh and Dakki) are allowed, and the third penalty (Girrom) results in a disqualification. At the end of a match, the wrestler with the most number of points is the winner.

The International Kurash Association (IKA), founded in 1998, holds championships since 1999. World Senior championships were





held in Tashkent in 1999, in Antalya in 2000, in Budapest in 2001, in Erevan in 2002, in Tashkent in 2005, in Ulaanbatar (Mongolia) in 2007, in Alushta (Ukraine) in 2009 in Termez in 2011, in Istanbul in 2013, and in Khorramabad (Iran) in 2015, in Istanbul in 2017.

**Activity 3.** Answer the questions.

What is the goal of kurash?

How does kurash match start?

What is halol, yonbosh and chala?

What are penalties imposed on?

When was the International Kurash Association founded?

When was the first championship? Where?

**Activity 4.** Think about these questions.

- Do you know of any sports that involve animals?
- Have you ever heard of the *Iditarod Trail Sled Dog Race*?

**Activity 5.** Read the story

### **Susan Butcher on the Iditarod Trail**

It was the fourth year Susan Butcher had run the Iditarod Trail Sled Dog Race, and she wanted very much to win it. An hour into the race, Susan and her sled dog team sped down a hill and crashed into a fallen tree. Although hurt, Susan untied her sled and her team of Alaskan husky dogs and continued the difficult race across the frozen Alaskan wilderness.

The Iditarod started in 1925. A doctor in Nome, Alaska, U.S.A. was desperately in need of medicine to stop the spread of diphtheria, a deadly disease. Only a hospital in Anchorage had the supplies he needed, and it was 700 miles (654 km) away! But it was January, too dangerous to send a boat and too stormy for his tiny airplane. The only hope was to use several sled dog teams following a trail, called the Iditarod Trail, through snow-covered mountains. They passed the medicine from one sled team to another. Wind and snow and a temperatures as low as  $-60^{\circ}$  ( $-51^{\circ}$  C) did not stop the men and their dogs. The medicine was delivered in record time. The Iditarod Trail

Sled Dog Race follows the route of the famous medicine run. It is over 1,000 miles (935 km) long and is considered the toughest race in the world.

Susan Butcher was born in Cambridge, Massachusetts, U.S.A. She loved animals and the outdoors. In her teens Susan was given a Siberian husky dog and became very interested in huskies as sled dogs. After reading about the Iditarod Race, Susan moved to Alaska. She worked at several jobs to earn money to buy herself a sled and a team of huskies. After years of hard work and training, Susan achieved her dream of racing on the Iditarod trail.

In 1978, at the age of 24, Susan entered the race for the first time and became the first woman to finish in the top 20. In 1982 she came in second. In 1984 she was leading her team across a frozen waterway when they fell into the frigid water. Her lead dog managed to pull Susan and the other dogs out of danger. Remarkably, she came in second.

In her fourth race, in 1985, a starving moose attacked her dogs, killing two and injuring eleven. Susan had to leave the race. Another woman, Libby Riddles of Teller, Alaska, became the first woman to win the Iditarod. In 1986 Susan joined the race again. This time, she won. She won again in 1987. In 1988 she became the first person ever to win three Iditarod Races in a row.

Unbelievably, Susan won for the fourth time in 1990. Her strength, stamina, and dedication had made Susan the most famous dog sled racer in the world.

**Activity 6.** Number the sentences to show the correct order of events.

\_\_\_\_ Susan Butcher moved to Alaska.

\_\_\_\_ The medicine was passed from one sled team to another along the Iditarod Trail.

\_\_\_\_ A doctor in Nome, Alaska, needed medicine for the deadly diphtheria.

\_\_\_\_ Susan Butcher entered her first Iditarod Race.

\_\_\_\_ Susan Butcher became the first person to win three Iditarod races in a row.

\_\_\_\_ Susan Butcher read about the Iditarod Race.



**Activity 7.** Match the descriptions with the information in the box. Write the letter of the correct answer.

- a. 1925 medicine run
  - b. Alaskan huskies
  - c. diphtheria
  - d. Susan Butcher
  - e. Nome, Alaska
  - f. Iditarod Trail Sled Dog Race
1. It's the 1,000-mile-long race men and women participate in with their teams of sled dogs. *f*
  2. The event that inspired the Iditarod Race. \_\_\_\_\_
  3. The Iditarod Race started in this town. \_\_\_\_\_
  4. In 1925, the doctor in Nome wanted to stop the spread of this deadly disease. \_\_\_\_\_
  5. The first person to win the Iditarod Race three years in a row. \_\_\_\_\_
  6. Dogs native to Alaska, often used to pull sleds for transport and races on snow. \_\_\_\_\_

## UNIT 7. WATER SPORTS

### LESSON 1. SWIMMING

**Activity 1.** Answer the questions.

1. Can you swim?
2. How many swimming styles do you know?
3. Do you know any Olympic Champions in swimming?

**Activity 2.** Read the article.



#### Swimming Competitions

Competitive swimming became popular in the extremely late century. The goal of competitive swimming is to beat the competitors in any event in water, tennis and other recreational activities are not good competitive wise. Swimming in competition should create the least resistance in order to obtain maximum speed. However, some professional swimmers who do not hold a national or world ranking are considered the best in regard to their technical skills. Typically, an athlete goes through a cycle of training in which the body is overloaded with work in the beginning and middle segments of the cycle, and then the workload is decreased in the final stage as the swimmer approaches competition.

The practice of reducing exercise in the days just before an important competition is called tapering. A final stage is often referred to as "shave and taper": the swimmer shaves off all exposed hair for the sake of reducing drag and having a sleeker and more hydrodynamic feel in the water.

Swimming is an event at the Summer Olympic Games, where male and female athletes compete in 16 of the recognized events each.



Olympic events are held in a 50-meter pool, called a long course pool.

There are forty officially recognized individual swimming events in the pool; however the International Olympic Committee only recognizes 32 of them. The international governing body for competitive swimming is the Fédération Internationale de Natation ("International Swimming Federation"), better known as FINA.

**Activity 3.** Are these sentences true or false?

1. The goal of competitive swimming is to beat the competitors in any event in water.
2. Swimming in competition should create the least resistance in order to obtain minimum speed.
3. Swimming isn't an event at the Summer Olympic Games.
4. Male and female athletes compete in 15 of the recognized events each.
5. Olympic events are held in a 50-meter pool.
6. There are four officially recognized individual swimming events in the pool.

**Activity 4.** Read the news report and complete the exercises about the text.

Today Martin Strel from Slovenia is a hero. He swam 5,268 kilometres of the Amazon River in 66 days. He is the only man in the world to do this, breaking all world records.

Martin has swum the Danube, the Mississippi and the Yangtze rivers. They are all more than 3,000 kilometres long. But swimming the Amazon is more dangerous. The river is very wide and deep with strong currents. Heavy rain sometimes continues for days. This rain makes it dangerous above the water. It is also dangerous under the water, because hungry piranha fish wait to attack.

Martin prepared himself before his long swim. For months he swam three to five hours every day



and practised in the gym to be strong. He also travelled to the Amazon to learn about the river and its dangers. He talked to doctors. They told him how to protect himself against dangerous diseases.

When he was swimming in the Amazon, Martin swam 12 hours every day, but only during the day. He swam about 85 kilometres every day. To protect himself, he wore a wetsuit. When we asked him why he wanted this challenge, he said, "If you have a goal, you have to try to achieve it. I chose to swim the Amazon."

**Activity 5.** Tick (✓) the sentences t (true), f (false) or dk (don't know).

1. ☐ t ☐ f ☐ dk Martin Strel is the first man to swim the Amazon.
2. ☐ t ☐ f ☐ dk Martin was very nervous about swimming the Amazon.
3. ☐ t ☐ f ☐ dk Martin spent swimming the whole day.

**Activity 6.** Complete these sentences about Strel with the suitable word.

1. The water becomes dangerous when there is \_\_\_\_\_ rain for several days.
2. Rain is not only dangerous above the water but also \_\_\_\_\_ it.
3. Doctors warned him against dangerous \_\_\_\_\_.
4. Wearing a wetsuit protected him from \_\_\_\_\_.
5. To swim the Amazon has been his last \_\_\_\_\_.

**Activity 7.** Finish the sentences according to the text.

1. It took Martin Strel 66 days to \_\_\_\_\_.
2. Apart from swimming the Amazon, he has \_\_\_\_\_.
3. Piranha fish will attack when they \_\_\_\_\_.
4. The Amazon is a \_\_\_\_\_.



**Activity 8.** Answers these questions. Write complete sentences.

1. How long did he swim every day?
2. How far did he swim every day?
3. How did Martin's trips to the Amazon help him?
4. What does Martin believe about goals?

**Activity 9.** Rewrite this sentence according to the new beginning. Don't change the meaning.

1. We asked him why he wanted that challenge.  
We asked him, "\_\_\_\_\_?"

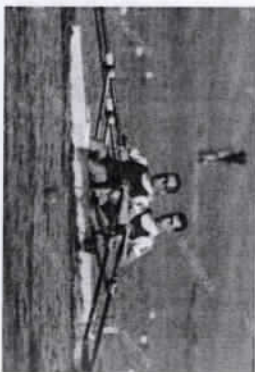
## LESSON 2. ROWING

**Activity 1.** Answer the questions.

1. What kind of water sports do you know?
2. Which water sports are popular in your country?
3. What do you know about rowing?

**Activity 2.** Read the text.

Rowing can be described as hurtling backward as fast as possible in an unstable craft while ignoring burning lungs and screaming muscles. One of the few athletic disciplines that actually involve all of the body's major muscle groups, rowing **demands** high fitness and power levels for racing. Many different disciplines **have** evolved within the sport—heavyweight or lightweight events, for example, and sprints or long-distance races—for both individuals and for teams of up to eight crews.



There are many different types of rowing race, reflecting the sport's long history. In addition to Standard 2,000 m races, there are time-trial events called head races, long-distance events such as the Tour du Lemman, and regattas over non-Olympic distances. In the

UK, there are also bumps races that involve a pursuit to "bump" the boat in front, while stake-racing is an American event that involves a race to a marker some distance away and back to the starting point.

One of the most successful Olympic athletes ever is British rower sir Steven Redgrave—the only athlete ever to have won five consecutive Olympic gold medals in an endurance event. Immediately after his fourth win, in Atlanta in 1996, Redgrave famously gasped "if you ever see me near a boat again, you have my permission to shoot me." His retirement didn't last long, however, and he went on to win a fifth gold medal in Sydney in 2000.



**Activity 3.** Find 3 forms of bold words in the text and make up sentences using them.

**Activity 4.** Here is a text about the River Nevis, read it and complete the gaps with the prepositions from the box

around, down, into, off, on, through, along, in, of

Ben Nevis is the highest mountain ... Great Britain. River Nevis starts its journey in the mountains around Ben Nevis and moves down near to a Scottish town called Fort William.

Swimming races take place in many parts ... the world. They can be fun or serious but there is one which stands out from all ... the others.

The Glen Nevis River race is a challenge for competitors over 18 to race ... two miles of the River Nevis. The participants start at 'Lower Falls Leap' where they have to jump ... a rock and jump ... the freezing cold water of the river. The river is narrow and deep, the competitors have to navigate the course ... the rocks and they also





have to push themselves away from the sides. The swimmers have to go ... the river which has many obstacles such as an area called the 'the Leg Breaker' and the 'Dead Dog Pool'.

If you think that this sounds very difficult and crazy, I must tell you that while swimming ... the river and navigating all of the difficulties, the competitors have to do it while they are lying ... a lilo!

Well, it doesn't exactly have to be an air bed, but it must be some type of inflatable. Swimmers use air beds, inflatable horses or lots of other funny things. If it looks too scary and dangerous for you, then you can go along and watch the race and encourage the swimmers from ... the sides. There is a serious side to this event all ... the swimmers raise money for Lochaber Mountain Rescue team. This team patrol the mountains and help people who get hurt or get lost ... the mountains in the area.



**Activity 5.** After reading the text, answer the questions.

1. Where is the River Nevis? .....
2. What is special about Ben Nevis? .....
3. How long is the River Nevis race? .....
4. What is unusual about this race? .....
5. Who are 'Lochaber Mountain Rescue Team'? .....
6. Are the Mountain rescue team connected to the race? .....
7. The race is quite difficult, why? .....
8. Do you think anyone can do this race? (Explain your answer) .....

**Activity 6.** Complete the rules for the River Nevis race using must or mustn't

1. You ..... wear a helmet and a wetsuit.

2. You ..... wear shorts or a swimsuit.
3. You ..... swim on an inflatable.
4. You ..... raise money for the Lochaber Mountain Rescue Team.
5. You ..... keep some money for yourself.
6. You ..... start at the Lower Falls Leap.
7. You ..... take selfies during your race.
8. You ..... wear trainers, you ..... sandals.
9. You ..... apply before the race and you ..... sign a form.
10. You ..... take beach balls with you.

**Activity 7.** Complete the sentences using the prepositions from the box

around, through, across, on, over, down, around, on, along

1. At the top of Ben Nevis you can look ..... at the beautiful countryside.
2. Many tourists walk ..... the river Nevis and ..... the forests.
3. There are many activities, you can also cycle ..... the mountains.
4. There are a lot of different paths and tracks to walk .....
5. To start your walk, there is a foot bridge ..... the River Nevis.
6. Tourists can usually see snow ..... the top of the mountains.
7. If you want to do some shopping, you can walk ..... Fort William.
8. There are a few bridges that you can use to go ..... during your walks.



## LESSON 3. WATER POLO

**Activity 1.** Match the pairs.

- |                |               |
|----------------|---------------|
| 1. highest     | a) dimensions |
| 2. extra       | b) pools      |
| 3. competitive | c) number     |
| 4. different   | d) lines      |
| 5. swimming    | e) time       |
| 6. goal        | f) sport      |

**Activity 2.** Read the text.

Water polo is a water-based sport played by two teams of seven players (six outfield players and one goalkeeper). The object of the sport is to propel the ball into the opposing team's goal; each goal scores one point, and the winning team is the one with the highest number of goals. Matches are made up of four quarters lasting seven minutes each; two 3-minute phases of extra time may be played if necessary. Water polo is a particularly challenging and fiercely competitive sport; the action is fast and fouls are very common, particularly underwater—referees have to be extra alert to spot them all. The sport has been likened to a mixture of swimming, volleyball, rugby, and wrestling.



The dimensions for the water polo pool at the Olympic Games are as shown here. The water should be at least 5 ft 9 in (1.8 m) deep. Matches in other competitions may take place in areas of different dimensions. Conventional swimming pools may be used, but they have shallow ends, which are undesirable in a game where field players are not



allowed to touch the bottom. Whatever the type of pool, the playing area is marked out by buoys. The field of play is divided by goal lines, 2-meter lines, 4-meter lines, and 7-meter lines on either side of a midline.

**Activity 3.** Continue the sentences below.

1. Water polo is \_\_\_\_\_.
2. The object of the sport is \_\_\_\_\_.
3. Matches are made up of \_\_\_\_\_.
4. The sport has been likened to a mixture of \_\_\_\_\_.
5. The water should be \_\_\_\_\_.
6. The field of play is \_\_\_\_\_.

**Activity 4.** The following are some of the most commonly used specialized terms that relate to water polo tactics and techniques. Learn by heart and make sentences:

- ✓ **DRIVER** An attacking player, usually a fast swimmer, whose main duty is to advance the ball into a goal-scoring position.
- ✓ **HOLE GUARD** A defensive player who takes position in front of his or her goal and marks the center forward.
- ✓ **HOLE MAN** Alternative term for a center forward; also called a hole set.
- ✓ **PRESS DEFENSE** A form of man-marking; the defense plays very tight to the attackers in an effort to prevent or impede their passing or driving movements.
- ✓ **PUMP FAKING** When a player gets in position to shoot but stops halfway, causing the defending keeper to commit too early to block the shot, thus leaving the goal at the attacker's mercy.
- ✓ **STALLING** Failure to shoot within 30 seconds of gaining possession, which is penalized by a free throw to the opposition.
- ✓ **SWIM-OFF** The sprint for the ball in the center of the field of play that starts each quarter of the match.



