

SPORT

SPEAKING

1. Look at the arguments for and against participating in sports as a student.

For

Physical Benefits: helps strengthen the immune system, healthier body, develop strong muscles, be in good form (shape), more physically attractive.

Social benefits: fun, earn attention and respect from peers and adults, be with friends and make new ones, increased self-esteem and self-confidence.

Personal benefits: exciting life: improve mood and reduce the chance of depression, traveling for competition, break records, rewards (prizes, cups, large sums of money, help relieve stress, increase self-discipline, experience success, such as winning, learn to deal with disappointment, such as losing, learn healthy habits, helps to get/stay fit, perform better at school (at the university), to be less likely to drop out, to be less likely to smoke.

Against

Physical downsides: injuries, athletes break bones, sprain muscles, fight, black eyes, be fanatical about, overwork themselves, exhaust themselves, cause overstrain and negative effects on the body.

Personal downsides: hard life, to get up early, train for hours, to follow a strict daily programme; no time to idle, to burn out and abandon the sport

Social downsides: individual sports require little social interaction

2. Work in pairs. Add some more ideas and arguments to the given list of pros and cons to doing sports as a student.
3. Divide into two teams. One team is for practicing sport, the other is against it. Each team is trying to win by giving more extended arguments and supporting them with examples. The criteria for the answer of the team member: a) the answer was extended enough (4 points); b) the vocabulary under study was used (2 points); c) the argument was supported by an example (2 points).

SPORT: PRACTISING BASIC VOCABULARY

Sport I: games, people, and places

In English you normally **play a game** but **do a lot of / a bit of sport**:

In the winter I **do quite a lot of skiing**; in the summer I **play tennis and cricket**.

A Ball games and equipment

football (AmEng = soccer)



rugby



volleyball



basketball



golf



baseball



tennis



table tennis



cricket



squash



badminton



hockey



For most ball games you need **boots** or **training shoes** (trainers).

For tennis, squash and badminton you need a **racket**.

For baseball and table tennis you need a **bat**. For golf you need **clubs**.

In tennis, volleyball and badminton there is a **net** across the middle of the **court**. There is also a **net** around each **goal** in football.

B Things you can do with a ball



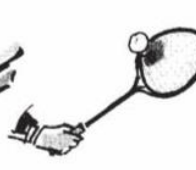
throw it



head it



pass it



hit it



catch it



kick it

C Places and people

The playing area for football, rugby, hockey and cricket is called a **pitch**; for tennis, volleyball, basketball, squash and badminton it is a **court**; for golf it is a **course**.

Note: When you describe the playing area for football and the area around for the **crowd** (= the people who watch, also called **spectators**), it is called a **stadium**, e.g. Wembley Stadium.

Players: Some games are played by individuals, others are **team** games. In a team, one **player** is the **captain**, and there is a **manager** (e.g. in football) or a **coach** (e.g. in basketball).

Officials: Football, rugby and hockey have a **referee** but tennis, cricket and baseball have an **umpire**. In football the referee has a **whistle** to control the game and two **linesmen**. In tennis there are **line judges** to decide if the ball is 'in' or 'out'.

D Other sports

Name	Place	Equipment
athletics	track	vest, shorts, running shoes or spikes
motor racing	track	crash helmet
swimming	pool	swimming costume (women); trunks (men)
boxing	ring	vest, shorts, gloves, boots
skiing	slopes (piste)	sticks, ski suit, ski boots

English Vocabulary in Use (pre-intermediate & intermediate)

Exercises

70.1 Write down six things you can do with a ball. Cover the opposite page first.

..... it it it
 it it it

70.2 Write down:

- 1 five games where you can hit the ball (with various kinds of equipment).
- 2 four games where you can pass the ball.
- 3 three games where you can catch the ball.
- 4 two games where you can kick the ball.
- 5 one game where you can head the ball.

70.3 Organise these words and put them in the correct columns below? (You can put a word in more than one column if you wish.)

swimming gloves crash helmet course football racket track
 ring boots pool motor racing clubs tennis net court golf
 pitch track trunks boxing goals costume shorts whistle vest

<i>Sport</i>	<i>Place</i>	<i>Equipment</i>

70.4 True or false? If false, correct the sentence to make it true.

- 1 The people who watch a football match are the audience.
- 2 The official who gives the score in tennis is the umpire.
- 3 Athletes wear shorts.
- 4 You need a stick to play hockey.
- 5 Boxers wear gloves.
- 6 Tennis is played on a pitch.
- 7 The referee in football has a whistle.
- 8 Women wear trunks for swimming.

70.5 Answer these questions. If possible, ask a friend the same questions.

- 1 Are there any games or sports on the opposite page that you watch but don't play? If so, what are they and where do you watch them?
- 2 Are there any games or sports on the opposite page you play/do yourself? If so, which?
- 3 Are there any that you are good at?
- 4 Are there any that you hate?
- 5 Are there any that are not played much in your country?
- 6 Which game or sport is the most popular in your country?
- 7 Which game or sport on the opposite page is the most dangerous in your opinion?
- 8 Which game or sport requires the most strength?
- 9 Which one has the biggest crowds?
- 10 Can you write down at least three more games/sports not included opposite.

Sport 2: winning, losing, and scoring

A Winning and losing

Notice how these key words are used:

Spain **beat** Switzerland 3–2. (= Switzerland **lost** to Spain 3–2) In other words:

Spain **won** the match. (= Switzerland **lost** the match)

Spain **defeated** Switzerland. (= Switzerland **were defeated** by Spain)

Spain were the **winners**. (= Switzerland were the **losers**)

If both teams or players have the same **score** (= number of goals or points), it is a **draw** (e.g. 2–2 is a **draw**). We can also use **draw** as a verb, e.g. we **drew** yesterday's **match/game** 2–2.

Note: A **match** is used for an organised game: We had a **game** of football with a few friends in the park, but we've got an important **match** against a very good team next week.

When the game is still in progress, we often use the verb **lead** to describe the position of the teams and players, or **latest** to describe the score:

HALF-TIME SCORE: SPAIN 2 SWITZERLAND 1

At half-time, Spain **are leading** Switzerland two–one. (= the **latest score** is two–one to Spain)

Sampras is **leading** three–two in the first set. (= the **latest score** is three–two to Sampras)

B What's the score?

In most games you score **goals** (e.g. football, hockey) or **points** (e.g. table tennis, basketball). At the end of the game there is a **result** (= players/teams win, lose, or draw). However, the scoring system – and the way we describe it – is different from game to game.

Football

Spain 0–0 Italy (we say nil–nil)

Spain 1–0 Italy (one–nil to Spain)

Spain 1–1 Italy (one–all)

Spain 1–2 Italy (two–one to Italy)

Spain 2–2 Italy (two–all)

If the **final score** is 2–2 in a cup match, you may have to play **extra time**. And if the score is still 2–2 at the end of extra time, there is a **penalty shoot-out**.

Tennis

15–0 (fifteen–love)

30–0 (thirty–love)

30–30 (thirty–all)

40–40 (deuce) [pronounced like 'juice']

Advantage X

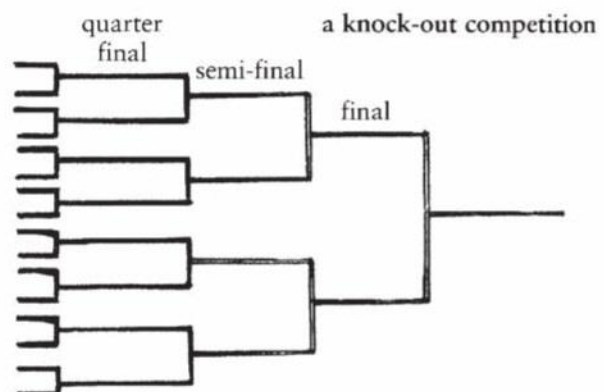
Game X

Game and set to X (e.g. 6–3 or 7–5)

If the **score** reaches 6–6 you have a **tie-break** to decide the set.

C Competitions

In many sports, players and teams **play** every week in a **league** (the player/team that wins the most games in a season is the winner of the **league championship**). In most sports, there is also a **cup competition**, which is usually a **knock-out competition**.



Exercises

These exercises also revise some vocabulary from the previous unit.