**Activity 5.** Write a number (1-5) to put these activities in the normal order in the day.

- ..... Get dressed and have breakfast.
- ..... Have classes and lunch.
- ..... Have dinner and watch TV.
- ..... Wake up and have a shower.
- ..... Go to bed.

**Activity 6.** Listen to the interview with a swimmer and circle True or False for these sentences.

- |  |      |       |
|--|------|-------|
| 1. Dan gets up early.                                  | True | False |
| 2. He has a small breakfast.                           | True | False |
| 3. He's a student.                                     | True | False |
| 4. Dan has lunch at home.                              | True | False |
| 5. He goes swimming after classes.                     | True | False |
| 6. Dan watches TV and goes on the internet before bed. | True | False |

**Activity 7.** Check your understanding: gap fill

**Do this exercise while you listen.** Fill the gaps with an activity from the box to complete Dan's diary.

get up!	go to university	meet friends	have lunch
have breakfast	have dinner		go swimming

1. 5 a.m. \_\_\_\_\_
2. 6 a.m. \_\_\_\_\_
3. 8 a.m. \_\_\_\_\_
4. 11 a.m. \_\_\_\_\_
5. 2 p.m. \_\_\_\_\_

**Activity 8.** Discussion

1. What's your daily routine like?
2. What time do you get up?
3. What time do you start and finish school?
4. Do you do any activities after school? What do you do?
5. What time do you go to bed?

## UNIT 8. WINTERSPORTS

### LESSON 1. SNOWBOARDING

**Activity 1.** Do you know that?

- Snowboard Cross, in which four boarders race each other downhill through a series of obstacles, was introduced at the Turin Winter Olympics in 2006.
- In "Big Air" riders jump off a 60 ft (18 m) ramp, then spin and flip for 100 ft (30 m).
- Craig Kelly, the "godfather of free riding," won four World Championships and three US Championships. He was killed in an avalanche in January 2003.

**Activity 2.** Read the text.

Developed in the United States in the 1960s, snowboarding combines the skills required for skiing, skateboarding, and surfing. Riding on a single, wide, ski-like board, to which both feet are attached, snowboarders are known for their speed and boldness on the slopes, and their agility in snow parks.

Snowboarding has a variety of different elements, including downhill riding and racing, mogul techniques, tricks performed in half- and quarter-pipes, and powder riding. Racing, known as alpine snowboarding, uses skills similar to downhill ski racing. The race course is set up with gates and is called giant slalom. The object of the race is to go as fast as possible. Missing a gate results in disqualification. Parallel giant slalom consists of two boarders racing against each other on parallel courses.

The first crude snowboards were made in the 1950s by surfers and skaters who wanted to try a new sport.

In 1965, Sherman Poppen bolted two skis together to make a





“snurfer,” a hybrid board that came somewhere between a skateboard and a toboggan. Jake Burton Carpenter started making fibreglass snowboards in 1979, and added bolted-on bindings for more control. Steel edges arrived in the 1980s as did high back bindings. Snowboarding became a Winter Olympic sport in 1998.

**Activity 3.** Answer the questions.

1. When did snowboarding develop?
2. What skills does snowboarding combine for?
3. When were the first crude snowboards made?
4. When did Jake Burton Carpenter start making fibreglass snowboards?
5. When did snowboarding become a Winter Olympic sport?

**Activity 4.** Read the text about the 2018 Winter Olympics. Put the verbs, which were used in the Future Tenses, into the Past Tenses.

The 2018 Winter Olympics will be held from February 9th to February 25th in Pyeongchang, South Korea. This will be the second time South Korea has hosted the Olympic Games. Seoul hosted the Summer Olympics in 1988.

A total of 95 countries have at least one athlete that has qualified for the 2018 Winter Olympics. Six countries will compete in the Winter Olympics for the first time: Ecuador, Eritrea, Kosovo, Malaysia, Nigeria and Singapore.

North Korean athletes will be allowed to compete in Pyeongchang. Athletes from North Korea and South Korea will march together during the opening ceremony. Athletes from North Korea and South Korea will form one team for women's ice hockey. For all other sports there will be a separate North Korea team and South Korea team.

Figure skating, ice hockey and downhill skiing are always popular events at the Winter Olympics. In total, the 2018 Pyeongchang Games will have 102 events, which is more than any other Winter Games.

**Activity 5.** After reading the text, discuss the questions:

- Did you watch the Winter Olympics?
- Do you prefer the Summer Olympics or Winter Olympics?
- What is your favourite event in the Winter Olympics?
- Do you think the Tokyo 2020 Olympics will be successful?
- What are some good points about the Olympics?
- What are some bad points about the Olympics?
- Do you go skiing or snowboarding?
- Does your country usually do well in the Winter Olympics?
- Can you ice skate? Where is the closest ice skating rink?
- Name some other cities that hosted the Winter Olympics.

**Activity 6.** Write the sports under the pictures.

Figure skating	Speed skiing	Cross country skiing
Bobsleigh	Ski jumping	Curling
Biathlon		Skeleton

**Activity 7.** Sports places: where do you practice these sports? (you can use the words more than once)

ring;	court;	Boxing -	Baseball -
pitch;	pool;	Football -	Judo -
track;	course;	Athletics -	Racing -
tatami;	mat;	Basketball -	Tennis -
field		Swimming -	Golf -

Activity 8. Write equipment in the correct column?

kimono	helmet	skate-board	gloves	wetsuit	skates
stick	coloured belt	boots	surf-board	knee-pads	
	motorcycle	elbow-pads			

motor racing	karate	ice hockey	skateboarding	surfing

Activity 9. Complete with the correct form of *play, go or do*.

- 1) Mary and Lee \_\_\_\_\_ tennis at the moment.
- 2) My wife \_\_\_\_\_ horse riding twice a week.
- 3) Anne \_\_\_\_\_ gymnastics since she was a child.
- 4) My brother \_\_\_\_\_ jogging every day when he was at university.
- 5) Ray's quite an athlete. He \_\_\_\_\_ rugby, baseball and hockey for years.
- 6) Larry \_\_\_\_\_ athletics for the national Olympic team.

## LESSON 2. FIGURE SKATING

Activity 1. Match the words and definitions.

- |           |  |
|-----------|--|
| 1. leap   | a) made up of three parts                          |
| 2. spin   | b) a group of people who are chosen to discuss sth |
| 3. panel  | c) to turn round quickly                           |
| 4. triple | d) to jump high or a long way                      |
| 5. rink   | e) the usefulness or importance of sth             |
| 6. value  | f) a large area of ice                             |

Activity 2. Make up new words by using prefixes and suffixes.

Ex.: move, movement, remove

1. express \_\_\_\_\_
2. skate \_\_\_\_\_
3. form \_\_\_\_\_
4. combine \_\_\_\_\_
5. connect \_\_\_\_\_
6. compete \_\_\_\_\_

Activity 3. Read the text.

Both technical and beautiful, figure skating is a whirl of leaps, spins, and spirals. Single skaters or pairs of skaters perform prescribed movements on the ice in front of a panel of judges, who give them marks for technical ability and artistic interpretation. Figure skaters compete in a short program of required elements that tests their technical skills and an original free skate program that allows them to explore artistic expression. Figure skating became an official sport of the Olympic Winter Games in 1924.

Figure skaters perform two programs—short and free skate—and need to fulfil certain elements in each. Eight prescribed elements are required for the technical short program, which can include a double Axel jump, flying sit spin, combinations of double and triple jumps, and, for pairs, spirals and throws. The second part of the competition, the free skate program, requires a balance of elements that cover the full rink area, including jumps, spins, spirals, and step sequences. Pairs are required to perform moves simultaneously, either in parallel or symmetrically. For maximum scores, skaters must link the elements together with difficult connecting steps in different holds and positions.

The ISU Judging System was introduced in 2004 after a scandal hit the headlines at the 2002 Winter Olympics in Salt Lake City, Utah, when the judging of the figure skating competition was alleged to have not been entirely objective. In the new system, which judge awards which mark remains anonymous.



**Activity 4.** Are these sentences true or false?

1. Single skaters perform prescribed movements on the ice in front of a panel of judges.
2. Judges give them marks for technical ability and artistic interpretation.
3. Figure skaters compete in a long program of required elements.
4. Figure skating became an official sport of the Olympic Winter Games in 1934.
5. Figure skaters perform three programs.
6. For maximum scores, skaters must link the elements together.

**Activity 5.** Knowing what commentators are talking about helps to understand the intricacies of a skating routine and the sheer physical skill of the skaters on the ice:

**TOE JUMP:** When the skater uses the toe pick of the blade to launch themselves into the air in, for example, a flip, Lutz, or toe loop.

**EDGE JUMP:** When the skater uses a particular edge of the blade of one skate to take off, for example, Axel, loop, and Salchow jumps.

**SPIN:** Move in which the skater pirouettes on the spot on the ice. In combination spins, the skater changes foot and position while maintaining the speed of the spin.

**LIFT:** A technique of pairs skating in which the man lifts his partner, often overhead, and sometimes throws her in the air.

**FOOTWORK:** Step sequences that move the skater across the ice to link set moves while showing off their skills.

**Activity 6.** Before reading the text, translate the words below!

skiing	chair lift	sledding
snowboarding	boots	ice skating
lift ticket	poles	hot chocolate
slopes	goggles	fractured bones

**Activity 7.** Read the text and try to retell the main meaning in your own words.

## Skiing and Other Winter Sports

Many Americans **go** to the mountains to ski or **do** other winter sports. Snow **falls** during the winter months and many families **have** vacations from school and work. Many people ski the week between Christmas and New Year, on Martin Luther King's Holiday weekend (January) and on Presidents Day weekend (February).

Downhill skiing and snowboarding are usually done at a ski resort. Skiers **buy** a lift ticket and **spend** the day on the slopes. The lift **can** be a tow rope or a chair lift. Cross country skiing can be done in any open country where there is snow. Skiers **wear** boots, and skis, and **use** poles to guide themselves along the snow trails. Hats and goggles **keep** heads and faces warm. Ski lessons are available for children and beginners. Children enjoy sledding and ice skating, too. Everyone is cold and tired after skiing, and many will drink warm beverages like hot chocolate, coffee or tea afterwards.

Skiing is fun but dangerous. For every 1,000 people who ski or snowboard each day in the US, 5 – 7 **injure** themselves, mainly with fractured (broken) bones. So have fun skiing, but be safe!

**Activity 8.** Find 3 forms of bold words in the text and make up sentences using them.

**Activity 9.** Which tense is it: Simple Present (SP) or Present Continuous (PC)?

1. I go bowling on Thursday and Fridays. \_\_\_\_\_
2. I am bowling today. \_\_\_\_\_
3. She is doing aerobic this month. \_\_\_\_\_
4. She does aerobics twice a day. \_\_\_\_\_
5. I'm doing karate right now. \_\_\_\_\_



## UNIT 9. ANIMAL SPORTS

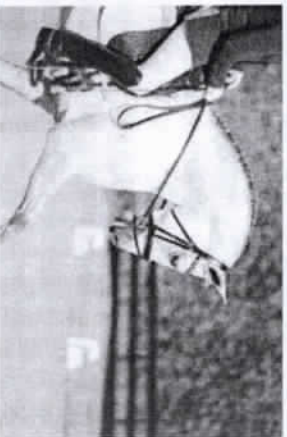
### LESSON 1. SHOW JUMPING

**Activity 1.** Find the antonyms of the words.

- |              |            |
|--------------|------------|
| 1. clean –   | 5. long –  |
| 2. against – | 6. early – |
| 3. small –   | 7. up –    |
| 4. indoors – |            |

**Activity 2.** Read the text and write 3 forms of bold verbs.

Show jumping involves horse and rider partnerships jumping over a course of obstacles in an arena. The rider has to **present** the horse at the jump (or fence) at a suitable speed and in balance, while the horse has to **jump** and land cleanly. There are usually two rounds. The second one, the jump-off, involves only those who cleared all the fences the first time and is **held** against the clock. Competitions range from small local events to the Grand Prix, World Cup, and Nations Cup.



There is no standard arena size, and courses can be indoors or outside, on sand, earth, or grass. Grand Prix are contested over courses of up to 15 obstacles and a distance of up to 3,330 ft (1,000 m). The course design includes a variety of set fences. For example, there will usually **be** a solid-looking wall, which is intimidating for both horse and rider. The prescribed route involves tight cornering and taxing takeoff points. Time penalties increase the pressure.

The origins of show jumping can be traced to 19th-century Britain when riders regularly negotiated obstacles such as fences and walls during mounted hunts. The riding style then was to **have** long stirrups and **stay** upright over the jump. Early competitions were

dominated by military riders and it was Italian Captain Federico Caprilli (d.1907) of the Pineroio Cavalry School who developed the forward seat **used** today.

**Activity 3.** Make up special questions to the text.

- What \_\_\_\_\_?
- When \_\_\_\_\_?
- Who \_\_\_\_\_?
- How \_\_\_\_\_?
- Where \_\_\_\_\_?

**Activity 4.** Read the text and give a title.

Summer is almost here and for many it means – summer camp! In Guffey, Colorado, there is a very special camp which runs for 4 weeks each summer. Nighthawk Ranch is a non-profit camp for kids ages 10 to 18 **batting** cancer. The goal of Nighthawk is to provide a **safe** and healing environment where these **brave** children are able to enjoy themselves, build up their self-esteem and look towards a brighter future.



Each camper is responsible for looking after a horse for the week, the same horse they will learn to ride. Kathryn Ory, who volunteers her time as the camp photographer, noted that "most of the campers start the week a little standoffish towards each other, and somewhat **shy** around the horses. By the time the last day comes, they are totally different children! It is **amazing** to see the changes in them. I am so **fortunate** to witness it first hand."

Justin Dunn runs the equine therapy program. The horses that the kids care for and ride are all owned and trained by Justin. In addition to caring for their horse and learning to ride, campers get to experience other activities, like building log cabins, crafts, ropes courses, archery, and camping.



Tom and Dorothy Evans started the camp to provide a unique high mountain working ranch experience that encourages achievement through a variety of activities. They fund the camp out of their own pockets with the help of donations and the generosity of volunteers. There is never a cost to the camp attendees and their families.

Nighthawk Ranch is so much more than a summer camp, it's a truly memorable experience for children and their families.

**Activity 5.** Mark the sentences as True (T) or False (F).

1. Nighthawk Ranch is located in the UK.

.....

2. The camp is open all summer.

.....

3. It was created for children with health problems

.....

4. They can improve their confidence there.

.....

5. Children can only look after the horses.

.....

6. The camp offers mainly academic activities.

.....

7. Campers have to pay to attend this camp.

.....

8. Children will never forget this experience.

.....

**Activity 6.** Match the parts of the sentences.

1. Nighthawk Ranch is a place ...

2. In the first few days of camp ...

3. Justin Dunn ...

4. This summer camp ...

5. Tom and Dorothy Evans get help from others ...

a. children don't interact much with each other.

b. offers a wide range of activities.

c. to finance this project.

d. where sick children can have fun.

e. is responsible for training the horses.

**Activity 7.** Match the underlined words in the text with their equivalent meanings below.

1. incredible

2. unforgettable

3. fighting

4. courageous

5. diversity

6. lucky

7. protected

8. introverted

## LESSON 2. POLO

**Activity 1.** Match the pairs and translate.

1. nonstop

a) play

2. indoor

b) club

3. long

c) history

4. eventually

d) true

5. certainly

e) variation

6. polo

f) reached

**Activity 2.** Read the text 1 and check your answers from activity 1.

**TEXT 1.** Outdoor polo is an equestrian

sport played between two teams of four players. The game is played in time periods called chukkas. There are six chukkas in most matches, and each one lasts for seven minutes of nonstop play. During play, the goal is to score more goals than the opposing team. A player scores using a long wooden mallet to drive the ball through the opposition's goal posts. Polo is played at a breathtaking pace and is an exhilarating sport for spectators and players alike. An indoor variation, called arena polo, is also played.

Known as the "sport of kings" thanks to its association with royalty, polo is a sport with a long history. The exact origins of polo are unknown, but it is certainly true that a version of the sport was being



played in the Middle East as early as 600 BCE. Over the centuries, polo spread throughout Asia and eventually reached Britain through India. The sport was included as an Olympic event from 1900 to 1939, but has since enjoyed limited growth due to the cost of competing at a serious level.

Founded in Argentina in 1982, the Federation of International Polo (FIP) is the world governing body for the polo-playing countries of the world. One of the FIP's main goals is to restore the sport's Olympic status.

**TEXT 2.** Polo is an unusual sport. It uses a ball and a mallet, which is used to hit the ball. It also requires helmets to protect the player's heads, gloves for their hands and boots to guard their legs. The players hit the ball into a goal to score. Nothing special, right? The game of polo suddenly becomes very exciting when you discover the final piece of "equipment" the players need: a horse. That's right; it is played entirely on horseback. How did this unique sport that combines the talents of humans with animals become popular?

The game of polo was developed in Persia around 2,000 years ago, but the British made modern polo world-famous. A mere 150 years ago, the British came in contact with the sport, in the Indian city of Silchar. There, the oldest existing polo club, the Calcutta Club, was founded by the British in 1862. A polo club opened in England just ten years later, and British soon began to travel and show others this great "new" sport. Polo quickly grew worldwide. Twenty years later, clubs as far away as Argentina and Australia were founded.

Today, 77 countries around the world have polo teams, including the UAE. Dubai, Abu Dhabi and Sharjah all have their own polo teams, made up of foreign and Emirati players. Matches are played all year round and included players at every level. So, if you enjoy playing sports and are a good horse rider, why not consider joining the polo team?



**Activity 3.** Work with the TEXT 2: Answer the questions.

- I. *What is the topic of this text?*
  - a. Polo in the past and today
  - b. Games the British love
  - c. Countries where polo is played
  - d. How polo developed in Persia
- II. *When was the first polo club founded in England?*
  - a. 2,000 years ago
  - b. in 1872
  - c. in 1862
  - d. 150 years ago
- III. *What is the topic of paragraph 1?*
  - a. The popularity of polo
  - b. What players need for polo
  - c. Horses and the polo match
  - d. Strange and exciting sports
- IV. *Choose from a, b, c or d the most suitable meaning of the underlined words in the passage:*
  1. "helmets" (paragraph 1) means something for the \_\_\_\_\_.
    - a) hand
    - b) leg
    - c) boot
    - d) head
  2. "to guard" (paragraph 1) means \_\_\_\_\_.
    - a) to play
    - b) to score
    - c) to protect
    - d) to attack
  3. "founded" (paragraph 2) means \_\_\_\_\_.
    - a) opened
    - b) finished
    - c) said
    - d) travelled
  4. *What do the underlined words refer to?*
    1. In the 1st paragraph, "it" refers to \_\_\_\_\_.
      - a. ball
      - b. polo
      - c. goal
      - d. mallet
    2. In paragraph 2, "There" refers to \_\_\_\_\_.
      - a. Persia
      - b. Britain
      - c. Silchar
      - d. Calcutta
  - V. *To join a UAE polo team you must ...*
    - a. know how to ride a horse
    - b. come from the UAE
    - c. own many horses
    - d. be a very good player



VII. How was polo first spread all around the world?

- on horseback
- by polo teams
- by the Calcutta Club
- by British travelers

Activity 4. Remember the demonstratives below and correct the mistakes.

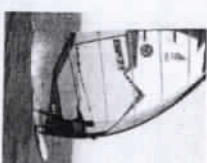
THIS ball		THESE balls		THAT ball		THOSE balls	
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- This players are clever.  
\_\_\_\_\_
- That sports are very expensive.  
\_\_\_\_\_
- This medals are beautiful.  
\_\_\_\_\_
- Look at these team! It is very bad.  
\_\_\_\_\_
- Those move is not good!  
\_\_\_\_\_
- This tickets are very expansive.  
\_\_\_\_\_
- That uniforms have a very strange color.  
\_\_\_\_\_
- I love these game.  
\_\_\_\_\_
- These is the final game.  
\_\_\_\_\_

Activity 5. Find the sports.

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

Activity 6. Look at the pictures and complete the sentences:



I like \_\_\_\_\_ I like \_\_\_\_\_ I like \_\_\_\_\_ I like \_\_\_\_\_

**Activity 7.** Read the dialogue and say what sport it is about:

**A:** You know, now I go to      lessons!

**B:** Really? And how are you doing?

**A:** Great! I'm totally delighted! First we learn to dance in a room and then we practice on ice.

**B:** How interesting...

**A:** It's a very beautiful sport. Why don't you go with me?

**B:** Me? Well, I don't like when it's cold. Then, it's very dangerous. You can fall and break something.

**A:** Don't be afraid! Every sport is a bit dangerous. Besides, after these lessons all our friends will envy us!

**B:** But it's dangerous!

**A:** Not at all! There is special protection on your knees. It's absolutely safe!

**B:** Ok, maybe I'll come to one lesson.

**A:** Yeah! I'm so happy! I'll have a partner again!

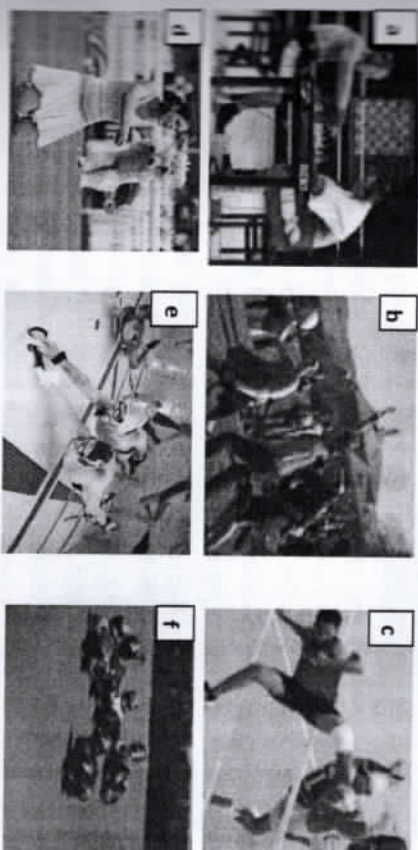
**B:** And what happened to your previous partner?

**A:** Nothing terrible... Last lesson I fell over him and broke his arm.

## UNIT 10. EXTREMESPORTS

### LESSON 1. EXTREMESPORTS

**Activity 1.** Look at the pictures and say them if you know?



**Activity 2.** Read the passages below and find the sports from the pictures in activity 1.

**1. Chess Boxing.** Chess and boxing, together at last in a sport whose name is as unlikely as the combination itself: chess boxing. So the name may not be original, but chess boxing is a singular sport that demands brains and brawn like no other athletic competition. Popular in Germany and the United Kingdom, the game is played with alternating rounds of chess and boxing. Competitors can win by winning the chess game, by knocking out an opponent or by judges' decision at the end.

**2. Sepak Takraw.** Played with a ball made of dried palm leaves, sepaktakraw is popular in Asia and even started to make inroads in North America in the late-1980s and 1990s. Sepaktakraw even has a lot in common with similar team sports more familiar to Western audiences. Like soccer, players pass around a ball using anything but their arms. The game is played on a court about the same size as a badminton court. Two teams of three players gather on each side of



a net, trying to keep the ball in play. The rules for scoring are similar to that of volleyball.

**3. Underwater Hockey.** Given the hard hits and frequent fights so common in ice hockey, it's difficult to believe that anyone could imagine a more potentially hazardous version of the sport. But with the added element of a potential drowning, underwater hockey makes frozen-water hockey look like child's play. The rules of liquid-water hockey are similar to that of its solid-state counterpart. The difference: Players use wooden or plastic sticks about the size of a banana to push around a metal puck around the floor of a pool. The action is especially exciting for spectators, who can only really see ripples on the surface from the action below.

**4. Dog Dancing.** Dog dancing may be more art than sport. But however you classify what could be one of the surest signs yet of the apocalypse, dog dancing, also known as canine freestyle, combines coaching, discipline and dance. Although it may seem like an amateur pastime, dog dancing is actually a competitive sport with contests held in the United States, the United Kingdom, Japan and other countries with pet owners who have too much time on their hands.

**5. Street Luge.** Street luge is a sport that combines the safety concerns of the luge (одиночныйслани) with the gentleness of pavement. Participants lie on what is essentially an enlarged skateboard designed to hold the human frame. Gravity does the rest of the work.

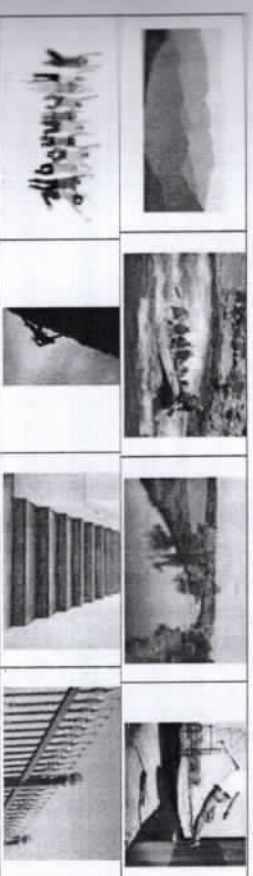
**6. Quidditch.** The pastime of the wizarding world of the "Harry Potter" series, quidditch combines magic, athleticism, and a touch of violence. Given the sheer impossibility of the sport, you'd think there wouldn't be a real-life equivalent -- and you'd be wrong. There are enthusiastic fans of the series who just wouldn't let reality or the laws of physics stand in their way. And so, these ambitious muggles created their own version of quidditch that might not have all the magic of the dramatic version but certainly isn't lacking for passion. Founded at Middlebury College in Vermont, the International Quidditch Association has grown in just a few short years to include hundreds of teams with a presence on nearly every continent. The

game has the same rules and scoring system as the quidditch from the series, with one big difference: no flying.

**Activity 3.** What extreme sports are these sentences about?

1. It's also known as canine freestyle, combines coaching, discipline and dance.
2. It was founded at Middlebury College in Vermont.
3. Participants lie on what is essentially an enlarged skateboard designed to hold the human frame.
4. The game is popular in Germany and the United Kingdom.
5. Players use wooden or plastic sticks about the size of a banana to push around a metal puck.
6. The game is played on a court about the same size as a badminton court.
7. The game has the same rules and scoring system as the game from the series, with one big difference: no flying.
8. It's difficult to believe that anyone could imagine a more potentially hazardous version of the sport.

**Activity 4.** Draw a line to match the pictures with the words below.



climbing/ rallings/	steps/ rallings/	mountains/ jumping/	parkour/ white-water rafting	river
------------------------	---------------------	------------------------	---------------------------------	-------

**Activity 5.** Do you like the excitement of extreme sports? If so, you might be an 'adrenaline junkie'. Find out more about white-water rafting and parkour in this video.



**Watch the video about Extreme Sports.** Circle True or False for these sentences.

1	Extreme sports are only popular in the mountains in the UK.	True	False
2	People who enjoy fast and dangerous sports, like white-water rafting, are called thrill seekers or adrenalin junkies.	True	False
3	In white-water rafting you have to try to stay afloat in the river.	True	False
4	Parkour is sometimes called free jumping.	True	False
5	The idea of parkour is to jump and climb over things like steps, railings and trees.	True	False
6	You need special clothes and shoes to do parkour classes.	True	False

**Activity 6.** Write the words into the correct group.

foaming water	drops
balance	London
rapids	city
nature	the elements
France	Trainers

Parkour	White-water rafting

**Activity 7.** Would you rather try white-water rafting or parkour?

Which extreme sports are popular in your country?  
Which would you like to try?

Do you know anyone who is an adrenalin junkie?

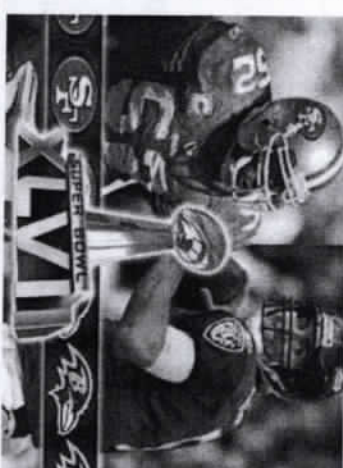
**Activity 8.** Before reading the text and answer the questions below.

- What is your favorite sport?
- Do you like American football?
- Did you watch the Super Bowl last year?

### Super bowl Sunday

The Super Bowl is the championship football game played every year at the end of the NFL (National Football League) season.

The best team from each of the two NFL conferences play for the Vince Lombardi Trophy, which was named after the first coach to win a Super Bowl. For most football fans, it is a very special event.



People who do not like football still watch it for the commercials and the half-time show. Some people call it a U.S. holiday because millions of Americans watch the game and have a party on Super Bowl Sunday. Super Bowl XLVII (47) will be played between the Baltimore Ravens and the San Francisco 49ers at The Super Dome in New Orleans, Louisiana on February 3, 2013.

**Activity 9.** Read the text again, then answer the True/False questions.

- The Super Bowl happens at the beginning of the football season.  
**True False**
- Not very many people watch the Super Bowl on TV.  
**True False**
- Super Bowl XLVII will be in Honolulu, Hawaii.  
**True False**
- Football teams want to win the Vince Lombardi Trophy.  
**True False**



**Activity 10.** Answer the questions.

Which teams will play in this year's Super Bowl?

Where is Super Bowl

XLVII?

Some people don't like football, but they watch the Super Bowl. Why?

**Activity 11. Vocabulary.** Circle the best meaning for the bold words.

1. Professional football players earn **millions** of dollars every year.  
a. 1,000,000's      b. 1,000,000,000's      c. 1,000's  
d. a little
2. I saw a funny **commercial** for Coca-Cola.  
a. game      b. advertisement on TV or radio      c. magazine
3. Spain won the World Cup **trophy** for soccer in 2010.  
a. a gold ring      b. a prize for losing a game      c. a prize for winning a competition
4. The inauguration of Barack Obama was a big **event** in American history.  
a. something important that happens      b. a normal time  
c. a meal
5. Break time in ESL class is like **half-time** in a basketball game.  
a. the winner      b. the break between the first and second halves of a game  
c. the last part of a game

## TEST YOUR KNOWLEDGE

### UNIT 1. OLYMPIC GAMES

#### LESSON 1. The history of Olympics

1. Where were athletic festivals being held by roughly 500 BCE?  
a. throughout Greece  
b. throughout Rome  
c. throughout France
2. Where were the Olympic Games held every four years?  
a. at Olympia  
b. in Rome  
c. in France
3. When did Rome conquer Greece?  
a. 1,5 century BCE  
b. 2<sup>nd</sup> century BCE  
c. 3<sup>rd</sup> century BCE
4. When did Frenchman Pierre de Coubertin start to campaign for the resurrection of the event?  
a. in 1892  
b. in the 2nd century BCE  
c. in 1894
5. What does "IOC" stand for?  
a. Internet Olympic Committee  
b. International Olympic Clubs  
c. International Olympic Committee
6. Who was the first president of the IOC?  
a. Demetrius Vikelas  
b. Pierre de Coubertin  
c. Zeus
7. When did Pierre de Coubertin continue his championing of the Olympics at the Congress of Paris?  
a. In 1892  
b. in 1894  
c. in 1896
8. Most events required athletes - who were ...  
a. male

- b. female
  - c. male and female
9. Every ... years, competitors came from all corners of the Greek world.
- a. 2
  - b. 4
  - c. 3

10. Who abolished the Olympic Games?

- a. France
- b. Rome
- c. Greece

## LESSON 2. Paralympic games

1. Who do take part in the Paralympic Games?
  - a competitors with disabilities
  - b competitors with partabilities
  - c competitors without abilities
2. Where were the Paralympics Games contested first?
  - a in Athens
  - b in Rome
  - c in America
3. When were the Paralympics Games contested first?
  - a 1950
  - b 1955
  - c 1960
4. Who conceived the Paralympics Games?
  - a Sir Ludwig Guttmann
  - b Pierre de Coubertin
  - c Zeus
5. When did the Paralympics Games conceive?
  - a 1940
  - b 1945
  - c 1948
6. The first ..... Paralympics were held in Sweden.
  - a Summer
  - b Professional