71.1 Complete the table with the correct forms.

<i>Infinitive</i>	<i>Past tense</i>	<i>Past participle</i>	<i>Infinitive</i>	<i>Past tense</i>	<i>Past participle</i>
win lose beat			lead catch draw		

71.2 How do we say these scores?

- 1 *Football*: 0–0 2–1 4–4
2 *Tennis*: 15–0 40–30 40–40

71.3 Fill the gaps in these texts with suitable words or phrases.

In the World Cup Final of 1994, Brazil (1)..... Italy 3–2 in a (2)..... shoot-out. After ninety minutes the (3)..... was 0–0; and it remained the same after thirty minutes of (4)....., but then Italy (5)..... 3–2 in the penalty shoot-out after Baresi and Baggio both missed. This was the fourth time that Brazil had (6)..... the World Cup.

Ivanisevic (7)..... to Sampras in the second round. He (8)..... the first (9)..... 6–4, but then (10)..... the second (11)..... on a (12)..... After that, Sampras dominated the rest of the (13)..... and won easily. The final (14)..... was 4–6, 7–6, 6–1, 6–2.

71.4 True or false? Check your answers by looking back at this unit and the previous unit.

- Brazil won the football World Cup in 1994.
- Football has an umpire.
- A set in tennis is always decided on a tie-break.
- If two teams have the same score at the end of the game, it is a draw.
- Golf is played on a course.
- If someone gives you the latest score, the game has finished.
- Sticks are used in skiing and hockey.
- In a knock-out competition, you can lose one or two games but still win the competition.

71.5 Which sport is being described in each sentence? (The underlined words are key words and you can look them up to increase your vocabulary in different sports.)

- The referee gave the try although many people thought it was a forward pass.
- He scored the winner with a beautiful free kick from just outside the penalty area.
- He served fifteen aces and not one double fault.
- The coach called a time out with just 45 seconds left and two points between the teams.
- He crashed into the car in front with just two laps remaining.
- First he was booked (= the yellow card) for a bad tackle, and then he handled the ball inside the penalty area, so the referee had to send him off (= the red card).
- In the 200 metres freestyle, he overtook the Russian on the final length to win the race.
- She sprinted away from the rest of the field on the final lap and won easily.

SPORT: VOCABULARY

Learn the following definitions until you are able to define any word from the list in English.

A. Some popular sports

artistic gymnastics (calisthenics) - *a sport in which you do physical exercises on the floor and on different pieces of equipment, often in competitions.*

Figure-skating - *a sport in which skaters perform a series of set movements on an ice-skating rink. The movements are performed as part of a program set to music that lasts several minutes. A program can include spins, spirals, lifts, jumps, steps, turns, etc.*

cycling - *the sport of riding a bicycle.*

skating - *the activity or sport of moving on skates.*

snowboarding - *the activity or sport of moving over snow using a snowboard.*

skiing - *the activity or sport of moving on skis.*

ski-jump - *a competition in which people on skis move very fast down a specially made steep slope which turns up at the end, and jump off from the bottom of it, landing on a lower level.*

steeplechase - *a long race in which horses or people have to jump over fences, bushes, etc., either across the countryside or, more usually, on a track*

horse-racing - *a sport in which people race on horses, usually to win money for the horses' owners*

car-racing - *the sport of racing automobiles.*

motorcycle-racing - *the sport of racing motorcycles.*

athletics (track-and-field) - *the general name for a particular group of sports in which people compete, including running, jumping, and throwing (совокупность видов спорта, объединяющая пять дисциплин — бег; спортивная ходьба; прыжки (в длину, высоту, тройной, с шестом); метание (диска, копья, молота), толкание ядра; легкоатлетические многоборья)*

putting-the-shot – *throwing a heavy metal ball as far as possible in a sports competition.*

high jump - *an athletic event in which competitors jump high over a bar which is raised until only one competitor can jump it without dislodging it.*

pole-vault - *a sport in which you use a very long stick to jump over a high bar.*

long jump - *an athletic event in which competitors jump as far as possible along the ground in one leap.*

triple [ˈtrɪpl] jump - *an athletic event in which competitors attempt to jump as far as possible by performing a hop, a step, and a jump from a running start.*

the high bar / the horizontal bar - *a sport of the artistic gymnastics discipline, where athletes perform aerial stunts on a horizontal bar.*

diving - *the sport of jumping into water, especially with your head and arms going in first, or of swimming underwater.*

scuba-diving - *a sport in which you swim under water using special equipment for breathing.*

biathlon [baɪ'æθlən] - a contest in which cross-country skiers, carrying rifles, shoot at targets at four stops along a 12.5-mile (20 km) course.

fencing - the sport of fighting with swords, especially foils, épées, or sabres, according to a set of rules, in order to score points against an opponent.

archery - is a sport in which people shoot arrows at a target using a bow.

weight-lifting - the athletic exercise or competitive sport of lifting barbells.

sky diving (parachuting) - the sport of jumping from aircraft and waiting for some time before opening one's parachute.

gliding / hang-gliding ((планёрный спорт, планеризм, дельтапланеризм) - the activity of flying through the air by hanging from a very small aircraft without an engine, consisting of a frame covered in cloth.

windsurfing - a sport in which you move along the surface of the sea or a lake on a long narrow board with a sail on it.

yachting (парусный спорт) - the sport or pastime of racing or sailing in yachts.

rowing and canoeing (гребля на байдарках и каноэ)

wrestling - a sport in which two competitors attempt to unbalance, control, or immobilize each other by various holds and maneuvers.

boxing - a sport in which two people wearing large padded gloves fight according to special rules.

mountaineering - the activity of climbing the steep sides of mountains as a hobby or sport.

jogging - the activity of running slowly and steadily as a form of exercise.

marathon - footrace run on an open course usually of 26 miles 385 yards (42.2 kilometers); broadly: a long-distance race.

a long-distance running/run

a short-distance running/run

sprint - a race in which the people taking part run, swim, etc. very fast over a short distance, e. g. a 100-metre sprint; the world sprint champion

a relay [ri:'leɪ] race - a race between two or more teams in which each member of the team runs or swims one section of the race.

discus (hammer, javelin [ˈdʒæv(ə)lɪn]) - the sport of throwing a round plate-like object.

B. Some popular games

basketball - a game played by two 5-player teams, the object of which is to get the ball through the opposing player's hoop the most times to score the most points, or a large ball that is used in the game.

football - any of various forms of team game involving kicking (and in some cases also handling) a ball, in particular (in the UK) soccer or (in the US) American football.

soccer - a form of football played by two teams of eleven players with a round ball which may not be handled during play except by the goalkeepers.

American football - a game for two teams of eleven players in which an oval ball is moved along the field by running with it or throwing it.

baseball - a ball game played between two teams of nine on a diamond-shaped circuit of four bases. It is played chiefly as a warm-weather sport in the US and Canada.

cricket - a sport which is played between two teams of eleven players each who score runs (points). This is done by hitting the ball across the boundary, or by running between two sets of three small, wooden posts called wickets.

croquet ['kroukeɪ] (UK) or [krou'keɪ] (US), also called "wickets" in the United States - a game played on grass, in which you hit a wooden or plastic ball with a wooden object (or "a mallet") through curved wires pushed into the ground (or "hoops")

golf - a game played outside on grass in which each player tries to hit a small ball into a series of nine or 18 small holes, using a long, thin stick.

lawn tennis (= tennis) - a game played between two or four people on a grass court that involves hitting a small ball across a central net using a racket.

table tennis (ping-pong) - a game that is played on a large table where two or four players hit a ball over a low net using small, round bats.

hockey - a game played on a sports field between two teams of eleven players who each have a curved stick with which they try to put a small, hard ball into the other team's goal.

curling - a game played on ice, especially in Scotland and Canada, in which large round flat stones are slid across the surface towards a mark. Members of a team use brooms to sweep the surface of the ice in the path of the stone to control its speed and direction. (спортивная игра на льду; команды поочерёдно запускают по гладкому льду биты, их цель - попасть в центр "дома" в конце ледовой полосы; чтобы обеспечить битам наилучшее скольжение, часть игроков трёт лёд щётками; родина кёрлинга - Шотландия; входит в программу зимних Олимпийских игр)

badminton - a sport in which two or four people hit a shuttlecock (= a light object with feathers) over a high net.

billiards ['bɪljədz] / pool a game played by two people on a table covered in soft cloth, in which a cue (= a long stick) is used to hit balls against each other and into pockets around the table.

darts (a form of throwing sport) - an indoor game in which small, thin objects with a sharp point are thrown by hand at a circular target marked with numbers in order to score points.

draughts [dra:ft s] (checkers) - a game for two people, each with twelve circular pieces that they move on a board with black and white squares

card game.

chess - a game for 2 players each of whom moves 16 pieces according to fixed rules across a checkerboard and tries to checkmate the opponent's king.

dicing (dice games) (игра в «кости») - a game of dice (small cubes with a different number of spots on each side, used in games involving chance (gambling games)).

C. Participants

an athlete - *a person who is very good at sports or physical exercise, especially one who competes in organized events.*

a sportsman - *a male athlete, a man who plays sport, especially one who plays it well; a man who engages in sports): a keen sportsman.*

an amateur - *a person who takes part in an activity for pleasure, not as a job.*

a team (national, Olympic, college) - *a group of players forming one side in a competitive game or sport.*

coach - *a person who trains and directs an athlete or a sports team: Players should carry out their coach's instructions during a game.*

a crew (e. g. in rowing or sailing) - *a group of people who work on and operate a ship, aircraft, etc.*

captain - *the captain usually leads his or her team onto the field; the leader of a team.*

an opponent - *someone who competes with or opposes another in a contest, game, or argument.*

an official - *a person (such as a referee or umpire) who makes sure that players are following the rules of a game.*

judge – *a person who rates the quality of a sporting performance, usually by awarding points: In sports like diving and gymnastics, judges score each performance in a contest.*

umpire [ˈʌmpaɪə] - *a person who controls play and makes sure that players act according to the rules in a sports event (such as a baseball game or a cricket or tennis match)*

a referee - *a person who makes sure that players act according to the rules of a game or sport, e.g. in fencing, football, handball, ice-hockey.*

a linesman (in ice-hockey) – *an official in some sports who is responsible for deciding when the ball has crossed the line that marks the edge of the playing area. referee assisted by linesmen.*

a judge - *a person who decides the winner in a contest or competition – in rowing the result is decided by a judge or judges on the waterside who determine the finish order of the crews. in rugby – judges or video referee during televised games.*

a touch judge - *one of the two linesmen in rugby.*

commissaire - *an official in competitive cycling.*

timekeeper - *a person who records the amount of time that people taking part in a race or competition take to finish the race or competition.*

NOTE the following rules of the word-formation:

-er can be used for many sports, e.g. footballer, swimmer, windsurfer, high-jumper, cricketer, golfer, etc.

Player is often necessary, e.g. tennis-player, snooker-player, darts-player; we can also say footballplayer, cricket-player, etc.

Some names must be learnt separately, e.g. *canoeist, cyclist, mountaineer, jockey, **archer** (not archerer), gymnast.*

D. Audience

a fan – *someone who admires and supports a person, sport, sports team, etc.: a big / ardent / avid fan, an armchair fan.*

a cheer – *a shout of approval or encouragement: She got a loud cheer when she finished speaking.*

to shout for / to support / to cheer: *The Celtic fans will shout for their team to win tomorrow night.*

To cheer for (someone or something) - *to vocally support or encourage someone or something.*

To cheer on (a team) *to shout encouragement to a team or a player: The fans made a lot of noise cheering on their team.*

to rally a sports team (to victory) – *to come together or bring people together to support something: Her fans rallied behind her from the start: Turn the sound UP! These are the songs to get fans rallied and ready to cheer for their team.*

a viewer - *someone who watches a television programme.*

NOTE: an onlooker – *a passive spectator, someone who watches something happening without becoming involved in it: a crowd of onlookers. Curious onlookers watched the ceremony.*

a spectator – *a person who watches an activity, especially a sports event, without taking part: The plan would allow the matches to go on without spectators instead of postponing the current season.*

NOTE: What is the difference between spectators and audience? Strictly speaking ‘**spectators**’ usually come to see something. They come to see an event, a spectacle. The people who go to see a sporting event like a football game, a boxing bout or a cricket match are called spectators. Usually in such events the focus is on what you see rather than what you hear. The word ‘**audience**’ is related to the word ‘audio’. You are at a specific event to listen to something. An audience is an assembly of hearers. People who are part of the audience listen to or watch a performance. When you go to a music concert, a play or a movie, you are part of an audience. It is interesting that when you go to the stadium to see a cricket match, you are a spectator, but when you watch the same match on television, you are part of the audience. As you know, there is an exception to every rule. Readers are usually associated with the word audience - although reading has more to do with seeing rather than hearing. This could be because in the old days not many people knew how to read or write. The illiterates had to be read to - they had to listen to other people reading aloud.

a cheerleader - *a person, usually a woman or girl in an organized group, who leads the crowd in shouting encouragement and supporting a team at a sports event.*

NOTE: A cheerleader is a member of a team that performs synchronized cheers and dance routines, usually from the sidelines of a game. The best cheerleaders are extremely strong and flexible, with a great sense of rhythm.

The main job of a cheerleader is to rally a sports team to victory, although many cheerleaders also perform complex acrobatic routines. The traditional uniform that a cheerleader wears includes a short skirt or shorts. In the late 19th century, cheerleaders were simply college students in the stands who called out school cheers in unison. By the 1890s, official cheerleading squads were formed, originally including only men — no women or girls were cheerleaders until 1923.

E. Scoring System

a point - *a mark or unit for counting, especially how much a person or team has scored in a sport: How many points have they won?*

to accumulate points

a score (overall / total / final cricket / football score) - *the number of points, goals, etc. achieved in a game or competition: The score was close in the final match.*

a goal - *a point scored in some sports, such as football and hockey, when a player gets the ball into this area: It is now over three years since Raheem Sterling last scored a goal in an England shirt.*

to score (a goal / a point / a run) / to put in goal *transitive or intransitive* - *to win or get a point, goal, etc. in a competition, sport, game, or test: They scored a run in the first inning. Neither side scored in the game.*

to score for (against sb) *The England team failed to score against Italy on Saturday. She has not yet scored for her new club.*

to win (to lose) a goal / a point / a run: *Iceland has just won a point in their first World Cup game ever!*

to win by 2 goals (points)

to win with the score 4 to 0 (in smb's favour)

to score a goal (20 points)

a draw - *the result of a game or competition in which each player or team has the same score: The match ended in a draw.*

to tie / to draw (a game) - *to finish a game or competition with each team or player having the same score: England drew 2-2 against Italy.*

to draw (with) - *to finish a game with the same number of points as the other person or team: Liverpool drew with Juventus.*

F. Competition Sites and Sport Equipment

a sports venue - *the place where a public event or meeting happens.*

a pitch (BrE) / a sports ground / a sports field (AmE) a playing field (AmE)- *an outdoor playing area for various sports.*

NOTE: The term 'pitch' is most commonly used in British English, while the comparable term in American and Canadian English is 'playing field' or 'sports field'.

a court — *an area for playing particular sports: a tennis/basketball court*

a course - *an area used for horse races or playing golf.*

sports equipment / sporting equipment (also: sporting goods) - *equipment that can be used as protective gear or as tool used to help the athletes play the sport such as balls, nets and protective gear like helmets.*

sports facilities - *enclosed areas of sports pavilions, stadiums, gymnasiums, health spas, boxing arenas, swimming pools, roller and ice rinks, billiard halls, bowling alleys, and other similar places where members of the general public assemble to engage in physical exercise, participate in athletic competition, or witness sporting events.*

a club - *a long, thin stick used in golf to hit the ball*

a stick - *a long, thin piece of wood used in playing various sports*

a hockey/lacrosse/polo stick

a puck - *a small, hard rubber disc that is used instead of a ball in ice hockey*

a racket - *an object used for hitting the ball in various sports, consisting of a net fixed tightly to a round frame with a long handle*

a bat - *a specially shaped piece of wood used for hitting the ball in some games: a baseball bat, a cricket bat*

a shuttlecock - *a small object with feathers that is used like a ball in badminton.*

a javelin [ˈdʒæv(ə)lɪn] - *a long stick with a pointed end that is thrown in sports competitions*

boxing gloves - *a pair of large, thick hand coverings that are worn for protection when boxing*

a net – 1) *a rectangular piece of material made from string, used to separate the two sides in various sports: If the ball touches the net during a serve in a game of tennis, you have to serve again.* 2) *the area surrounded by a piece of material made from string into which a ball or puck is put in order to score points in various sports: His penalty kick placed the ball decisively in the back of the net.*

uneven bars - *two horizontal bars of different height that are used in an event in women's gymnastics, or the event itself*

parallel bars - *a piece of equipment used in gymnastics, consisting of two horizontal bars fastened to four poles and used for exercising and competing*

a gym - *a place or club where you can go to exercise using machines, weights, and other equipment*

fitness equipment / machines / gym apparatuses

Gymnastics wall bars (*aka a gymnastics ladder, Swedish ladder, Swedish walls or stall bars*) - *a multi functional device widely used in gyms for climbing and for coordination skills.*