- c Winter
7. When were the first Winter Paralympics held?
- a in 1948
  - b in 1978
  - c in 1976
8. How many events does the Winter Paralympics comprise?
- a 6
  - b 8
  - c 10
9. The Winter Paralympics is a ... spectacle.
- a bigger
  - b longer
  - c smaller
10. How many different categories do Olympians compete in?
- a 5
  - b 6
  - c 7

## UNIT 2. ATHLETICS

### LESSON 1. Track and field

1. How many types of events does Track and field consist?
  - a. 2
  - b. 4
  - c. 3
2. When was track and field featured at the first?
  - a. in 776 BCE
  - b. in 779 BCE
  - c. in 800 BCE
3. Where are track and field events held?
  - a. indoors
  - b. outdoors
  - c. either indoors or outdoors
4. Limited space at indoor venues means that throws are only contested during the ... season.
  - a. outdoor
  - b. indoor



- c. outdoor and indoor
5. Measuring time and ... is a crucial part of track and field events.
  - a. weather
  - b. distance
  - c. ability
6. The 100 m is replaced by the 60 m sprint in ... track.
  - a. outdoor
  - b. indoor
  - c. outdoor and indoor
7. When was the World Anti-Doping Agency (WADA) set up by the International Olympic Committee?
  - a. in 1999
  - b. in 1996
  - c. in 1990
8. Who runs a stringent doping control program?
  - a. The World Anti-Doping Agency
  - b. The International Association of Athletics Federations
  - c. The International Olympic Committee.
9. For track events, athletes are timed using ... linked to cameras.
  - a. sensors
  - b. cameras
  - c. glasses
10. For the jumping, and throwing events, distances are measured using a certified ... measuring tape.
  - a. silver
  - b. iron
  - c. steel

## LESSON 2. Sprints

1. How many sprint distances are there?
  - a. 4
  - b. 3
  - c. 5
2. Where is usually "The 60 m" run?
  - a. outdoors

- b. indoors
- c. on the field
3. ... demands tremendous muscular power and finely honed technique.
  - a. The 60 m
  - b. The 100 m
  - c. The 200 m
4. In which distance high endurance is not necessary?
  - a. The 60 m
  - b. The 100 m
  - c. The 200 m
5. How are the 100 m rewards sprinters called who can quickly achieve and then maintain maximum speed?
  - a. Fastest Person on Earth
  - b. Best Person on Earth
  - c. Strongest Person on Earth
6. Who has all the skills of a 100m runner?
  - a. The 60 m runner
  - b. The 400 m runner
  - c. The 200 m runner
7. Which distance is the most gruelling of all the sprints?
  - a. The 60 m
  - b. The 400 m
  - c. The 200 m
8. What does build up in the muscles, making it more difficult and more painful after about 30 seconds of running?
  - a. lactic acid
  - b. injury
  - c. hurt
9. What is mesmerizing and almost primeval in the Olympics?
  - a. 400 m runners final
  - b. 100 m men's final
  - c. 80 m men's final
10. Careful pacing of which race is vital?
  - a. 60 m
  - b. 100m

c. 400m

## UNIT 3. GYMNASTICS

### LESSON 1. Rhythmic gymnastics

1. Hand-held apparatus in gymnastics are:
  - a. hoop, ball, rope, and knife
  - b. knife, hoop, ball, rope, and ribbon
  - c. club, hoop, ball, rope, and ribbon
2. Which sport is dominated by women, especially in Japan?
  - a. rhythmic gymnastics
  - b. skating
  - c. swimming
3. Why do rhythmic gymnasts need finely tuned hand-eye coordination?
  - a. for appreciation of music and rhythm
  - b. for manipulating the apparatus
  - c. for manipulating the knives
4. How long should music last for an individual competitor?
  - a. 135-150 seconds
  - b. 135-190 seconds
  - c. 75-90 seconds
5. How long should music last for teams?
  - a. 135-150 seconds
  - b. 135-190 seconds
  - c. 75-90 seconds
6. Gymnasts perform with ... out of the five pieces of apparatus?
  - a. three
  - b. four
  - c. two
7. Who decides which apparatus is to be excluded?
  - a. the sport's governing body
  - b. Olympic committee
  - c. the competitors
8. Which organization does set the rules for competitions and also train judges?
  - a. GIF

b. IGO  
c. OIG

9. The items of apparatus can be thrown as ... as possible.
  - a. high
  - b. long
  - c. fast

10. What does "FIG" stand for?

- a. the Federation International de Games
- b. the Federation International de Gymnastique
- c. the Federation International de Gold

## UNIT 4. TEAMSPO RTS

### LESSON 1. Football

1. A group of people who play sport or game is ....
  - a. a ball
  - b. a goal
  - c. a team
2. How many players are there in each team in football?
  - a. 12
  - b. 6
  - c. 11
3. Where is Football played?
  - a. on a pitch
  - b. on a rectangular grass or artificial turf field
  - c. both (a and b)
4. If the ball wholly crosses touch lines and goal lines it is ...
  - a. out of play
  - b. goal
  - c. penalty
5. Find the synonym of "striker".
  - a. Centre forward
  - b. Centre back
  - c. Goalkeeper
6. If part of the ball is on the line, it is ...
  - a. still in play
  - b. out of play



- c. goal
7. Where are most matches played?
  - a. in water
  - b. on grass
  - c. on air
8. What team does Lionel Messi play for?
  - a. Barcelona FC
  - b. Real Madrid
  - c. Bunyodkor
9. Who keep the goal?
  - a. forward
  - b. goalkeeper
  - c. midfielder
10. A goal is scored if the ball crosses the ...?
  - a. goal line
  - b. central line
  - c. touch line

## LESSON 2. Basketball

1. When was Basketball invented?
  - a. in the late 19th century
  - b. in the late 18th century
  - c. in the late 20th century
2. How many players are there in each team in basketball?
  - a. 4
  - b. 5
  - c. 6
3. Where is basketball most popular?
  - a. in the United States
  - b. in Australian
  - c. in Canada
4. How long has Basketball been an Olympic sport?
  - a. since late 18th century
  - b. since 1876
  - c. since 1976
5. In what sport do players need to be tall?

- a. swimming
- b. tennis
- c. basketball
6. Often the ... side will have accumulated more than 100 points.
  - a. winning
  - b. losing
  - c. both
7. If a shot is unsuccessful, players compete for ...
  - a. penalty
  - b. rebounds
  - c. goal
8. If a player is successful in ... a basket, the team is awarded two.
  - a. jumping
  - b. fighting
  - c. shooting
9. The game begins with the opposing team in possession on the under net their own....
  - a. basket
  - b. ball
  - c. goal
10. Where was born Ricky Rubio?
  - a. in the USA
  - b. in Spain
  - c. in Canada

## LESSON 3. Volleyball

1. How many players are there in volleyball?
  - a. 5
  - b. 6
  - c. 7
2. Volleyball was initially created as ....
  - a) a high-energy game requiring great aerobic ability
  - b) a gentle form of relaxation
  - c) a high-energy sport played between two teams of six players
3. How many hits does each team have to get it back over the net?

- a. up to four
  - b. up to two
  - c. up to three
4. How many sets are there in a Volleyball match?
- a. two
  - b. four
  - c. five
5. If the score reaches 24-24 or 14-14, respectively, how many clear points are teams needed for victory?
- a. two
  - b. four
  - c. five
6. Who is the winner in volleyball in the first four games?
- a. the winner is the first to 15 points
  - b. the winner is the first to 25 points
  - c. the winner is the first to 35 points
7. And in the fifth game, the winner is the first to ... points.
- a. 15
  - b. 25
  - c. 30
8. When was volleyball invented?
- a. 1995
  - b. 1795
  - c. 1895
9. Which sport was originally named mintonette?
- a. Basketball
  - b. Volleyball
  - c. Football
10. ... players dive around the court to get their hands under the ball and push it up.
- a. defensive
  - b. Strong
  - c. fast

#### LESSON 4. Handball

1. Where did Handball develop?

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- a. in the USA
  - b. in Russia
  - c. in Germany and Scandinavia
2. When did Handball develop?
- a. in the late 20th century
  - b. in the late 19th century
  - c. in the late 18th century
3. What kind of sport game is handball or team handball?
- a. a single fight and competitive
  - b. a fighting
  - c. a competitive and collective
4. How long is an indoor court of handball?
- a. 30 metres
  - b. 20 metres
  - c. 40 metres
5. How wide is an indoor court of handball?
- a. 30 metres
  - b. 20 metres
  - c. 40 metres
6. How long does break-time last between two half (times)?
- a. 10 minutes
  - b. 20 minutes
  - c. 15 minutes
7. How long does each half last in handball?
- a. 30 minutes
  - b. 20 minutes
  - c. 15 minutes
8. How many referees are there in handball?
- a. 1
  - b. 2
  - c. 3
9. How many substitution-players stay on bench in each team?
- a. more than 9
  - b. more than 10
  - c. more than 11
10. Bench or sand handball is played ...

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- a. indoor
- b. in water
- c. outdoor

## UNIT 5. RACKETSPORTS

### LESSON 1. Tennis

1. How long does Tennis date in its modern form?
  - a. from 1874
  - b. from 1774
  - c. from 1974
2. The ... tour is made up of four categories: Grand Slams, ATP, Challenger Series, and Futures tournaments?
  - a. women's
  - b. men's
  - c. both
3. Where is tennis played?
  - a. grass, clay, cement
  - b. coated asphalt, carpet
  - c. grass, clay, cement, coated asphalt, carpet
4. Who is called "the server"?
  - a. the player who stands anywhere on their own side of the net
  - b. the player who receives the ball
  - c. the player who puts the ball into play
5. What is "deuce" in tennis?
  - a. all 15 points
  - b. all 30 points
  - c. all 40 points
6. Matches are the best of three or ... sets.
  - a. four
  - b. five
  - c. six
7. What is tossed before a tennis match?
  - a. a coin
  - b. a racket
  - c. a ball

8. Who may stand anywhere on their own side of the net?
  - a. sever
  - b. receiver
  - c. judge

9. What does each player start with?
  - a. "deuce"
  - b. "15"
  - c. "love"

10. After deuce, the player who wins the next point is said to have ...?
  - a. "advantage"
  - b. "deuce"
  - c. "achieve"

### LESSON 2. Table tennis

1. What is the synonym of table tennis?
  - a. ping-pong
  - b. small tennis
  - c. hand tennis
2. What ability do table tennis players need?
  - a. fast reactions
  - b. exceptional hand-eye coordination, and strong and flexible leg muscles
  - c. fast reactions, exceptional hand-eye coordination, and strong and flexible leg muscles
3. What does stand ITTF for?
  - a. International Table Tennis Fans
  - b. International Table Tennis Federation
  - c. In house Table Tennis Federation
4. When was International Table Tennis Federation founded?
  - a. in 1920
  - b. in 1826
  - c. in 1926
5. How many member nations does ITTF have now?
  - a. 302
  - b. 208

c. 202

6. In the table tennis "Volleying is not allowed"- What does it mean?

- a. table tennis players need fast reactions
- b. a player who touches the playing surface with his or her free hand
- c. the ball has to touch the table

7. What will happen if a player who touches the playing surface with his or her free hand during a rally?

- a. loses the point
- b. wins the points
- c. wins the match

8. How long did table tennis marathon last?

- a. 5 days
- b. 4 days
- c. 3 days

9. In ... players strike the ball in turn.

- a. doubles matches
- b. world championship
- c. ping-pong

10. Who brought the expedite rule in game?

- a. players
- b. spectators
- c. lawmakers

### LESSON 3. Badminton

1. When did the World Badminton Championships become an annual event?

- a in 1934
- b in 1977
- c in 2006

2. When was the International Badminton Federation founded?

- a in 1934
- b in 1977
- c in 2006.

3. How many members does the Badminton World Federation have now?

a 143

b 156

c 136

4. How many major competitions does the Badminton World Federation organize around the world?

- a sixteen
- b six
- c four

5. Where did the headquarters move in 2005 to?

- a the USA
- b Malaysia
- c England

6. A top badminton player covers about ..... per game.

- a 1 mile (1.6 km)
- b 2 mile (3.2 km)
- c 3 mile (1.6 km)

7. Players win points by hitting a conical ... over a high net.

- a ball
- b discus
- c shuttle cock

8. What is a key element of training?

- a jumping
- b sprinting
- c hitting

9. When did the duke of Beaufort bring the Indian game of Poona to England?

- a 1875
- b 1877
- c 1873

10. When did the First World Badminton Championship hold?

- a 1977
- b 1988
- c 1999



## UNIT 6. COMBATSPORTS

### LESSON 1. Boxing

1. In which sport two fighters battle with their fists?
  - a. karate
  - b. boxing
  - c. wrestling
2. What do the boxers wear to fight?
  - a. gloves
  - b. hats
  - c. T-shirts
3. How is the place called where the boxers fight?
  - a. ring
  - b. court
  - c. pitch
4. Boxers fight as...
  - a. only amateurs
  - b. only professionals
  - c. amateurs or professionals
5. ... may not accept money for boxing.
  - a. Professionals
  - b. Amateurs
  - c. Both
6. Boxing is ... combat sport game.
  - a. a team
  - b. an individual
  - c. a mixed
7. Uzbekistan left Rio de Janeiro with a total of ... medals in 2012.
  - a. 13
  - b. 14
  - c. 15
8. How many gold medals did win Uzbek boxers in Rio de Janeiro?
  - a. 5
  - b. 4

c. 3

9. Boxers compete in ....

- a. highs
- b. classes
- c. schools

10. What do the boxers throw as each tries to dominate his opponent?

- a. punches
- b. balls
- c. shuttle cocks

### LESSON 2. Judo

1. When is Judo developed?
  - a. in the eighteenth Century
  - b. in the sixteenth Century
  - c. in the nineteenth Century
2. What does Judo forbid?
  - a. punching or kicking
  - b. fighting
  - c. kicking
3. How do we call the equivalent of a knockout punch in Judo?
  - a. hiial
  - b. an ippon
  - c. a knock punch
4. What is Judo developed from?
  - a. from the wrestling
  - b. from the teachings of Jigoro Kano of Japan
  - c. from boxing and wrestling
5. What does "IJF" stand for?
  - a. the Intercontent Judo Federation
  - b. the International Judo Federation
  - c. the Interaction Judo Federation
6. How do we call the floor covered with protective mats?
  - a. pitch
  - b. ring
  - c. tatami

7. When was first Judo seen at the Olympics?
  - a. in the 1992 Barcelona Games
  - b. in the 1964 Tokyo Games
  - c. in the 1972 Munich Games
8. How long has Judo been a regular Olympic sport for men?
  - a. since the 1992 Barcelona Games
  - b. since the 1964 Tokyo Games
  - c. since the 1972 Munich Games
9. When was women's judo included as a demonstration sport?
  - a. in the 1992 Barcelona Games
  - b. in the 1964 Tokyo Games
  - c. in the 1988 Seoul Olympics
10. When did women's judo become an official Olympic event?
  - a. in the 1992 Barcelona Games
  - b. in the 1964 Tokyo Games
  - c. in the 1972 Munich Games

### LESSON 3. Wrestling

1. ... is a combat sport in which players try to grapple their opponents to the ground using a variety of holds?
  - a. Wrestling
  - b. Boxing
  - c. Fighting
2. What does wrestling demand?
  - a. concentration and strategy
  - b. only to be strong
  - c. strong body and strength
3. How do we call the two main variations of wrestling?
  - a. freestyle, kurash
  - b. freestyle, Greco-Roman wrestling
  - c. kurash, Greco-Roman wrestling
4. Which form of wrestling is the more popular form?
  - a. kurash
  - b. Greco-Roman wrestling
  - c. freestyle
5. Who are wrestling matches observed by?