dumbbell (often plural: dumbbells) - *a short bar with a weight on each end that you lift up and down to make your arm and shoulder muscles stronger*

a barbell (a rod) - *a long bar with a weight on each end that you lift up and down to make your arm and shoulder muscles stronger*

a rope - *a strong, thick cord made of twisted fibers*

a skipping rope (a jump rope) - *a long piece of rope with handles that children use for jumping over*

a climbing rope - *a rope used in mountain climbing*

gear

skateboarding protective gear (skating protective gear)

elbow pads / elbow gasket

G. Sport Terms and Useful Phrases

to engage in sports / to do sports / to play sports / to practise sports: *He does a lot of sport. We played sports together when we were kids.*

to take up a sport: *I need to take up a sport to get fit.*

to go in for (something) - *to like or be interested in (something): I don't really go in for sports.*

to win (to lose) *transitive or intransitive - to achieve first position and/or get a prize in a competition, election, fight, etc: Who's winning?*

to beat *transitive - to defeat someone in a competition: He beat her hands down. He was narrowly beaten by his opponent. She beat him at chess. He was beaten into second place by the American.*

to defeat - *to win against someone in a fight, war, or competition: In the team's only game that year, it defeated New Brighton 3–0.*

to win a prize (a cup, the victory)

amateur ['æmətə] (*≠ a professional*) - *relating to an activity, especially a sport, where the people taking part do not receive money.*

to become proficient (=very good at something)

the athlete's performance – *the results showing how successful the athlete is.*

to train under the coach

to train in groups / individually

to do some training

a championship (e.g. national) | a cup | (final, semi-final) match

a team game

a league - *a group of teams that compete against each other in a sport.*

to compete - *to take part in a race or competition.*

a contest ['kɒntest] (e.g. world gymnastic) - a competition

a competition (e.g. inter-college, cup) - *an organized event in which people try to win a prize by being the best, fastest, etc.*

a tournament ['tʊənəmənt] - *a competition with a series of games between many teams or players, with one winner at the end*
a sports event (e.g. *the winners of different events*) - *a race, party, competition, etc that has been organized for a particular time.*

NOTE: There is not much difference between 'competition' and 'contest' if you're talking about an event where people compete against one another. If it is a sporting event, 'competition' is a little more common. If it refers to a skill — archery, graphic design — contest is a little more common. Contests are for individual entries whereas competitions are normally between teams and don't necessarily involve tangible prizes. The difference is small, though. 'Match' is a formal contest in which two or more persons or teams compete. 'Tournament' consists of multiple matches between contestants. The biggest difference between 'tournament' and 'league' is that a tournament is held in one (sometimes two) day(s), while a league is held over multiple weeks. Teams show up every week, play a few matches in a short 2-3 hour timeframe, and then go home.

a spectacle - *an event that is exciting or unusual to watch.*

athletic training

to follow a tournament ['tʊənəmənt] on the web

to win the team (personal, national, world) championship

to run a record time: *On her marathon debut, she ran a world record time of 2:32:29. In the previous year, Anne Oliver of Britain had run a record time of 5min 8sec, later bettered by Edith Treybal of Romania with 5min 3sec.*

to set up (break) a record ['rekɔ:d]

the world record in ...

to kick / hit the ball

VOCABULARY PRACTICE

1. Answer the following questions to practice the vocabulary.

A. Some popular sports

1. What do you call a sport in which horses or people have to jump over fences, bushes, etc., either across the countryside or, more usually, on a track?
2. Would you like to take up sky-diving?
3. Would you rather have a go at mountaineering or scuba diving? Why?
4. What equipment do you need for fencing?
5. What's the difference between parachuting and gliding? Between long-distance running and jogging?
6. What is more dangerous snowboarding or surfing?

B. Some popular games

1. What do you call a game which is played in two teams and done by hitting the ball across the boundary, or by running between two sets of three small, wooden posts called wickets?
2. What equipment is used in curling?
3. Have you ever played badminton? If not, would you like to have a go at it? Why?
4. What's the difference between American football and soccer? cricket and croquet?
5. Why do you think games like draughts and chess are considered to be sporting games?

C. Participants

1. What do you call a person who: a) does a long-jump; b) does gymnastics; c) rides horses in races; d) plays hockey; e) drives cars in races; f) plays football; g) throws the discus /javelin; h) does the pole-vault?
2. What's the difference between a sportsman and an athlete?
3. What do you call someone who competes with or opposes another in a contest, game, or argument?
4. What's the difference between the words "proficient" and "professional"? a "crew" and a "team"?
5. What is the official called in a tennis match? In football?

D. Audience

1. Have you ever been a spectator at a football match?
2. Have you ever shouted for some team or athlete? When and where was it?
3. What do you call a person, usually a woman or girl in an organized group, who leads the crowd in shouting encouragement and supporting a team at a sports event?
4. What's the difference between a fan and a cheerleader? Between spectators and audience?
5. Do you think raucous ['rɔ:kəs] cheering really helps athletes to win or interferes with players' performance?

E. Scoring System

1. What do you call the number of points, goals, etc. achieved in a game or competition?
2. If two teams (Brazil and Mexico) finished a game or competition with each team or player having the same score 4-4, you can say: Brazil 4-4 against Mexico.
3. What's the synonym to 'to put in goal'?
4. What's the difference between a point and a score?
5. Have you ever become frustrated when your team (the team you were cheering for) lost a goal or a point in some sport? When and where did it happen? Did your team win or lose the game?

F. Competition sites and sport equipment

1. What is a sports venue?
2. What's the difference between a 'pitch' and a 'court'?
3. What are some examples of sport facilities? (Name as many as you can.)
4. What are some examples of sport equipment? (Name as many as you can.)
5. What's the difference in use between a 'dumbbell' and a 'barbell'?

G. Sport terms and useful phrases

1. What do you call a race, party, competition, etc. that has been organized for a particular time?
 2. What's the difference between a 'match' and a 'tournament'?
 3. Did you train under the coach when you were a schoolboy/girl?
 4. What's the difference in use between 'to beat' and 'to win'?
 5. Are the words 'proficient' and 'professional' synonymic?
2. Write your own questions to other students to practice the vocabulary for each section of the Vocabulary (5 questions for each section of the vocabulary list as in the exercise above).
 3. Translate the following sentences from Russian into English

A. 1. Художественная гимнастика — это вид спорта, в котором вы выполняете физические упражнения на полу и на различных элементах оборудования. 2. Хотели бы вы заняться парусным спортом? 3. Если бы вы были профессиональным спортсменом, вы бы предпочли заняться бегом с препятствиями или прыжками в высоту? 4. Какое снаряжение мне понадобится для фехтования? 5. Для подготовки к биатлону вы должны быть в хорошей физической форме. 6. Тренируйтесь в видах спорта на выносливость (endurance sports), таких как бег на длинные дистанции. 7. В чем разница между парашютным спортом и скольжением? 8. Для подводного плавания необходима маска для дайвинга и трубка, гидрокостюм, перчатки для дайвинга, ласты и акваланг. 9. В чем разница между бегом на длинные дистанции и бегом трусцой? 10. Какой вид спорта опаснее – сноубординг или прыжки на лыжах с трамплина?

B. 1. Вы когда-нибудь играли в кркет? 2. Какое оборудование используется при игре в дартс? 3. Керлинг - игра на льду, в которой большие круглые плоские камни скользят по поверхности к отметке. 4. Члены команды используют специальные метлы, чтобы подметать поверхность льда на пути камня, контролируя его скорость и направление. 5. В чем разница между американским футболом и обычным футболом? 6. Как вы думаете, почему такие игры, как шашки и шахматы, считаются спортивными? 7. Пул – это игра, в которой два человека используют длинные тонкие палки, чтобы забивать цветные шары в отверстия по краю стола.

C. 1. В таких видах спорта, как дайвинг и гимнастика, каждое выступление в соревновании оценивается судьями. 2. В Британском варианте английского языка слово «athlete» означает «человек, который участвует в организованных соревнованиях», в то время как “sportsman” и “sportswoman” означают «мужчина, который занимается спортом» и «женщина, которая занимается спортом» соответственно (correspondingly). 3. В чем разница между английскими словами “referee” и “umpire”? 4. Как вы называете того, кто соревнуется или выступает против другого игрока в состязании, игре или споре? 5. Как называется судья в футболе? 6. Игроки должны выполнять указания своего тренера во время игры. 7. Его противник хорошо атаковал и отлично подавал первым мячом.