- a. a wrestler
  - b. a coach
  - c. a referee
6. In which form of wrestling, a pin (fall) ends a match?
    - a. both
    - b. Greco-Roman wrestling
    - c. freestyle wrestling
  7. How long has wrestling been a medal sport at every modern Olympic Games?
    - a. since 1896
    - b. since 1892
    - c. since 1846
  8. How many officials are there on the sidelines?
    - a. 3
    - b. 1
    - c. 2
  9. How do we call the wrestling area?
    - a. pitch
    - b. mat
    - c. tatami
  10. When did women first compete at the Olympics?
    - a. in 1986
    - b. in 1896
    - c. in 2004

### Lesson 4. Kurash

1. Kurash is one of the .... terms for "wrestling".
  - a. Turkic
  - b. Arabic
  - c. Indian
2. Where are practiced a number of folk wrestling styles?
  - a. in northern Asia
  - b. in central Asia
  - c. in eastern Asia
3. What is "Tazim"?
  - a. the main competition at the folk festival



- b. a salutation position in Kurash
  - c. the towel
4. How many ways are there in which points can be scored in Kurash?
- a. 3
  - b. 4
  - c. 2
5. What is "Halol"?
- a. Throws that are close to yonbosh are called Halol. They are independent moves, and no number of chalas count as a yonbosh or halol.
  - b. A throw that is that is not completely a halol, but is close.
  - c. The act of throwing down the opponent on his back with full speed and control. A player who forces a halal directly wins the match.
6. Throws that are close to yonbosh are called.... They are independent moves, and no number of ..... count as a yonbosh or halol.
- a. chala
  - b. halol
  - c. yonbosh
7. A throw that is that is not completely a halol, but is close, is called a .... Two ..... counts as a halol.
- a. chala
  - b. halol
  - c. yonbosh
8. What is called "the third penalty results in a disqualification"?
- a. Girom
  - b. Dakki
  - c. Tambekh
9. When was founded the International Kurash Association (IKA)?
- a. in 1998
  - b. in 1999
  - c. in 1994

10. Where were held World Senior championships in 1999?
- a. in Antalya
  - b. in Tashkent
  - c. in Termez

## UNIT 7. WATER SPORTS

### LESSON 1. Swimming

1. Swimming is an event at the .... Olympic Games.
  - a. Summer
  - b. Winter
  - c. both
2. Who can compete at the Summer Olympic Games?
  - a. male athletes
  - b. female athletes
  - c. male and female athletes
3. How many events do male and female athletes compete at the Summer Olympic Games in?
  - a. 16
  - b. 14
  - c. 18
4. How do we call Olympic events which are held in a 50-meter pool?
  - a. a middle course pool
  - b. a short course pool
  - c. a long course pool
5. How many officially are there recognized individual swimming events in the pool?
  - a. thirty two
  - b. forty
  - c. thirty
6. What does "FINA" stand for?
  - a. the Fédération Internationale de Natation
  - b. Interpol Swimming Federation
  - c. International Swimming Fans
7. What is the goal of competitive swimming?
  - a. to beat the competitors in any event in field

- b. to beat the competitors in any event in water
  - c. to beat the competitors in any event in pitch
8. What should swimming in competition create the least resistance in order to obtain?
    - a. minimum speed
    - b. maximum technique
    - c. maximum speed
  9. How is a final stage referred to?
    - a. "shave and taper"
    - b. "shave"
    - c. "taper"
  10. How many styles are there in swimming?
    - a. 3
    - b. 4
    - c. 5

## LESSON 2. Rowing

1. Who has won five consecutive Olympic gold medals in an endurance event?
  - a. Sir Steven Redgrave
  - b. Ben Nevis
  - c. Michael Jordan
2. Where is rower sir Steven Redgrave from?
  - a. Britain
  - b. America
  - c. Scotland
3. Where did Redgrave win the fourth time?
  - a. Australian
  - b. Britain
  - c. Atlanta
4. When did Redgrave win the fourth time?
  - a. 1996
  - b. 1896
  - c. 1986
5. Where and when did Redgrave win the fifth gold medal?

- a. in Australian, 2000
  - b. in Sydney, 2000
  - c. in Atlanta, 1896
6. Where is Ben Nevis situated?
    - a. in Great Britain
    - b. in Australian
    - c. in the USA
  7. How many crews are there in a rowing team?
    - a. 7
    - b. 8
    - c. 9
  8. What does the Tour du Lemman mean?
    - a. short distance event
    - b. middle distance event
    - c. long distance event
  9. Where does bumps races involve?
    - a. In the UK
    - b. In the USA
    - c. In Canada
  10. Where does stake-racing involve?
    - a. In the UK
    - b. In the USA
    - c. In Canada

## LESSON 3. Water polo

1. How many players are there in each team in water polo?
  - a. 5
  - b. 6
  - c. 7
2. How many points does each goal score?
  - a. one
  - b. two
  - c. three
3. How many quarters are there in water polo match?
  - a. 3
  - b. 4



- c. 2
4. How long does quarter last in water polo?
  - a. eight minutes each
  - b. fifteen minutes each
  - c. seven minutes each
5. How long may two phases of extra time be played in water polo if necessary?
  - a. 2 min
  - b. 4 min
  - c. 3 min
6. How deep should the water be at least at the Olympic Games?
  - a. 5 ft 9
  - b. 5 ft 8
  - c. 6 ft 9
7. The object of the sport is to propel the ball into the opposing team's ....
  - a. goal
  - b. net
  - c. set
8. How many outfield players are there in a water polo team?
  - a. 5
  - b. 6
  - c. 7
9. Water polo is ... sport.
  - a. combat
  - b. competitive
  - c. brutal
10. What is buoy?
  - a. pool
  - b. ball
  - c. mark

## UNIT 8. WINTERSPORTS

### LESSON 1. Snowboarding

1. Where was the Snowboarding developed in?
  - a. the United States

- b. the United Kingdom
- c. Russia
2. When was the Snowboarding developed?
  - a. 1970s
  - b. 1950s
  - c. 1960s
3. Racing, known as alpine snowboarding, uses skills similar to ...
  - a. downhill ski racing
  - b. tobogganing
  - c. ice skating
4. The race course is set up with gates and is called ...
  - a. step slalom
  - b. giant slalom
  - c. great slalom
5. What is the object of the race?
  - a. to run high
  - b. to jump long
  - c. to go fast
6. How many boarders does Parallel giant slalom consist of?
  - a. 2
  - b. 3
  - c. 4
7. When were the first crude snowboards made?
  - a. 1940s
  - b. 1950s
  - c. 1960s
8. When did Sherman Poppen bolt two skis together to make a "snurfer"?
  - a. In 1965
  - b. In 1998
  - c. In 1979
9. When did Jake Burton Carpenter start making fibreglass snowboards?
  - a. in 1965
  - b. In 1998

- c. In 1979
- 10. When did Snowboarding become a Winter Olympic sport?
  - a. in 1965
  - b. in 1998
  - c. In 1979

## LESSON 2. Figure skating

1. Where do Single skaters or pairs of skaters perform prescribed movements?
  - a. on the ice
  - b. in the field
  - c. in the arena
2. Who give them marks for technical ability and artistic interpretation?
  - a. spectators
  - b. coaches
  - c. judges
3. How do we call a competition which Figure skaters required elements that tests their technical skills and an original free skate program?
  - a. a big program
  - b. a short program
  - c. a main program
4. When did Figure skating become an official sport of the Olympic Winter Games?
  - a. 1920
  - b. 1924.
  - c. 1928
5. How many programs do Figure skaters perform?
  - a. 4
  - b. 3
  - c. 2
6. How many prescribed elements are required for the technical short program?
  - a. 8

- b. 7
- c. 6

7. When was The ISU Judging System introduced?
  - a. 2000
  - b. 2004
  - c. 2010

8. Figure skaters perform two programs: short and ... skate.
  - a. long
  - b. free
  - c. beautiful

9. What does the second part of the competition, the free skate program, require?
  - a. a link of elements
  - b. a beauty of elements
  - c. a balance of elements

10. What must skaters do for maximum scores?
  - a. link the elements together
  - b. jump high
  - c. ski long

## UNIT 9. ANIMAL SPORTS

### LESSON 1. Show jumping

1. What does Show jumping involve?
  - a. horse and rider
  - b. ball and net
  - c. stick and horse
2. Show jumping involves partnerships jumping over a course of obstacles in ...
  - a. a field
  - b. a track
  - c. an arena
3. What range from small local events to the Grand Prix, World Cup, and Nations Cup?
  - a. Plays
  - b. Competitions
  - c. Matches



4. How many obstacles are Grand Prix contested?
  - a. up to 15
  - b. up to 18
  - c. up to 16
5. How long the distance is Grand Prix contested?
  - a. up to 3,330 ft
  - b. up to 3,500 ft
  - c. up to 3,550 ft
6. The origins of show jumping can be traced to ... century Britain.
  - a. 18 th
  - b. 19<sup>th</sup>
  - c. 20 th
7. Whom were early competitions dominated by?
  - a. amateur riders
  - b. Moto riders
  - c. military riders
8. Who developed the forward seat used today?
  - a. Fiederico Caprilli
  - b. Fransua Collins
  - c. Frank Capral
9. The rider has to present the ... at the jump (or fence) at a suitable speed and in balance.
  - a. performance
  - b. horse
  - c. body
10. How many rounds are there in Show jumping?
  - a. 3
  - b. 2
  - c. 1

## LESSON 2. Polo

1. How many players are there in Outdoor polo?
  - a. 3
  - b. 4
  - c. 5

2. How many teams are there in Outdoor polo?
  - a. 2
  - b. 3
  - c. 4
3. There are ... chukkas in most matches.
  - a. 6
  - b. 5
  - c. 4
4. An indoor variation of Polo is called ... polo.
  - a. Water
  - b. Field
  - c. Arena
5. The sport was included as an Olympic event ...
  - a. from 1900 to 1930
  - b. from 1905 to 1939
  - c. from 1900 to 1939
6. When was Polo founded?
  - a. in 1982
  - b. In 1985
  - c. In 1980
7. Polo uses a ball and ...
  - a. a stick
  - b. a mallet
  - c. a bat
8. Where was the game of polo developed in around 2,000 years ago?
  - a. Persia
  - b. Europe
  - c. India
9. How many countries around the world have polo teams Today?
  - a. 70
  - b. 75
  - c. 77
10. The players hit the ball into ... to score.
  - a. a goal

- b. a net
- c. a basket

## UNIT 10. EXTREMESPORTS

1. Where is "Chess boxing" popular?
  - a. in Germany and the United Kingdom
  - b. in the USA
  - c. in Australia
2. What sport is played with a ball made of dried palm leaves?
  - a. Seepak Takraw
  - b. Chess boxing
  - c. Underwater Hockey
3. Given the hard hits and frequent fights so common in ice hockey, it's difficult to believe that anyone could imagine a more potentially hazardous version of the sport. What sport is it?
  - a. Seepak Takraw
  - b. Chess boxing
  - c. Underwater Hockey
4. ... also known as canine freestyle, combines coaching, discipline and dance
  - a. Dog dancing
  - b. Street Luge
  - c. Quidditch
5. What sport is a sport that combines the safety concerns of the luge with the gentleness of pavement?
  - a. Dog dancing
  - b. Street Luge
  - c. Quidditch
6. In what sport do lie participants on what is essentially an enlarged skateboard designed to hold the human frame?
  - a. Dog dancing
  - b. Street Luge
  - c. Quidditch
7. The pastime of the wizarding world of the "Harry Potter" series, what sport does combine magic, athleticism, and a touch of violence?

- a. dog dancing
  - b. street Luge
  - c. quidditch
8. What sport was founded at Middlebury College in Vermont?
    - a. dog dancing
    - b. street Luge
    - c. quidditch
  9. In what sport do use players wooden or plastic sticks about the size of a banana to push around a metal puck?
    - a. Seepak Takraw
    - b. Chess boxing
    - c. Underwater Hockey
  10. Where is seepaktakraw popular?
    - a. in Asia
    - b. in the USA
    - c. in China



# GLOSSARY

abolish	отменять	рад этмок
accommodate	приспосабливать	мослашмок
accumulate	скопиться	йиғилмок
achieve	достигать, добиваться	эришмок
acute	острый, сильный	ўткир, кучли
adequate	соответствующий	етарлиқ, мос
affiliate	принимать в члены	аззолikka қабул
against	против	килмок
agility	ловкость	кариши
allied	союзный	чакконлик
amateur	любитель	иттифок
amputee	человек с ампутиро- ванной ногой или рукой	хаваскор қўл ёки оёғи ампутацияланган
одам		
ancient	древний	кадимий
anticipate	предчувствовать	олдиндан сезмок
arise	на каждого	хар бирита
arrarel	одеяние	либос
arrearance	выступление	ижро, чикиш
artificial	искусственный	сунбий
ascension	восхождение	юксалиш
attempt	попытка	имкониёт, харакат
available	полезный	фойдали
banned	запрещённый	ман килинган
bat	дубина, бита	тўшмок
Battle	сражение, бой	жанг
bench	место судьи	хакам жойи
bend	изгиб	букланиш
beneath	под, внизу	тагида, остида
bindings	крепление (лыжное)	махкамлаш
мосламаси		
bobbing	толчок	итариш
boldness	самоуверенность	ўзига бўлган ишонч

bottom	дно	туб
bounce	прыжок	сакраш
breathaking	захватывающий	хавжонли
buoy	поддерживать	тутиб турмок
calisthenics	художественная	бадий
calm	гимнастика	гимнастика
capacity	спокойный	босиқ, тинч
carriage	местимость	хажм
catch	ўтмоқ	хватать
cause	причина	сабаб
cerebral palsy	мозговой паралич	мия фалажи
chaitman	председатель	раис
charge	нагруза	юклама
chariat	колесница	арава (2 гилдиракли)
cheering	багп	веселье
choke	душить	бугмок
circuit	объезд, цикл	айланма, цикл
claim	требование	талаб
clubs	кляшка, бита	кляшка
coated asphalt	покрытый	асфальт билан
comrade	асфальтом	копланган
compre	соответственный	ватандош
compre	сравниваться	мусобакалалашмок
completion	уакп	завершение
comprises	содержать	ўз ичига олмок
conditions	условия	шароит
consecutive	последовательный	кетма-кетликда
contribute	вносить вклад	хисса қўшмок
controversy	спор	бахс
cote	центр, сердце	марказ, юрак
courte	ход, направление	йўналиш
craft	хитрость, обман,	айёрилик, ёлгон,
	искусство	санъат
create	творить	яратмок
crown	корона, награждать	тож, мукофотламок
current	нынешний	хозирги

cycling	велоспорт	велоспорт
dangerous	опасный	хавфли
dealing	распределение	таксимлаш
decline	склон, углон	киалик
deer	глубокий	чукур
defend	защипать	химоя килмок
defensive	оборона, оборонный	химоя
delicacy	сложность, деликатность	мураккаблик,
demolish	разрушать	нозиклик
deuse	равный счёт	бузмок
development	развитие	тенг хисоб
dip	углон, нырять	ривожланиш
disability	неспособност	чукурлик, шўнгимок
diseases	поражения, болезни	кобилиятсизлик
		маглубитлар,
		касаликлар
draughts	шашки	шашка
dribbling	вести мяч	тўғни олиб юриш
dumb bells	тири, тантели	тиря, тантель
efficient	подготовленный	тайёрланган
eggbeater	вертолёт	вертолёт
emerge	появляться	пайдо бўлмок
emphatic	выразительный	яккол
endurance	выносливость	чидамлик
equal	равный	тенг
equestrian	конный спорт	от спорти
estate	имущество	устушлик
estimate	оценивать	бахоламак
evenhanded	справедливый	адолатли
exclusive	специальный	махус
exhilarate	оживлять, подбодрят	жонлантирмок
expedite	быстрый, ускорять	тез, тезлаштирмок
experience	опыт	тажриба
extend	напрягать силы	кучларни
fair	честный, справедливый	таранглаштирмок
		хакконий

fast-paced	быстрым темпом	тезкор темпда
favorable	удобный	кулай
fellow	товарищ	ўртоқ
fend	враждовать	урушмок
ferocely	сильно	кучли, каттик
fight	бой	жанг
fighter	боец	жангчи
fixtice	календарь	таквим, жадвал
flat	плоский	текис
foam	пена (на лошади)	кўпик (отда)
forbid	запрещать	ман килмок
forward (striker)	нападающий	хужумчи
foster	благоприятствовать	ривожлантирмок
fulfil	выполнять, завершать	бажармок,
gambler	копить	йитмок
gambled	собранный	йитилган
great	принадлежности	жихозлар
giant slalom	слалом	слалом
giant	гигант	гигант
gliding	скольжение	сирпаниш
glued	соединённый	уланган
grapple	схватка, борьба	жанг
grip	сжатие, зажатие	кишиш
gruelling	изнурительный	холдан тойдирувчи
guard	охранять	қўрикламок
handle	управлять	бошкармок
headquarters	главное управление	бош бошкарма
hear	куча, скапливать	уюм
hetaids	вестник	даракчи
highlight	освещать	ёритмок
hit	удар	зарба
hold	держать	ушламок
honour	честь, награды	шараф, мукофотлар
hoor	обруч	обруч, халка
hunt	охота	ов



hurt	повреждение, рана	жароҳат, яра
Impact	удар	зарба
increase	увеличение	ўсиш, катталаш
inflatable	надувной	хаво билан тўлдирилган
infringement	нарушение	қоида бузарлик, хатолик
install	помещать, поставить	жойлаштирмак
instant	немедленный	тез
javelin	копье	найза
join	соединять	бирлашмак
judge	судья	хакам
leap	прыжок	сакраш
leather	кожа	тери
magnificent	великолепный	ажойиб
mallet	деревянный молоток	ёғоч болға
margin	край, запас	чет, чегара, захира
metamorphose	гипнотизировать	гипноз қилмак
Mogul	человек, занимающий высокий пост	юкори лавозимдаги шахс
narrow	узкий	тор
pickpocket	прозвеще	лакаб
potable	выдающийся	буюк
pude	натой, ясный	яланғоч, аник, яққол
oath	клятва	касам
obstacle	препятствие	тўсиқ
obtain	достигать, добиваться	эришмак
occult	случаться	содир бўлмак
officiate	судить	хакамлик қилмак
ongoing	постоянный	доимий
opponent	противник	рақиб
outcome	результат	натيجا
overseeing	наблюдение	назорат
pace	шаг	кадам
padded gloves	раздутые перчатки	шиширилган қўлқоплар
participant	участник	иштирокчи

participate	участвовать	иштирок этмак
pass	передавать	узатмак
pin	пригвозждать, прижимать	михламак, қисмак
pipe	свисток	хуштак
rich	подача	узатиш
rimwood	фанера	фанера
rerotation	подготовка	тайёртарлик
prevent	препятствовать	тўскинлик қилмак
primeval	первобытный	биринчи даражаги, илк
prominence	неровность	нотекислик, ғадир-бўдур
promotion	продвижение	силжиш
propel	двигать	харакатлантирмак
protest	защищать	химоя қилмак
ruck	шайба	шайба
runch	удар кулаком	мушт билан зарба
Push	нажимать, удар, атака	босмак, зарба,
Range	выстраиваться в ряд	хужум бир чизикка сафланмак
rank	категория	категория
Rebound	отскок, отдача	сакраш
Rectangular	прямоугольный	тўғри тўртбۇрачак
regard	внимание	эътибор
Rehearse	повторять	қайтармак
Relaxation	расслабление	бўшашиш
Requite	требовать	талаб қилмак
resemble	походить	ўхшамак
Resistance	сопротивление	қаршилик қўсатмак
respective	соответственный	мос
ribbon	лента	лента
rink	каток	каток
poster	список	рўйхат
roughly	грубо, неровно	дағал, нотекис
row	ряд	катор
rowing	гребля	эшкак эшиш

Safely	безопасно	хавфсиз
scratch	стартовая черта	старт чизиги
separate	отдельно	алохида
sequential	последовательный	набатдаги
Shallow	мель, неглубокий	саёз
Shuttle	челнок	мокки
skill	умение	малака
sledge	сани	чана
Sleek	гладкий	силлик
Slope	склон, наклон	кылиг
Smash	столкновение, удар по	тўшгп юкоридан
Snooker	маячу сверху вниз	зарба бериш
Snear	снукер	снукер
Spectator	копёе, дротик	найза
Speed	зритель	томошабин
Sprin	скорость	тезлик
spinal cord injuries	кружение	айланиш
	повреждения	орка мия жароҳати
sprung	спинного мозга	
squad	треснувший	ёрилган
squat	команда	жомоа
	сидеть на корточках	оёкка тираниб
stamina	выдержка, стойкость	ўтириш
катьият		чидамлилик,
stiltup	стремя	танач
straight	прямой	тўғри
strictly	строго	катъий
stringent	строгий, точный	катъий, аник
substantial	прочный	мустахам
successful	удачный	омадли
sudden burst	внезапный бросок	кутилмаган отиш,
superb	прекрасный	узиш
tally	счёт	ажойиб
tapering	конусообразный	хисоё
		конуссимон

Throwing	метание	улоктириш
Tight	плотный, трудный	мустахам, кийин
Toboggan	сани	чана
tobogganing	санный спорт	чана спорти
topple	турир	мусобака
tranquility	спокойствие	босиклик, тинчлик
transition area	переходная зона	ўтиш хуудди
Truce	перемирие	ярашиш
Turf	беговая дорожка	ютуриш йўлаги, торф
Uphawates	неожиданно	кутилмаганда
upright	прямой	тўғри
Urene	место встречи	учрашув жойи
villain	хитрец	айёр
Violent	сильный	кучли
Vital	жизненный, энергичный	жонли
Vocal	шумный	шовкин суронли
Wheelchair	кресло на колёсах	аравача (ногиронлар)
Wood	дерево	ёғоч
wow	поразить	ром этмок
Wealth	венюк	гулчамбар
Wrist	запястье	кафт



## KEYS

### UNIT 1. Olympic Games

#### LESSON 1. The History of Olympic Games

- Activity 1:** 1-f; 2-h; 3-a; 4-g; 5-f; 6-l; 7-e; 8-d; 9-l; 10-k; 11-m; 12-l
- Activity 3:** 1-c, 2-a, 3-d, 4-b, 5-f, 6-e
- Activity 4:** 1. traditionally 2. competitors 3. enforced 4. swore 5. victorious 6. sportsmanship
- Activity 5:** 1- athletes, 2- countries, 3- peace, 4- Greece, 5-776 BC, 6- four years, 7- travel, 8- stadium, 9- wrestling, 10- men, 11- winners, 12- money, 13- 393 AD, 14- later, 15- de Coubertin, 16- Athens, 17-241, 18- Women, 19- winter sports, 20- Paralympics, 21- Youth Games, 22- two years, 23- around the world, 24- olive branches, 25- bronze, 26- silver, 27- thin layer, 28- rings, 29- inhabited continent, 30- stole, 31- stole, 32- lit, 33- travels, 34- will host, 35- cauldron, 36- goal, 37- friendship, 38- not to win but to take part, 39- fought well

#### LESSON 2. Paralympic games

- Activity 1:** 1-c; 2-d; 3-b; 4-f; 5-e; 6-a; 7-h; 8-g
- Activity 3:** 1 false, 2 false, 3 true, 4 false, 5 false
- Activity 4:** 1. swimming 2. cycling 3. boxing 4. athletics 5. football 6. archery 7. basketball 8. fencing
- Activity 5:** 1. Yes, I can, suddenly, yes, I can 2. 'Gee, I'm afraid to go on' has turned into, 'Yes, I can' 3. Take a look, what do you see? 4. 133 (lbs) pounds of confidence, me 5. Got the feeling I can do anything, yes, I can 6. Something that sings in my blood is telling me, 'Yes, I can' 7. I was just born today 8. I can go all the way 9. Yes, I can!
- Activity 6:** ✓ a musician playing the drums; people playing golf; ✓ an athlete jumping over a bar; ✓ a mother playing with her baby; a family playing on the beach; people racing BMX bikes; ✓ basketball players scoring points; ✓ a pilot flying a plane; people horse riding; ✓ a man in a wheelchair flying into the air

### UNIT 2. Athletics

#### LESSON 1. Track and field

- Activity 1:** 1 - football, 2 - taking pictures, 3 - drawing, 4 - swimming, 5 - reading books, 6 - ice hockey, 7 - surfing the Net, 8 - dancing
- Activity 2:** 1A-iii, 2B-ii, 3C-1, 4D-iv
- Activity 3:** 1-false, 2-true, 3-false, 4-true, 5-true, 6-false
- Activity 5:** 1. watching films, 2. reading books, 3. Volleyball, 4. listening to music, 5. fashion, 6. surfing the Net, 7. Swimming, 8. board games

#### LESSON 2. Sprint

- Activity 1:** 1 C 2 H 3 D 4 A 5 B 6 E 7 F 8 G
- Activity 3:** 1- the start, 2- acceleration, 3- stride, 4- finish
- Activity 4:** 1 pitches 2 courts 3 pools 4 rings 5 rink 6 stadium 7 track 8 jumping 9 athletes
- Activity 5:** 1 between, 2 for, 3 on, 4 on, 5 at, 6 in, 7 of, at (or in), 8 of, 9 in, 10 in, into
- Activity 6:** 1. Is it a popular sport? 2. How do you play it? 3. Who does it? 4. Is the sport all female? 5. How fast do you go? 6. That's in Wales, isn't it? 7. Can you tell us about your sport? 8. Can you explain what that is?
- Activity 7: Wakeboarding** a. The sport began in the 1930s. c. This sport involves doing tricks in the air. d. There are more guys than girls doing it. f. It started in California. h. There are strong influences from other, similar sports. i. A big event for this sport is held in Wales.
- Roller derby** b. It's becoming really popular in the UK. e. There are more girls than guys doing it. g. When you compete, you score points for your team. j. The clothes people wear for this sport have changed.
- Activity 8:** 1. they might be included in the 2020 Olympics 2. a speedboat 3. Difficult 4. is a good place to see the best riders 5. are often the same as skateboarding and surfing ones 6. has had a revival in popularity in the last fifteen years 7. going past other players 8. mostly non-professional



## UNIT 3. Gymnastics

### LESSON 1. Rhythmic gymnastics

**Activity 1:** 1A-iii, 2B-ii, 3C-iv, 4d-i

**Activity 2:** 1-false, 2-false, 3-true, 4-true, 5-true, 6-true, 7-false

**Activity 3:** do-gymnastics, athletics, karate; play – ping-pong, basketball, hockey, squash; go – swimming, skiing, wrestling, motor racing, weight training

**Activity 4:** 1) exercises, 2) scores, 3) take part, 4) win, 5) equipment, 6) coach, kick, 8) lost

## UNIT 4. Team sports

### LESSON 1. Football

**Activity 1:** 1-d 2-f 3-a 4-b 5-d 6-e

**Activity 3:** centuries, soccer, games, between, history, popular, running.

**Activity 4:** A – goalkeeper; B- left fullback; C-right fullback; D-centre back; E- left back; F-right back; G-left midfield; H- right midfield; I-left forward; J- centre forward (striker); K- right forward

**Activity 7:** 6 persons

**Activity 8:** 1-must, 2-have to, 3-be able to, 4- have to, 5- must, 6-must

### LESSON 2. Basketball

**Activity 1:** 1-ball sport, 2-end line, 3-huge need, 4-players advantage, 5-tree points, 6- game restarts

**Activity 4:** 1-f, 2-a, 3-c, 4-b, 5-d, 6-e

**Activity 5:** 1-was, 2-became, 3-got, 4-played, 5-was, 6-reached, 7-tore, 8-missed, 9-finished, 10-scored, 11-retained, 12-took part, 13-won

**Activity 6:** A-T, B-F, C-T, D-F

### LESSON 3. Volleyball

**Activity 1:** PLAYER PROFILE- 2; KEEP IT UP-3; GAME OVERVIEW- 1

**Activity 3:** 1-invented, 2- game, 3-Championship, 4-status, 5-demonstration, 6-founded, 7-national, 8-international

**Activity 4:** 1. c, 2. h, 3. d, 4. f, 5. g, 6. e, 7. b, 8. a

**Activity 5:** 1-c, 2-b, 3-a, 4-a, 5-c

### LESSON 4. Handball

**Activity 1:** 1-d 2-f 3-e 4-a 5-b 6-c

**Activity 4:** ✓ reduced risk of diabetes; ✓ lower blood pressure; X improved muscle tone; X stronger heart and lungs; ✓ stronger bones; X increased feeling of calm and tranquillity; ✓ improved mood; ✓ improved concentration; ✓ increased motivation; X makes people less competitive; ✓ improved communication and negotiation skills

**Activity 5:** 1. True 2. False 3. False 4. True 5. False 6. True 7. True 8. False

## UNIT 5. Racketsports

### LESSON 1. Tennis

**Activity 2:** 1-A, 2-C, 3-B

### LESSON 2. Table tennis

**Activity 3:** 1-t; 2-f; 3-f; 4-t; 5-t; 6-f.

**Activity 4:** Gym staff- personal trainer, dance teacher, lifeguard, secretary; Gym facilities- sauna, swimming pool, changing rooms, weight machines; Gym classes- Pilates, Zumba, water aerobics, jazz dancing

**Activity 5:** 1. Gym A 2. Gym A 3. Gym B 4. Gym A 5. Gym B 6. Gym B 7. Gym A 8. Gym B

**Activity 6:** 1. lots of activities at different times of day, 2. Opened, 3. at a reasonable price, 4. yoga mats, 5. training, lifestyle and diet, 6. wear trainers, 7. give you some tips to improve your swimming, 8. in a brochure

### LESSON 3. Badminton

**Activity 1:** 1-f, 2-e, 3-d, 4-c, 5-b, 6-a



**Activity 4:** (1) *XUK*, (2) *changing rooms*, (3) *shorts*, (4) *trainers*, (5) *13:45*, (6) *biscuits*, (7) *five*, (8) *effort*, (9) *speed*, (10) *100*  
**Activity 5:** 1.NM 2.T 3.F 4.F 5.F 6.NM 7.T 8.F 9.F 10.T

## UNIT 6. Combat sports

### LESSON 1. Boxing

**Activity 4:** 1-competitive, 2-consists, 3-break, 4-game, 5-fists, 6-match.

**Activity 5:** 1-c, 2-a, 3-d, 4-e, 5-f, 6-e, 7-g, 8-b

### LESSON 2. Judo

**Activity 1:** 1-d; 2-f; 3-b; 4-a; 5-c; 6-e

**Activity 2:** 1-b; 2-c; 3-a

**Activity 4:** Mike can run quickly and throw a ball far. Ella is good at organizing things and can write well.

**Activity 5:** 1.false, 2 false, 3 true, 4 false, 5 true, 6 true

**Activity 7:** 1-basketball, 2-handball, 3-football, 4- karate, 5-gymnastics, 6-runningm 7-hockey

## LESSON 3. Wrestling

**Activity 1:** a-game; b-subject; c-football; d-boxing; e-class

**Activity 3:** 1 ground, 2 strength, 3 more, 4 quick, 5 long, 6 close, 7 begin, 8 above

**Activity 4:** modern, competed, professional, federation, events, entertainment

**Activity 5:** surfing, hockey, Australian rules football, American football, rugby, volleyball, football / soccer, ice hockey

**Activity 7:** 1. False 2. True 3. True 4.False 5.False 6. True

**Activity 8:** Dear Rob

Great to hear from you! Let me tell you about sports at school in Canada.

At school we play a lot of team sports like soccer, baseball and basketball. My favourite team sport is basketball. I'm good at it because I'm very tall. I play basketball two days a week on Wednesdays and Fridays. I also go swimming at school, but I don't really like swimming. It's boring!

We do lots of sports after school in Canada. I live in Calgary and it's very cold in winter, so we do lots of winter sports like ice hockey, snowboarding and skiing. It always snows a lot in winter and I go skiing every weekend. It's great fun! I play ice hockey for my town, in the under 14s team. Last week I scored a goal! Write soon and tell me about sports in Australia.  
 Brett

### LESSON 4. Kurash

**Activity 6:** 4 Susan Butcher moved to Alaska.

2 The medicine was passed from one sled team to another along the Iditarod Trail.

1 A doctor in Nome, Alaska, needed medicine for the deadly diphtheria.

5 Susan Butcher entered her first Iditarod Race.

6 Susan Butcher became the first person to win three Iditarod races in a row.

3 Susan Butcher read about the Iditarod Race.

**Activity 7:** 1-f, 2-a, 3-e, 4-c, 5-d, 6-b

## UNIT 7. Water sports

### LESSON 1. Swimming

**Activity 3:** 1-t, 2-f, 3-f, 4-f 5-t 6-f

**Activity 5:** 1-true, 2-don't know, 3-false

**Activity 6:** 1-heavy 2.under 3.diseases 4.piranha 5.challenge/goal

**Activity 7:** 1.swim 5,400 km of the Amazon River 2.swum the Danube, the Mississippi and the Yangtze Rivers 3.are hungry 4.very wide and deep river with strong currents

**Activity 8:** 1.He swam 12 hours every day. 2.He swam 85 km every day. 3.He learned about the river and its dangers and about dangerous diseases. 4.If you have a goal, you have to try to achieve it.