D. 1. Согласно плану матча могут проходить без зрителей вместо того, чтобы переносить текущий сезон. 2. Вы когда-нибудь были зрителем на футбольном матче? 3. Вы и ваши друзья когда-нибудь болели за какую-нибудь команду или спортсмена? 4. Интересно, что когда вы идете на стадион, чтобы посмотреть матч по крикету, вы зритель, но когда вы смотрите этот же матч по телевизору, вы — часть аудитории. 5. Считаете ли вы, что аплодисменты действительно помогают спортсменам побеждать или мешают игре? 6. Когда она закончила говорить, она получила громкие одобрительные возгласы (she got a loud ...).

E. 1. Система подсчета очков в теннисе сильно отличается от других видов спорта, пользующихся международной популярностью. 2. Сыграть вничью означает «закончить игру или соревнование с одинаковым счетом для каждой команды или игрока». 3. Швеция сыграла вничью с Францией в соревнованиях по зимним видам спорта. 4. Счёт — это количество очков, голов и т.д., достигнутых в игре или соревновании. Ваша команда выиграла или проиграла игру? 5. В финальном матче счет был открыт в конце первого тайма. 6. Первый, кто наберет 4 очка, становится победителем в игре.

F. 1. Теннисный корт — это открытое место для игры в теннис. 2. Это твердая прямоугольная поверхность с низкой сеткой, натянутой по центру. 3. Волан - небольшой предмет с перьями, который используется как мяч в бадминтоне. 4. Приведите примеры спортивных сооружений и спортивного инвентаря. 5. Что эффективнее — гантели или штанга? 6. Турник, также известный как высокая перекладина, представляет собой снаряд, используемый гимнастами-мужчинами в художественной гимнастике. 7. Параллельные брусья и асимметричные брусья — оборудование, используемое в художественной гимнастике, состоящее из двух турников, прикрепленных к четырем шестам и используемое для упражнений и соревнований. 8. Тренажерный зал — это помещение, где вы можете заниматься на тренажерах, гирих и другом оборудовании.

G. 1. Его соперник чуть не победил (to be nearly beaten). 2. Мне нужно заняться каким-нибудь спортом, чтобы быть в форме. 3. Джейн много занимается спортом. 4. В детстве мы вместе занимались спортом. 5. В чем разница между «матчем» и «турниром»? 6. Тренировались ли вы под руководством тренера, когда были подростком? 7. Турнир — это соревнование, состоящее из серии игр между множеством команд или игроков, с одним победителем в конце.

4. Divide into two teams. One student from each team sits with their backs to the board, facing their teams. A student from the opposing team writes a word on the board, and the teams try to elicit the target word from the learner without naming the word. The person who guesses correctly first, wins a point for their team.

LISTENING AND SPEAKING

1. Work in pairs. Look at the two opinions below. What does the word “sport” mean in your life? Tell your partner which point of view is closer to yours. Think of five main reasons why you like/dislike sports and tell your partner about them. Find out your partner’s attitude to sport and report to the class.

Opinion 1: Honestly, I don't do sports regularly, and it is not an essential part of my daily life.

Opinion 2: I’m really a fan of sport. I’ve tried a lot of sports in my life and I’m always eager to take up a new one.

2. You are going to hear 5 speakers. Match the speaker 1-5 with the statements A-F. There is one odd statement. Which ideas are the closest to yours?

Speaker 1 __; Speaker 2 __; Speaker 3 __; Speaker 4 __; Speaker 5 __

- A. She enjoys watching team sports.
- B. She wants to join a team to play sport.
- C. She thinks sport is a good way to keep fit.
- D. She likes playing sports with her friends.
- E. She would like to try a dangerous sport.
- F. She thinks watching sport is boring.

3. Ω Listen again and find the English equivalents for the following:

1) отличный вид тренировки 2) поддерживает моё здоровье 3) оставаться в форме 4) хорошая партия в теннис 5) заставляет ваше тело работать 6) найти способ потренироваться 7) требует хороших навыков 8) попробовать заниматься (каким-либо спортом) 9) быть в хорошей форме 10)

замечательный игрок 11) не воспринимать что-либо серьезно 12) победа или проигрыш не имеют значения 13) заниматься каким-то новым (другим видом спорта)

4. Now look at the script of the audio and use the underlined phrases in sentences of your own.

Speaker 1: I play tennis quite often, and it's a great form of exercise, it keeps me healthy. It's important to stay in shape and a good game of tennis really makes your body work. Everyone needs to find a way to get some exercise and for me, it's tennis.

Speaker 2: I am not really very interested in most sport, but there is one I like - motor racing. Some people think it's boring to just watch cars going round and round, but I love it. It's really exciting, and it takes a lot of skill I'd like to try it, but I think I'd be a bit frightened because they go very fast.

Speaker 3: We've tried a few different sports at school, and I really like playing volleyball. It's a great feeling when you know you've played better than the other team. You have to be quite fit to do it well. I'd like to play again, but none of my friends are interested. I think I need to find a team in my local area.

Speaker 4: I love going to football and basketball matches. I try to go every weekend, with my friends. What I like about those sports is that the players have to work together to be successful. You can be a fantastic player, but without the others, you're nothing.

Speaker 5: I like sport, but I don't really take it seriously. Winning and losing aren't very important to me, but spending time with my friends is. We get together every Saturday and play a different sport - football or baseball, usually. It's a lot of fun.

5. Translate from Russian into English.


1. Я довольно часто играю в волейбол, и это отличное упражнение, которое помогает мне оставаться здоровым. 2. Джон регулярно посещает спортзал, чтобы оставаться в форме. 3. Хорошая игра в баскетбол действительно заставляет ваше тело работать. 4. Каждому человеку нужно найти способ заниматься спортом, и для меня это плавание. 5. На самом деле я не очень интересуюсь большинством видов спорта, но мне нравится один – парусный спорт. 6. Этот спорт требует большого мастерства, но мне это нравится. Это действительно захватывающе. 7. В школе мы пробовали заниматься разными видами спорта, и мне очень нравилось играть в футбол. 8. Нужно быть в хорошей форме, чтобы играть хорошо. 9. Что мне нравится в этих видах спорта, так это то, что игроки должны работать вместе, чтобы добиться успеха. Вы можете быть фантастическим игроком, но без других вы ничто. 10. Мне нравится спорт, но я не отношусь к нему серьезно. Для меня не очень важны победы и поражения, но очень

важно проводить время с друзьями. 11. Мы собираемся каждую субботу и играем в разные виды спорта - обычно в теннис или бадминтон. Это очень весело.

WATCHING AND SPEAKING

1. Study the table of team games that are popular in different countries and say if it has some new/surprising information for you.

National Sports of Famous Countries	
Name	National Game
Australia	Cricket
Brazil	Football
Canada	Ice Hockey
China	Table Tennis
England	Cricket
India	Hockey
Japan	Judo (or) Ju Jitsu
Malaysia	Badminton
Pakistan	Hockey
Russia	Chess, Football
Scotland	Rugby, Football
Spain	Bull Fighting
United States of America	Baseball

2. Add some more sports practiced in these countries or names of the countries which are famous for this or that kind of sport.
3. Answer the questions.
 - 1) What kinds of sporting activities do you prefer — intense and sweaty or relaxing?
 - 2) How often, when and where do you practice sport?
4.  Watch a one-minute talk by Hanna from Australia and do the quiz.
 - 1) Watch the video and complete the sentences.
 - 1) Cricket originated in
 - a. Australia
 - b. England

- 2) Hanna compares cricket to
 - a. baseball
 - b. basketball

- 3) Hanna mentions the following countries of the former British Commonwealth where cricket is played
 - a. Australia, South Africa, Sri Lanka, Pakistan
 - b. Palestine, Sri Lanka, South Africa, Australia

- 4) In both cricket and baseball you hit the ball with
 - a. a club
 - b. a bat

Script for the video

Hi, I'm Hanna from Australia and today I'd like to talk to you about my favorite sport.

My favorite sport is cricket. Cricket is a game that originated in England and these days it's played in countries like Pakistan, Sri Lanka, South Africa, Australia so lots of places that used to be part of the old British Commonwealth.

Cricket's a little bit like baseball in that you have one person who hits the ball with the bat and then another person who throws the ball. But instead of calling it a pitcher, we call it a baller. The other main difference is that instead of having a diamond in cricket we have a rectangle and then the batter runs back and forth across that rectangle to score points. That's my favorite sport.

5. Imagine that you come from any country in the world. Record a video of yourself doing a similar one-minute talk about some game. You should mention:

- ✓ the place where the game or sport originated from
- ✓ the countries where it is played
- ✓ two similar games and in what way they are similar
- ✓ the differences between the two games

READING AND SPEAKING

1. Discuss the questions.

- 1) Do you think an intensive class of dancing can be as effective for your body as an intensive workout in a gym?