**Activity 9:** "Why do you want this challenge?"

### LESSON 2. Rowing

**Activity 4:** 1-in, 2-of, 3-around, 4-through, 5-on, 6-off, 7-into, 8-down, 9-in, 10-on, 11-around, 12-of, 13-along

**Activity 6:** 1-must, 2-mustn't, 3-must, 4-must, 5-must, 6-must, 7-mustn't, 8-must, mustn't wear, 9-must, must, 10-mustn't

**Activity 7:** 1-through, 2-around, on, 3-on, 4-along, 5-on, 6-over, 7-around, 8-across

## LESSON 2. Water Polo

**Activity 1:** 1. highest number 2. extra time 3. competitive sport 4. different dimensions 5. swimming pools 6. goal lines

**Activity 5:** 1. Wake up and have a shower. 2. Get dressed and have breakfast. 3. Have classes and lunch. 4. Have dinner and watch TV. 5. Go to bed.

**Activity 6:** 1. True 2. False 3. True 4. False 5. False 6. True

**Activity 7:** 1. get up! 2. go swimming 3. have breakfast 4. go to university 5. have lunch 6. meet friends 7. have dinner

## UNIT 8. Winter sports

### LESSON 1. Snowboarding

**Activity 6:** 1-curling, 2-ski jumping, 3-figure skating, 4-cross country skiing, 5-skeleton, 6-biathlon, 7-bobsleigh, 8-speed skiing

**Activity 9:** 1-play, 2-goes, 3-does, 4-goes, 5-plays, 6-does

### LESSON 2. Figure skating

**Activity 1:** 1-d; 2-c; 3-b; 4-a; 5-f; 6-e

**Activity 4:** 1-t 2-t 3-f 4-f 5-f 6-t

**Activity 10:** 1-sp, 2-pc, 3-pc, 4-ps, 5-pc, 6-ps, 7-pc, 8-pc

## UNIT 9. Animal sport

### LESSON 1. Show jumping

**Activity 1:** 1-dirty, 2-for, 3-big, 4-outdoors, 5-short, 6-late, 7-down

**Activity 5:** 1-f, 2-f, 3-t, 4-t, 5-t, 6-f, 7-t, 8-t

**Activity 6:** 1-d, 2-a, 3-e, 4-b, 5-c

### LESSON 2. Polo

**Activity 1:** 1-e, 2-a, 3-c, 4-f, 5-d, 6-b

**Activity 3:** 1-a, 2-c, 3-b, 4-d, 5-b, 6-a, 7-d

**Activity 4:** 1-these, 2-those, 3-these, 4-this, 5-that, 6-these, 7-those, 8-this, 9-this

**Activity 7:** figure skating

## UNIT 10. Extremsports

### LESSON 1. Extremsports

**Activity 2:** 1-a, 2-c, 3-e, 4-d, 5-f, 6-b

**Activity 3:** 1-do dancing, 2-quidditch, 3-street luge, 4-chess boxing, 5-under water hockey, 6-seepak takraw, 7-quidditch, 8-under water hockey

**Activity 4:** mountain, white-water rafting, river, parkour, jumping, climbing, steps, railings

**Activity 5:** 1. False 2. True 3. True 4. False 5. True 6. False

**Activity 6:** Parkour, city, balance, trainers, France, London

**White-water rafting:** foaming water, drops, rapids, nature, the elements

**Activity 9:** 1-f, 2-f, 3-f, 4-t

**Activity 11:** 1-a, 2-b, 3-c, 4-a, 5-b

## Test keys

### Unit 1. Lesson 1

1	2	3	4	5	6	7	8	9	10
a	a	b	a	c	b	b	a	b	b

### Lesson 2

1	2	3	4	5	6	7	8	9	10
a	b	c	a	c	c	c	a	c	b

### Unit 2. Lesson 1

1	2	3	4	5	6	7	8	9	10
c	a	c	a	b	b	a	b	a	c

### Lesson 2

1	2	3	4	5	6	7	8	9	10
a	b	b	a	a	c	b	a	b	c



### Unit 3. Lesson 1

1	2	3	4	5	6	7	8	9	10
c	a	b	c	a	b	a	a	a	b

### Unit 4. Lesson 1

1	2	3	4	5	6	7	8	9	10
c	c	c	a	a	a	b	a	b	a

### Lesson 2

1	2	3	4	5	6	7	8	9	10
a	b	a	c	c	a	b	c	a	b

### Lesson 3

1	2	3	4	5	6	7	8	9	10
b	b	c	c	a	b	a	c	b	a

### Lesson 4

1	2	3	4	5	6	7	8	9	10
c	b	c	c	b	a	a	b	a	c

### Unit 5. Lesson 1

1	2	3	4	5	6	7	8	9	10
a	b	c	c	c	b	a	b	c	a

### Lesson 2

1	2	3	4	5	6	7	8	9	10
a	c	b	c	c	c	a	c	a	c

### Lesson 3

1	2	3	4	5	6	7	8	9	10
c	a	b	b	b	a	c	b	c	a

### Unit 6. Lesson 1

1	2	3	4	5	6	7	8	9	10
b	a	a	c	b	b	a	c	b	a

### Lesson 2

1	2	3	4	5	6	7	8	9	10
c	a	b	b	b	c	b	c	c	a

### Lesson 3

1	2	3	4	5	6	7	8	9	10
a	a	b	c	c	c	a	b	b	c

### Lesson 4

1	2	3	4	5	6	7	8	9	10
a	b	b	a	c	a	c	a	a	b

### Unit 7. Lesson 1

1	2	3	4	5	6	7	8	9	10
a	c	a	c	b	a	b	c	a	b

### Lesson 2

1	2	3	4	5	6	7	8	9	10
a	a	c	a	b	a	b	c	a	b

### Lesson 3

1	2	3	4	5	6	7	8	9	10
c	a	b	c	c	a	a	b	b	c

### Unit 8. Lesson 1

1	2	3	4	5	6	7	8	9	10
a	c	a	b	c	a	b	a	c	b

### Lesson 2

1	2	3	4	5	6	7	8	9	10
a	c	b	b	c	a	b	b	c	a

### Unit 9. Lesson 1

1	2	3	4	5	6	7	8	9	10
a	c	b	a	a	b	c	a	b	b

### Lesson 2

1	2	3	4	5	6	7	8	9	10
b	a	a	c	c	a	b	a	c	a

### Unit 10. Lesson 1

1	2	3	4	5	6	7	8	9	10
a	a	c	a	b	b	c	c	c	a

## TAPESCRIPTS

### UNIT 1 LESSON 1 ACTIVITY 5.

Every few years thousands of the finest athletes in the world gather together to compete in the Olympic games. They come from hundreds of countries, from all parts of the globe and for the length of the games the world comes together on common ground in a celebration of peace and unity.

#### **But what are the Olympics?**

The first Olympic games took place in Greece nearly 3,000 years ago in 776 BC. They were athletic competitions held in honour of Zeus, the king of the gods. The games happened every four years and during the games there was an Olympic Truce when war and battles were not allowed so that athletes from different cities could travel safely to and from the games.

Originally the Olympic Games only had one event – a short race across a stadium – but through the years more events were added including boxing, wrestling, long jump, throwing javelins and discus and chariot racing.

In the ancient Olympics only men were allowed to compete. The winners were awarded a wreath or crown of olive branches, which was a great honour, and often received money and other prizes.

The final games of the ancient Olympics were held in 393 AD, ending a tradition of over a thousand years.

It wasn't until almost 1,500 years later that someone tried to hold the Olympics again. Small events modelled after the ancient Olympics were held in various places in Europe off and on for over a hundred years, until the International Olympic Committee was created in 1894 by Baron Pierre de Coubertin of France. The first games organized by IOC took place in Athens, Greece, in 1896, and featured 241 athletes from 14 countries.

#### **Since that small beginning many things have changed.**

- Women first competed in the Olympics in 1900.

- The Olympics were expanded to include winter sports like skiing and figure skating, and special Winter Olympics were held to make that possible.

- Paralympics, now known as the Paralympics, began to be held for athletes with disabilities.

- Not so long ago, Youth Games were introduced, which allows athletes between the ages of 14 and 18 to compete.

Today the Olympic Games are held every two years, with Summer Olympics and Winter Olympics alternating, so that there are four years between each Summer Olympic Games and four years between each Winter Olympic Games.

#### **These are only some of the differences between the ancient Olympics and the modern Olympic Games.**

While the ancient Olympics were held in the same place each time, the modern Olympics are held in different cities around the world.

In the ancient Olympics winners were awarded olive branches, but in the modern Olympics the victors receive medals. Third place wins bronze, second place wins silver and first place gets a gold medal. The gold medals are not actually made of solid gold, however, they are made of silver covered with a thin layer of gold.

#### **Symbols**

Another important symbol of the Olympics is the Olympic rings: five interlocking rings of blue, yellow, black, green and red on a white background. The colours of the rings were chosen because every flag in the world at the time had at least one of those colours on it. Each of the five rings represents one of the inhabited continent of the world: North and South America are counted as one, along with Africa, Asia, Europe and Australia.

After the rings, one of the most important symbols of the Olympics is the Olympic flame or torch. The lighting of the torch is a reminder of the ancient Greek myth where Prometheus stole fire from the god Zeus to give it to humans. Before each Olympics, the torch is lit in a special ceremony at the site of the ancient Olympics in Olympia, Greece. It travels around Greece and then begins a special journey to the city that will host the Olympics. During the



opening ceremonies of the games, the torch is used to light a huge cauldron, which stays burning until the Olympics last day. When the flame is put out, it means the official end of the games.

The goal of the Olympics is to help build a better, more peaceful world through international cooperation, friendship and a love of the games. *"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."* (Pierre de Coubertin))

## UNIT 1 LESSON 2 ACTIVITY 5. We're the SUPERHUMANS: Rio Paralympics 2016

Original song by Sammy Davis Jr.

Yes, I can, suddenly, yes, I can

'Gee, I'm afraid to go on' has turned into, 'Yes, I can'

Take a look, what do you see?

133 pounds of confidence, me

Got the feeling I can do anything, yes, I can

Something that sings in my blood is telling me, 'Yes, I can'

I was just born today I can go all the way Ye-e-es, I-I-I-I can!

Yes, I can Yes, I can Yes, I can Yes, I can Yes, I can Yes, I can Yes,

I can Yes, I can Yes, I can

Yes, I can (in sign language)

Hey! Yes, I can ...

No, you can't YES, I CAN!

Are you ready?

I can climb Everest, yes, I can I can fight here all night and never rest, yes I can I was just born today, I can go all the way Yes, I can WE'RE THE SUPERHUMANS

## UNIT 2 LESSON 2 ACTIVITY 7. Transcript for Sports interviews

**Presenter:** Now, the 2020 Olympics might seem a long way away to you, but people are already talking about what new sports might be included. Today I'm going to talk to two people who are hoping their sport might be included. The first is Jonny Mills whose sport is

wakeboarding. Jonny, can you tell us what wakeboarding is? Is it like surfing?

**Jonny:** Well, a bit. It started in California because people wanted to surf but didn't have waves ... It's also a bit like waterskiing in that the rider is towed behind a specially built speedboat.

**Presenter:** How fast does the boat go?

**Jonny:** Usually at about 25mph, or a bit less. The rider uses the wake the board produces in the water to launch into the air.

**Presenter:** And then you do a lot of complicated things in the air?

**Jonny:** That's right, spins of up to 1260 degrees, things like that.

**Presenter:** 1260 degrees, that's impossible, isn't it?

**Jonny:** Oh no, but it's pretty crazy. You spin round three and a half times in the air.

**Presenter:** And then you have to land again without falling over.

**Jonny:** You'll have to come and watch some wakeboarding if you haven't seen any. Come to Wakestock in July if you can.

**Presenter:** That's in Wales, isn't it?

**Jonny:** Yep, Abersoch in North Wales. It's a really popular wakeboarding and music festival. It's right by the beach. It's not quite the same as California, but it's cool. It attracts a lot of great riders.

**Presenter:** Who does wakeboarding?

**Jonny:** They reckon about 3 million people all over the world. More guys do it, but there are increasing numbers of girls too. The people who compete are usually in their teens or twenties, but anyone can do it. There's a lot of crossover with other board sports like surfing and skateboarding. The tricks people pull are similar and the names for things are often the same.

**Presenter:** And looking at you, I'd say the fashion was similar too.

**Jonny:** Yeah, the clothes and the lifestyle are similar.

**Presenter:** Right, now I'd like to ask Jules Russell about her sport. She's a skater in a roller derby team. Tell us about that, Jules. Is it a popular sport?

**Jules:** Yes, it's becoming really popular in the UK. There are about 60 leagues in England and 1,200 throughout the world. In the US



and Canada, of course, and places like Scandinavia and Australia, but lots of other countries too.

**Presenter:** The sport began in the States, didn't it?

**Jules:** Yes, in the 1930s, but it was more for entertainment than sport and it died out by the 1970s. Then there was a revival in Texas in 2001 and from then on it's just been growing and growing.

**Presenter:** So how do you play it?

**Jules:** Well, you have two teams of five people on roller skates, of course, and they go round an oval track in the same direction. Each team has a "jammer" who scores points by passing members of the opposing team. They do whatever they can to stop her, within reason. The team with the most points at the end of the match wins.

**Presenter:** It sounds a bit rough!

**Jules:** Well, it's a contact sport, so there's bound to be a lot of pushing and falling over. It's all good fun, though; people don't often get hurt. If you try and trip someone up you get penalized. You do try and frighten the other team a bit though.

**Presenter:** That's right. You have frightening clothes and special names.

**Jules:** People used to have incredible costumes a couple of years ago. Now the sport is changing and becoming more professional. Lots of the teams' train three or four times a week, and spend a lot of time in the gym. You have to be really dedicated and fit. We still have nicknames, though. I'm "The Julifier". **Presenter:** And is the sport all female?

**Jules:** There are a few men who do it, but it's mostly female and amateur at the moment. Things are changing fast though, so who knows what the future will bring. It would be fantastic to be an Olympic sport. **Presenter:** What do you think about roller derby, Jonny?

**Jonny:** It's wild! Those ladies scare me to death! Good luck to them with the Olympics thing though. And good luck to us too.

**Presenter:** Good luck to you both.

#### UNIT 4 LESSON 1 ACTIVITY 7. Tape script: The football match

**PEDRO:** I say, what a crowd! There must be 20,000 people here. The ground's absolutely full.

**MR. PRIESTLEY:** Yes, this is one of the most popular sporting events in England.

**FRIEDA:** It's lucky for us we have reserved seats.

**MR. PRIESTLEY:** Yes, if you haven't tickets you've got to be here an hour before the match starts to get a good seat.

**OLAF:** Whereabouts are our seats?

**MR. PRIESTLEY:** Row A, numbers 16 to 21. That's right in the front. We'll have to push through the crowd to get to them ... Excuse me ... Excuse me ... Do you mind ... Sorry ... Excuse me ... Well, here we are at last.

**LUCILLE:** What splendid seats! We'll be able to see everything from here.

**PEDRO:** Yes, Jan has certainly looked after us well. We'll have to take him out to dinner after the match.

**THE OTHERS:** Good idea, Pedro, we certainly must.

**HOB:** And we must shout for his team. I hope Jan is on form today.

**MR. PRIESTLEY:** I hope he is. I hear they are to choose the players tomorrow for the international match, and if he plays well today Jan may be chosen.

**PEDRO:** Yes, I heard that the Selection Committee I would be at the match and I told Jan he was to play his best today because they were watching him.

**HOB:** I told him he must play his best because Frieda was watching him.

**FRIEDA:** You mustn't talk nonsense like that, Hob!

**HOB:** You needn't blush like that, Frieda!

**OLAF:** It must be exciting to play in an international match. You played for England, didn't you, Mr. Priestley?

(For further info, go to watch

<http://www.youtube.com/watch?v=WHsCvDm3M54>)



**Rod:** Paul, do you want to be in our volleyball team?

**Paul:** No thanks, Rod. I can't play volleyball well.

**Rod:** I can teach you.

**Paul:** You can't teach me, Rod. I can jump high, but I can't hit the ball over the net. Well, I can't hit the ball over the net with my hands. It's easy with a racket.

**Rod:** Oh, that's right. You're in the tennis team.

**Paul:** Yes, I am. I love tennis and I do gymnastics, too. But I can't play volleyball! I've got an idea – ask Jason Miller. He's very athletic and he loves ball games.

**Rod:** Jason Miller? I don't know him. What sports does he do?

**Paul:** He does gymnastics with me and he plays water basketball.

**Rod:** Water basketball? What's that?

**Paul:** It's a great game. It's like ordinary basketball, but you play it in a swimming pool.

**Rod:** That sounds fun, but what are the rules of the game?

**Paul:** You mustn't run or swim with the ball. You must throw the ball or give it to one of the people in your team. You must try to get the ball into your basket.

**Rod:** How many people can play it?

**Paul:** It's the same as ordinary basketball – there are five people on a team.

**Rod:** It sounds like great fun!

**Paul:** It's a very popular sport. Would you like to go with me on Saturday and play water basketball?

**Rod:** Sure!

**Paul:** Cool! Well, I've got a gymnastics lesson now and I mustn't be late.

**Rod:** Don't forget to tell Jason about the volleyball team.

**Paul:** OK. See you on Saturday!

**Rod:** Bye!

#### UNIT 4 LESSON 4 ACTIVITY 4

**Teacher:** Good morning, class

**Students' voices:** Morning, miss / Morning.

**Teacher:** So, today we're going to carry on with what we were talking about last class which are the advantages of doing sport on a regular basis. Let's start by seeing how much you remember about the benefits of sport. I'm going to ask you some questions and in your groups I'd like you to answer them. OK, so the first question is, can you remember three of the specific physical benefits sport offers to the human body that we discussed last class? OK, Group B. What do you think?

**Group B spokesperson:** Um, well we've got two.

**Teacher:** OK, let's hear them.

**Group B spokesperson:** We think that doing sport reduces high blood pressure and the chance of getting diabetes.

**Teacher:** Absolutely. OK, does anyone have any other advantages? Yes, Group D?

**Group D spokesperson:** Yeah, sport is good for your bones.

**Teacher:** That's right. It strengthens our bones, particularly while we are still growing. OK, we also discussed that sport can be good for our minds too because of the chemicals that our brains release when we exercise. Can anyone remember the name of these chemicals and how they make us feel? Mmm, Group A?

**Group A spokesperson:** Are they called euphoria?

**Teacher:** Not exactly. Anyone else? OK, Group B again.

**Group B spokesperson:** Endorphins and they make you feel euphoric or really happy.

**Teacher:** That's right. So sport can help us feel happy and put us in a good mood because of these chemicals that are present in our bodies when we exercise. It also improves our capacity to concentrate, which is why doing PE at school can actually help you do better in exams. OK, so that was basically what we covered last week and what we're going to move on to today is thinking about whether it's better for us to take part in individual or team sports. So let's have a quick show of hands to see what you think. Those who think it's better for us to do individual sports put up your hands. OK,



thank you. And now those who think it's better to do a team sport? OK. Well, there are certain advantages to both individual and team sports, but, in my opinion, the benefits of team sport do seem to outweigh those of individual sport. Can you shout out a couple of examples of individual sports?

**Group C spokesperson:** Yeah, like, karate or swimming?

**Group D spokesperson:** And tennis.

**Teacher:** Good. Well, you won't be surprised to hear that in order to succeed in individual sport we need to have a fair amount of self-discipline to motivate ourselves, which is easier said than done for some people. However, with regular practice, it may be easier to see progress. Also, it's worth pointing out that our individual successes and failures are completely down to the individual, no one else. OK, I'd like you to have a think in your groups about the possible advantages of doing sport as part of a team as opposed to by yourself. OK, Group C. What have you come up with?

**Group C spokesperson:** Well, we were saying that it might be, like, easier to be more motivated to actually do a sport if you're in a team because you, like, you don't want to let anyone down, so you, like, always turn up for sports practice, you know, so you are sort of more committed to doing the sport.

**Teacher:** That's a very good point. Yes, being a team member certainly helps people feel motivated and make an effort to turn up and play on a regular basis. Well done, Group C. Any other ideas? Group D?

**Group D spokesperson:** Err, because it's boring doing sport by yourself and it's more fun if you're with your mates.

**Teacher:** Absolutely! And the sense of being involved and belonging to a group is very positive for most people. Some experts actually believe that belonging to a group or a team makes us less likely to suffer from depression, as members develop positive bonds between them. And there are other benefits too.

When you work as part of a team you are learning to work together and rely on each other. Everyone is responsible for the success of the team, so there's less pressure on an individual and consequently it's

less stressful. And finally, can you think of any skills you develop when you work as part of a team? Group A?

**Group A spokesperson:** Well, you need communication skills to talk to everyone on the team.

**Teacher:** Yes, very good, Group A. Any more? Group C?

**Group C spokesperson:** Err... could it be, like, negotiation skills?

**Teacher:** Yes, you need to communicate and negotiate with your fellow teammates.

You also develop trust as you work together with others to achieve a common aim or goal, and all these skills are ones that come in handy in other areas of your life as well as in sport. So you can see that there are many all-round benefits to being in a team. However, perhaps, at the end of the day, the most important point is that you choose a sport you actually like, regardless of whether it's an individual or team sport.

(from:

<http://learnenglish teens.britishcouncil.org/skills/listening/advanced-cl-listening/benefits-sport>)

## UNIT 5 LESSON 2 ACTIVITY 5

A

Hi, come in. I'm Maya. Hello, everybody. Welcome to the Grange Park Sports Centre. I'll just show you round the centre and explain what we offer here, and then you can ask me questions. Well, as you can see, this is quite a small centre but we offer a lot of different activities at different times of the day. If you'd just like to come through here, you can see the main rooms. These are nice and light and airy and we have a very good air-conditioning system so they are warm in the winter and cool in the summer. Here we have classes of yoga, tai chi, Pilates and Zumba at different levels. We also have different types of dance class: jazz dancing, Indian dancing and Latin dancing. Oh, and we've just started offering flamenco. All our teachers are fully qualified and experienced. We have beginners' classes up to advanced. Some of our students have been coming since we opened, ten years ago.

So, if you could follow me through here - mind the steps here -



we've got the sauna and massage rooms. We have very reasonable prices for massages. And over here we have the gym with exercise machines. It's quite a small gym, but usually there's plenty of room for people to move around without any problems. OK, that's about it. Over there we have the changing rooms with showers. You do need to bring your own towel if you want a shower, but you don't need to bring a mat for the yoga and Pilates classes. Oh, and I must mention the cafe. It's just off the main entrance. That's very popular with our clients; we have a great selection of teas, fresh juices, sandwiches and cakes.

Right, the prices. You can join for three months, six months or a year and that gives you the right to use the gym and go to two classes a week. If you want to go to more classes or use the sauna, there's a small extra charge. For three months the fee is ...

B

OK, let me show you the gym. My name's Bill and I'm the main sports trainer here, but we have a team of four specialists who are always around to help you with exercise programmes and give advice about lifestyle and diet. We strongly recommend that you talk to one of us as soon as you sign up and set up your personalised training programme. So, through here we have the main gym. As you can see, it's enormous and we have lots of brand-new machines. You can do everything here: running, cycling, rowing, weights ... you name it. Although we have a lot of clients, it's very unusual to have to wait for a machine. Over there is the area for weight-training. If you want a closer look at the machines, you can come back later. Oh, by the way, you can only come in here with trainers on. No outdoor shoes, please.

OK, through here we have the swimming pool. It's great, isn't it? We're very proud of it. You can use it most of the time without booking, but there are certain times of day when we have swimming classes and water aerobics. There is always a lifeguard in attendance who will also offer informal swimming tips. OK, just over there you have the changing rooms and lockers, and on the right are the bathrooms and showers. We have our own shop, here, where you can buy our own brand of

sportswear and sports drinks and supplements. Right, I can see you're impressed, and, as I said, we're very proud of our centre. However, I should warn you that we are slightly more expensive than other gyms in the area - but then we offer a much higher level of services and a very wide range of activities. Here's a brochure with the timetables of the extra classes that we offer, such as boxing, taekwondo and capoeira and quite a few others, besides swimming activities: swimming classes, diving classes, water aerobics and water polo. OK, so have a look at the brochure, then you can speak to one of the secretaries in reception about the best combination of activities for you.

(from:

[http://learnenglish teens.britishcouncil.org/sites/teens/files/sports\\_centres\\_-\\_exercises.pdf](http://learnenglish teens.britishcouncil.org/sites/teens/files/sports_centres_-_exercises.pdf))

#### UNIT 5 LESSON 3 ACTIVITY 4

Welcome to the XUK Sports Camp. Before you divide yourselves into groups, I'd like to give you some information about the plans for this week. During your time here you will play at least 10 different sports. In the mornings, the programme will be planned but in the afternoons you will always be able to choose which activity you want to do. You need to sign up on a list before midday today saying which sport you'd like to do. The list is up on the wall outside the changing rooms.

Now about clothes... you can wear your tracksuit for most sports, although you should also remember to bring shorts and a T-shirt along each day as well, in case it's hot. We do both outdoor sports and indoor activities, so please make sure you have an extra pair of trainers as well.

Lunch is served in the canteen at half hour intervals between twelve fifteen and a quarter to two. Your group leader will tell you what time to start queuing outside the canteen.

We also have a snack bar where you can buy drinks, chocolate and biscuits, but a word of warning: don't eat too much at a time, because then you won't be able to run fast.

At the end of the course you'll get a certificate placing you at one of five levels. We evaluate you every day on a number of activities.



Firstly, we evaluate your attitude, this includes things like the effort you put into each activity, the way you work in a team and so on. Then, we give you marks for your performance, your strength and speed as well as the actual skill you have in each sport. All these marks make up your final score which is out of 100. Anyone who gets 90 marks or more will be awarded a level 5 certificate. Now, any questions?

#### UNIT 6 LESSON 2 ACTIVITY 4

**SCRIPT:** <http://filecloud.io/pgby0xri9>

**Mike:** Are you ready for the school sports day, Ella?

**Ella:** Not really, Mike. I hate sports day.

**Mike:** How can you hate it? It's fun – and we don't get any homework on that day.

**Ella:** No homework is good, but I still hate sports day. I can't do any sports well, but my teacher always wants me to be in the competitions. I always feel really silly and I never win any prizes.

**Mike:** Just find the right sport for you. Do you play tennis?

**Ella:** No, I don't.

**Mike:** How about volleyball?

**Ella:** No, there is no right sport for me. What about you, Mike? What do you usually do on sports day?

**Mike:** Well, I can run very quickly and I can throw a ball far, so I always choose basketball on sports day.

**Ella:** Wait a minute. You can run quickly and throw a ball far – why don't you join the basketball team? Then you can play all the time.

**Mike:** My parents want me to improve my school marks first.

**Ella:** Oh, right. Good luck.

**Mike:** Wait and see. I've got the NBA in my future!

**Ella:** Well, I hope you're right. Say, can I be your manager when you're in the NBA? I'm good at organising things.

**Mike:** Yes, you are good at organising things. Hmm. Maybe, but there's one condition.

**Ella:** What's that?

**Mike:** You're a good student, and you can write well.

**Ella:** So? I've got good marks and I can write well. What's the connection?

**Mike:** I've got some reports to write for school. You can write them for me. Then I can improve my marks and join the basketball team!

**Ella:** Mike!

#### UNIT 7 LESSON 3 ACTIVITY 6

**Interviewer:** Hello, Dan.

**Dan:** Hi.

**Interviewer:** Can you tell me about a typical day in your life for the school magazine?

**Dan:** Yeah, sure.

**Interviewer:** So, what time do you get up?

**Dan:** Oh, I get up very early. I get up every day at 5 o'clock and go to the pool. Then I swim from 6 o'clock to 8 o'clock.

**Interviewer:** You get up at 5 o'clock? Wow, that's early!

**Dan:** Yeah. Then at 8 o'clock I have a shower, I get dressed and I have breakfast. I have a big breakfast: cereals, toast, bacon and eggs and orange juice.

**Interviewer:** What do you do after breakfast?

**Dan:** At 11 o'clock I go to university. I'm studying sports science and I have classes from 11 o'clock to 4 o'clock.

**Interviewer:** When do you have lunch?

**Dan:** I have lunch at about 2 o'clock at the university.

**Interviewer:** What do you do after classes?

**Dan:** Sometimes I go to the gym and sometimes I meet my friends at a café.

**Interviewer:** What time do you have dinner?

**Dan:** I have dinner at 7 o'clock, then I watch TV or go online and I usually go to bed at 10 o'clock.

**Interviewer:** Thanks, Dan. That's a busy day!

#### UNIT 10 LESSON 1 ACTIVITY 5

Extreme sports are popular all over the UK. Not just in the mountains of Snowdonia or Scotland. But what attracts people to these sports? Is it adventure or danger?

People who enjoy fast and dangerous sports, like white-water rafting, are called thrill seekers or adrenalin junkies.



I'm at the National Water Sports Centre in Nottingham in the centre of England and this is the white-water course. Seven hundred metres of foaming water with drops or rapids. And the skill is to stay afloat in the rough water.

I'm here to meet Pas Blackwell, a white-water rafting expert, and to find out why so many people enjoy the thrills and spills of this extreme sport.

**Carmen:** Hi, Pas.

**Pas:** Hi, Carmen.

**Carmen:** So this is a specially built course, but you raft on rapids all around the world. What do you most enjoy about white-water rafting?

**Pas:** I really enjoy being outdoors and on the water. I really enjoy the freedom of just you and nature and I really enjoy the challenge.

**Carmen:** So why do people like dangerous sports?

**Pas:** I think people like to push themselves - to see how far they can go - to really test themselves, against the elements, water and air.

**Carmen:** So, are you an adrenalin junkie?

**Pas:** I don't think of myself as an adrenalin junkie, but I do really enjoy the rush of trying to get from the top to the bottom and get through situations that occur out on the river.

In the countryside there are lots of wide open spaces and lots of extreme sports to choose from. But what do adrenalin junkies do in the city? Well, parkour, sometimes called free running, is becoming popular in London.

Parkour started in France. And the idea is to get from one place to the other as fast as possible; jumping and climbing over whatever is in the way. So I've come to a parkour class in West London to find out what it's all about. Rebecca Ahmed has been doing parkour for more than a year.

**Carmen:** So Rebecca, why do you like parkour?

**Rebecca:** It's really fun, it's original and it keeps me fit. That's why I come.

**Carmen:** Do you need any special equipment?

**Rebecca:** Not really, we just use what's around us like steps, railings and trees, but as long as you've got a good pair of trainers, you're fine.

**Carmen:** Is it difficult?

**Rebecca:** I wouldn't say it's difficult - it's more about the fear. If you're not scared you can do it.

I'm not sure I've got the balance for parkour. Extreme sports can be dangerous, but they're also lots of fun.

## ADABIYOTLAR RO'YXATI

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## ТЕСТ ГЛОССАРИЙ КЛЮЧИ ТРАНСКРИПЦИЯ БИБЛИОГРАФИЯ СОДЕРЖАНИЕ



SANAKULOV ZAYNIDDIN  
BOTIRBEKOVA GULCHENRA

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(sport uo'nalishida ingliz tili)  
**О'QUV QO'LLANMA**

Муҳаррир:	Х. Тахиров
Техник муҳаррир:	С. Меликузиева
Мусаххих:	М. Юнусова
Саҳифаловчи:	А. Зиямухамедов

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