- 2) Can dancing be called a kind of sport or is it just a form of art? Think of a few reasons to defend your point of view.
2. Read some information about Zumba fitness given by a fitness instructor and say what features of a sport zumba has and why it can be called a dance as well.

Exercising and Having Fun

One of my favorite group exercise classes to teach is ZUMBA! As an instructor, I love using Zumba to help the community get active and moving! They're so busy having fun and following the moves they forget they're actually exercising!

What is Zumba exactly?

It is an amazing full-body, cardio workout dance party! People of all shapes, sizes, backgrounds, and ages gather together, crank up the music and dance their hearts out for a dance fitness party! Zumba is an aerobic fitness program created by Miami-based dancer and choreographer Beto Perez and two entrepreneurs, Alberto Perlman and Alberto Aghion.

Zumba Fitness uses Latin-inspired music and choreographed steps to form a fitness "party" atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop. Since its inception in the mid-'90s by creator Alberto "Beto" Perez, the Zumba program reaches 10 million people in more than 90,000 locations across more than 110 countries, according to its website.

Who Should Take Zumba?

Zumba is truly for anyone who loves to move or dance. And "dance" is a very liberal term here, as no dance experience or skills are necessary. People of all ages, shapes and sizes are welcome and encouraged to attend classes. We've seen Zumba classes with everyone from a 70-year-old man to an obese woman starting her weight-loss journey, to a high school cheerleader. There are even wheel chair zumba classes available in certain locations! If you can shake your body or like fun music, then this class is for you.

What to Wear to Zumba Class

It's important to wear clothing that is moveable, breathable and will wick sweat away. Because of how popular the classes are, the room can heat up fast – so consider dressing in layers that you can remove. Also, sport a pair of supportive fitness shoes that allow you to pivot your feet easily.

What to Bring to Zumba Class

Bring a towel and a water bottle because you'll need them! Unlike some fitness classes, you'll have ample time to use these items.

What Else Do I Need to Know for Class?

For your first class – we suggest that you introduce yourself to the instructor. Let her know that you are a beginner, or if you have any specific issues she may need to know about (knee problems, etc), ask what you can expect in the class, and where you should stand so that you can see the instructor. Then – enjoy the experience! Don't take yourself too seriously. Don't worry if you are unable to get all of the steps the first time around: no one does. The steps will come easier after a few classes.

Zumba is one of the highest energy workouts, and it's the most fun, too. Most of the time it really doesn't feel like you're working out at all—you just get caught up in the fun of the music and the moves. Before you know it, a whole heart-pumping hour has passed! If you like a good sweat, then you'll love Zumba!

<https://livewellwithstacy.com/what-is-zumba-and-what-do-i-wear/>

3. Give Russian equivalents to the underlined phrases.
4. Dictation-translation. Work in pairs. Student 1 dictates the phrases (in Russian) to Student 2 (in random order), then they swop their roles.
5. Translate from Russian into English using the vocabulary of the text about Zumba.

Зумба — это потрясающая кардио-тренировка для всего тела! Люди всех возрастов танцуют от души на танцевальной фитнес-вечеринке! Зумба — это программа аэробного фитнеса, созданная танцором и хореографом из Майами.

В зумба-фитнесе используется музыка в латинском стиле и хореографические шаги, чтобы создать атмосферу фитнес-вечеринки. В программе представлены многие виды танцев и музыки.

Кому следует заниматься зумбой? Зумба — действительно для всех, кто любит двигаться или танцевать. Не требуется никакого танцевального опыта или навыков. В некоторых местах есть даже занятия зумбой на инвалидных колясках!


Что надеть на занятия зумбой? Важно носить подвижную, «дышащую» одежду, которая будет отводить пот. Воздух в комнате может быстро нагреваться, поэтому одевайтесь в несколько слоев.

Что еще нужно знать для занятий зумбой? Не относитесь к себе слишком серьезно. Не волнуйтесь, если вам не удаётся пройти все шаги с первого раза: никто этого не делает (сразу). Шаги и движения будут даваться вам легче после нескольких занятий.

Зумба — одна из самых энергичных тренировок, и к тому же самая веселая. В большинстве случаев кажется, что ты вообще не тренируешься. Если вы любите хорошо попотеть, тогда вам понравится зумба!

6. Give a three-to-five-minute talk about a sport activity as if you were an instructor in this sport. (Use the text about Zumba as a model.)

WATCHING AND SPEAKING

1. Brainstorming. Answer the questions.
Have you ever played basketball? Where and when?
Do you remember some of the rules of basketball? What are they?
2.  Watch the video [The Rules of Basketball](https://youtu.be/oyjYgmsM00Q) at <https://youtu.be/oyjYgmsM00Q> (starting from the beginning up to the words “Wow, that was the shortest video ever!”) and take some notes of the vocabulary (for each point of the given plan). (If you are struggling with understanding the videos, you can use the scripts below.)
 - 1) the number of players and their “roles”;
 - 2) how the game starts;
 - 3) the game time;
 - 4) the object of the game;
 - 5) the area for playing the sports game
 - 6) some of the basic rules;
 - 7) violations (what is not allowed to do during the game);
 - 8) how to win the game.

Script for “The Rules of Basketball explained” (Part One)

The object of the game is for your team to score more points than the opposing team. Teams are made up of 15 players, with 5 players on the basketball court at any one time. They consist of two forwards, two guards and a center.

The game starts with a tip off. Once someone has won possession of the ball, they have up to 24 seconds to shoot the ball towards the opponent’s basket.

These baskets are 10 feet above the ground on a court that’s generally about 94ft long by 50ft wide (in the NBA), and varies depending on where you play.

To move the ball up the court, you can either pass the ball to a teammate ... or dribble the ball, where you bounce the ball up and down repeatedly whilst in motion.


To score points, a player must shoot the ball into the opponents' basket.

You get two points for any shots scored within this arc. If a player scores from a shot outside this arc, this scores three points. Any free throws that are awarded to your team scores 1 point. Failure to shoot the ball within 24 seconds results in a shot clock violation, and the other team is awarded possession of the ball. The opposing team will try and take the ball off you by either blocking shots, rebounding a missed shot, or by stealing the ball away from an opposing player so that they can score themselves.

The game is played in 4 x 12 minute quarters in the NBA, 4 x 10 minute quarters Internationally, or 2 x 20 minute halves in NCAA. The highest score at the end of time wins.

There are no ties in Basketball, so if the scores are tied at the end of regulation, overtime periods will be played to determine the winner.

Wow, that was the shortest video ever!

3.  Watch “The Rules of Basketball explained” (Part Two) at <https://youtu.be/oyjYgmsM00Q> (starting from the words “Wow, that was the shortest video ever!” and up to the end) and take some notes about the things in basketball you're not allowed to do. Report to the class what you have learnt.

Script for the video “The Rules of Basketball explained” (Part Two)

Unfortunately, it doesn't stop there. Whilst basketball is an easy game to understand, I've just explained the basic concept of the game.

There are a lot of things in basketball that you're not allowed to do. So to make it easy for you to understand, there are generally two types of things you can't do: *violations* and *fouls*.

Violations are generally called when you break one of the rules. The main violations include:

Shot clock violation – as earlier stated, your team has 24 seconds in which to shoot the ball. If you've not shot the ball within this time, a shot-clock violation is called and the ball is awarded to the other team.

Double dribble – In basketball, you are only allowed to dribble the ball and stop once. If a player then begins to dribble again, this is known as double dribble, and the ball is awarded to the other team.

Travelling – If a player takes too many steps without dribbling the ball, this is travelling, and (surprise surprise) the ball is awarded to the other team.

Three in the key – A player cannot stay in the key, which is this section of the court, for more than three seconds.

Charging – A violation in which an attacking player runs into a stationary defender. Possession of the ball is then awarded to the defending team.

There are other violations that I've included a brief description of here, but the ones I previously mentioned are the ones you're most likely to encounter in the game.

Eight-Second Violation – After a basket, the offensive team has eight seconds to get the ball over midcourt.

Palming – A violation in which a player moves his hand under the ball and scoops it while dribbling.

Goaltending – When a defensive player interferes illegally with a shot on the rim or on a downward path to the hoop; the shot is assumed in and the offensive team receives the basket.

Basket interference – Interfering with the basket rim during a shot.

Back-Court Violation - Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team.

Fouls

Fouls are the most complicated thing to understand in basketball, but I'll try and explain this in the easiest way I know how.

Personal fouls occur when a player commits illegal contact against another player. Imagine two players, an attacking player with the ball, and a defending player without the ball. Now imagine two giant cylinders that surround them that extend from the floor to the ceiling. Neither of those two players is allowed to encroach into each other's cylindrical space. If an attacking player makes contact with a defender in his space, then it's called an offensive foul against the attacker.

If a defender makes contact with an attacker in his space, then it's called a defensive foul against the defender.

Any foul in the act of shooting results in free throws being awarded to the attacking team.

Two shots for fouls inside the arc and three shots for fouls outside the arc. If the shot went in and the shooter was fouled, the points they scored count and they are awarded one extra shot. Any team that commits 5 or more fouls in any quarter will have free throws awarded against them per subsequent foul, and Any one player who has racked up 5 fouls (internationally) or 6 fouls in the NBA is fouled out – and can no longer participate in the rest of the game.

Flagrant Fouls


Flagrant fouls are severe fouls that occur when a player has made violent contact against another player. This always results in the other team being awarded two free throws.

Technical fouls – Are fouls that don't fit the description of either a personal or flagrant foul. Technical fouls can be awarded for fighting, unsportsmanlike conduct, or abuse from players and coaches against referees. Two technical fouls equals an automatic ejection from the game.

This is a lot to take in, especially understanding how the fouls work, but as you watch or play basketball, the rules will become clear.

If you have found this video at all helpful, please like, share with your friends, rate and comment. If you're also on Reddit, please post this video and discuss. It takes me ages to make one of these videos and good karma is always appreciated.

Enjoy basketball!

4.  Watch the video “Basketball Rules for Beginners” at <https://youtu.be/wYjp2zoqQrs> and say what new information about basketball you have learnt. Listen while reading the script below and write out all the useful vocabulary.

Script for the Video “Basketball Rules for Beginners”

Basketball is a team sport of up to fifteen players with only five allowed on the court at any time. Each team consists of two forwards, two guards and one center player.

The basketball game starts with a jump ball or tip-off. The referee throws the ball into the air in the center circle and one player from each team leaps up and tries to tap the ball away. The game time is split up into four twelve-minute quarters. The object of the game is to throw the ball into the hoop to score points.

Basketball court

The court is divided into two main sections by the middle court line. The court is rectangular in shape and measures ninety one feet long by fifty feet wide. There is a half way line in which a small circle is found in the center. This is where the game starts. At each end of the court are two baskets, both ten feet in height. A three-point arc is in the outside ring. In the middle of the outside ring is the key which includes a free throw line.

Basketball basic rules

Each team can have a maximum of five players on the court at a time. Teams can substitute players as many times as they wish throughout the game. Players cannot kick the ball. Players cannot dribble or hit the ball with their fist. Players cannot double dribble the ball. Players cannot hold the ball and stay in the back court that contains their basket for more than eight seconds. Players cannot step on a foul line while free throwing the ball. Players cannot step on the end or side line while passing the ball to a teammate. Players cannot throw the ball out of the court boundaries. The ball must stay within the boundaries. If the team loses the ball out of bounds, the other team gets control of the basketball. After the ball goes into team stuff and they win possession back, the ball must then make it back over the half line within ten seconds. If the ball fails to do so then a foul would be called and the ball will be turned over.

Dribbling the ball

The ball can only be moved by either dribbling or passing the ball. The player must dribble the ball with one hand while moving both feet. If at any time both hands touch the ball or the player stops dribbling the player must only move one foot. Once a player puts two hands on the ball, not including catching the ball, they cannot then dribble or move with the ball, and the ball must be passed or shot.

Double dribbling

Once any player has stopped dribbling, they cannot start another dribble right away. This is called for a double dribbling violation and in this case the other team gains control of the ball. A player can only start another dribble after another player from either team touches or gains control of the basketball. This is usually after a shot or pass.

Carrying the ball

The player's hand must be on top of the ball while dribbling. If they touch the bottom of the ball while dribbling and continue to dribble, this is called "Carrying the ball". The player will lose the ball to the other team.

Backcourt violation

Once the attacking team crosses the half court they may not go back into the back court. This is called a backcourt violation. If the defensive team knocks the basketball into the back court, then the attacking team can recover the ball legally.

Travelling

If a player takes too many steps without dribbling the ball is called "Travelling". If this happened the ball is then turned over to the opposition.

Three in the key

A player cannot stay in the key, which is this section of the court, for more than three seconds. This is called "Three seconds in the key violation".

Shot clock violation

Once a player has possession of the ball the player has twenty four seconds to shoot towards the opponent's basket. Failing to shoot the ball within twenty four seconds results in a "Shot clock violation". The ball is then turned over to the opposition.

Throw-in

If a team or player violates any of the rules, the team loses the ball and the ball is handed over to the opponent team. The opponent team throws in from the sideline. This is called a "Throw-in".

Goaltending

No player can touch the basketball while it's traveling downward towards the basket or if it's on the ring. This is called "Goaltending". After each successful basket the ball is then turned over to the opposition.

Charging violation

A charge, or player-control foul, occurs when a dribbler charges into a defender who has already established his position. This is called "Charging violation". The ball is then turned over to the opposition.

Free throw

Bounds committed throughout the game will be accumulated and then, when reached a certain number, will be eventually rewarded as a "Free throw". The player who's against the foul was committed takes the shot unopposed from the free throw line. The number of free throws will depend on where the foul was committed.

Scoring

There are three scoring numbers for basketball players. Any basket scored from outside of the three-point arc will result in three points being scored. Baskets scored within the three-point arc will result in two points being scored. Successful three throws will result in one point being scored per free throw.

How to win the game

The team that scores more points in the allotted game time will win the game. If the scores are tied at the end, then an extra quarter will be played until the winner is found.

If you like the video, hit the "Like" button and don't forget to subscribe to our Youtube channel.

5. Describe the rules of one of the team games using the videos as a model. Let your mates guess which team game you are describing. Use the vocabulary under study. You should mention:
 - 1) the number of players and their "roles"
 - 2) how the game starts;
 - 3) the game time;
 - 4) the object of the game;
 - 5) the area for playing the sports game
 - 6) some of the basic rules;
 - 7) violations (what is not allowed to do during the game);
 - 8) how to win the game.

READING AND SPEAKING

1. Answer the questions.
 - 1) Have you chosen your speciality according to your personality traits or for some other reason?
 - 2) Can a very shy person become a world champion? Why do you think so?
2. Read the article about personality and the impact it can have on sports performance. Match the headings with the paragraphs.

Headings:

- A. Defining different personalities**
- B. Confidence plays a key role**
- C. The scale of personality**
- D. Personality influences sports choice**

How does personality affect sports performance?

Date published: Sunday 10th May 2020 7:35



1.....

No two people have exactly the same type of personality, meaning that everyone who **takes part in sport** is a unique individual.

Athletes generally **choose a sport based on their personality type**. For instance, an extrovert may be more **inclined to play team sports**, while introverts are likely **to lean towards individual activities**.

Personality is displayed by how people behave in different circumstances and reflects **an individual's most prominent characteristics**.

Not everyone will react the same way when presented with a specific set of circumstances, highlighting the important role personality can play in sport.

2.....

There are two main 'approaches' people take when dealing with events that occur in their life – trait and situational.

Someone who has a trait approach takes the same personality they possess in everyday life and transfers that to their **sporting activities**.

People with strong situational approach may react differently when **playing sport** than would normally be the case.

3.....

There are lots of different type of personalities that sit between the two extremes of introverts and extroverts.

Introverts are generally less confident socially, a trait that generally leads them **to pursue individual activities** such as swimming or distance running.

By contrast, extroverts are the opposite, **possessing high confidence levels** and the ability to be **outgoing** no matter what they are faced with.

A great example of this was Eric Cantona, whose extrovert personality helped to inspire his Manchester United teammates to huge success during the 1990s.

4.....

Personality has a huge influence on sport, **impacting** the activity an **athlete** chooses **to undertake** and their **performance** thereafter.

A key element of how personality **impacts sports performances** is **confidence** – an athlete who believes they will succeed is more likely to do so than one who is **wracked with self-doubt**.

Being confident can help **to boost motivation levels** and make an athlete even more **determined to excel at their chosen sport**.

However, it is important to remember that someone who is **over-confident** may actually **end up failing** as **complacency** can **creep into** their performances.

3. Translate from Russian into English using the vocabulary of the text “How does personality affect sports performance?”.

Каждый, кто занимается спортом — уникальная личность. Спортсмены обычно выбирают вид спорта в зависимости от особенностей своего характера. Интроверты, как правило, менее уверены в себе в социальном плане, что обычно заставляет их заниматься одиночными видами спорта, например плаванием или бегом на длинные дистанции. Напротив, экстраверты общительны и обладают высоким уровнем уверенности в себе, поэтому они могут быть более склонными к занятиям командными видами спорта. Ключевым элементом того, как личность влияет на спортивные результаты, является уверенность: спортсмен, который терзается неуверенностью в себе с меньшей вероятностью добьется успеха, чем тот, кто считает, что добьется успеха. Уверенность в себе может помочь повысить уровень мотивации и сделать спортсмена еще более решительно настроенным на то, чтобы преуспеть в выбранном им виде спорта. Однако

важно помнить, что чрезмерно самоуверенный человек может в конечном итоге потерпеть неудачу.

4. In pairs or small groups discuss the following questions. (Prepare some arguments and give some examples. write down a few points.) Then report to the class.

- 1) Do you and some people you know choose a particular sport to play because of your (their) personality type?
- 2) Do you think that playing a particular sport may shape your personality? Give your reasons and some examples.

LISTENING AND SPEAKING

1. Do you think that you need to have “the right genes” to be a good athlete?
2. Read the summary of the book by David Epstein. Think of some reasons and examples (perhaps from your own experience) and complete the table below with your ideas.

The Sports Gene is a nonfiction book written by David Epstein, at the time a senior writer for Sports Illustrated, on the effects of genetics and sports training on human athleticism. Through investigative journalism, Epstein takes the reader through his experiences regarding what makes the difference between an amateur and a pro-athlete. The book was published in August 2013 by Penguin Books. *The Sports Gene* is a look at how genes affect our abilities, motivations, and endurance in sports, explaining why some people are better suited for certain sports than others.

3. Ω Listen to the two interviews (Emp 1.48 – 1.49) and take vocabulary notes. Say which speaker do you agree with and explain why. (You can read the scripts while listening to the audio.)

Interview 1

PETER This week on the Book Show we’re talking about David Epstein’s *The Sport Gene*, in which he claims that many sports professionals are so good simply because they are lucky enough to have the right genes. According to him, top athletes and other sportsmen are simply different from the rest of us. With us is athlete Barbara MacCallum, who is a professional runner and trainer. Barbara, you’ve read the book. Do you think Epstein is right — is it all about having the right genes?

BARBARA Well, I think he's right that genes are important. And, of course, we all know that many Kenyans are tall and thin and so on, and also as the book says they live at high altitude — 1,000 metres — so they have more red blood cells. So these things are important. But I think there's much more to it than that.

P You've lived in Kenya yourself.

B Yes, I've lived in Kenya myself and I've trained with Kenyan runners, I've also worked with Kenyan children. And there really are lots of very good runners in Kenya. But it's not just about having long legs. They also have a culture of running, everyone runs, even small children, so they have this background, they all see themselves as runners, as good runners. And if you're poor in Kenya, becoming an athlete is a way to change your life, so everyone wants to be a runner.

P And they run in bare feet. Does that help?

B Yes, it does. It gives you a much better running technique, so that's important, too. So yes, I think it is partly genetic, but it's also to do with lots of other factors, like having lots of practice, lots of encouragement to run, believing in yourself, and also learning to run in the right way.

P So could I run as fast as a Kenyan?

B Well, yes, you could, but you'd have to start early in life, and you'd have to get very fit.

P Well, I haven't run anywhere for years, so maybe it's a bit too late to start.

B Absolutely not, it's never too late. Start training now, and you'll be amazed at what you can achieve.

Interview 2

PETER Thank you, Barbara. Well, also with us now is Marta Fedorova. Marta, you've been playing tennis since you were a child, and you've been a professional player for ten years.

MARTA Yes.

P You've also read the book. Do you think he is right? Are some sports people naturally better? Or is it a question of technique and practice, as Barbara says?

M Well, yes. I've been thinking a lot about it recently. I used to think that it was mainly practice and technique that were important. You know, if you practice a lot, if you get fit, if you improve your technique, then you'll win. But after reading this book I am not so sure. For example, I've played maybe fifty serious matches this year. And

I've won about half of them. If I think about the people who beat me, they all have certain things in common physically. Short bodies, but longer arms, for example.

P Like you.

Well, yes, I suppose so! And very good eyesight, obviously. And mostly aged 18 to 25. And these are things that you can't really change. So, yes, there is something in it.

P So sport isn't as fair as we like to think?

M That's right, and that's really what he is saying in this book. When we watch the Olympics, for example, we think that it's a fair competition between equals, but it isn't. We're watching a competition between very different types of people who have different natural advantages. So there will be people who need to train very hard to get where they are and others who don't need to train so much, and there will be some people who can naturally finish 40 seconds ahead of all the others, and so on. So fairness in sport doesn't really exist.

4. Work in pairs. Complete the table using your own ideas as well as the vocabulary from the interviews. Then report to the class.

Athletic performance is determined by genetics	Athletic performance is NOT determined by genetics

5. Rephrase the underlined phrases and use them in sentences of your own.
6. Translate from Russian into English using the vocabulary of the interviews.

Дэвид Эпштейн утверждает, что многие спортивные профессионалы так хороши просто потому, что им посчастливилось иметь нужные гены. Действительно ли лучшие спортсмены и другие спортсмены просто отличаются от всех нас и все дело — в правильных генах? Действительно ли некоторые спортивные люди лучше от природы? Или это вопрос техники и практики?

Думается, отчасти — это генетическая предрасположенность, но это может быть также связано с множеством других факторов. Многие хорошие спортсмены обладают физическим сходством. Например, многие кенийцы — высокие и худые. Возможно, поэтому в Кении очень много очень хороших бегунов. Но, может быть, дело не только в длинных ногах. У кенийцев есть также «культура бега». Бегают все, многие бегают босиком, что дает гораздо лучшую технику бега, умение правильно

бегать. Там все хотят быть бегунами, ведь стать спортсменом в Кении — это способ изменить свою жизнь. Но чтобы быть в хорошей форме нужно начать на раннем этапе жизни.

Например, когда мы смотрим Олимпийские игры, мы думаем, что имеет место честная конкуренция между равными, но это не так. Мы наблюдаем соревнование между очень разными типами людей, которые обладают разными природными преимуществами. Одним нужно очень усердно тренироваться, чтобы стать тем, кем они стали, а другим не нужно тренироваться так много, они могут стать финалистами естественным образом.

Так что справедливости в спорте на самом деле не существует.

7. Work in pairs. Make a similar interview about the influence of personality on sports performance using the article “How does personality affect sports performance?”

READING AND WRITING

1. Work in pairs. Tell your partner about a sport or sporting activity that helps you to keep fit (or some sport or sporting activity you would like to take up). You should say:

- what sport or sporting activity it is
- how often you play/do it or watch it
- how and when did you learn it (how and when you would like to learn it)
- what equipment is needed for it
- how you play/do it
- explain why this is your favourite sport (or why you would like to learn this sport).

2. Read the information below before moving on to reading the text.

NOTE: The words ‘**effective**’ and ‘**efficient**’ both mean "capable of producing a result," but there is an important difference. Effective means "producing a result that is wanted". Efficient means "capable of producing desired results without wasting materials, time, or energy".

The difference is that when something is **effective** it produces a result even if it takes some unnecessary resources to do so. When something is **efficient**, not only does it produce a result, but it does so in a quick or simple way using as little material, time, effort, or energy as possible. The following example sentences show how the two words are used.

The 200-page instruction manual was **effective** [=successful] in teaching the teen to repair the car himself, but it would have been more **efficient** [=faster and easier] for someone to show him.

His disorganized method of cleaning the house was **effective** but it was not **efficient**; in the end, the house was clean, but it took much longer than it should have.

Walking may be an **effective** way to get to the office, but driving is more **efficient**. Both methods will get you there, but driving takes less time and energy.

The word ‘**effective**’ puts more attention on the actual ability to produce a desired result. The word ‘**efficient**’ puts more attention on the lack of waste in producing that result.

<http://www.learnersdictionary.com/qa/How-to-Use-Effective-and-Efficient>

3. Explain the meaning of the following idioms from the text you are going to read and do the exercise.

■ **bear in mind** [to remember; to keep in mind]

Bear in mind that not all weight loss is due to losing fat.

■ **stick to** [to keep to; to persist with]

I have a hard time **sticking to** a regular workout schedule because of my job.

■ **in a row** [one after the other]

He did forty-five push-ups **in a row**.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Even though he didn't like swimming, he _____ it to please his mother.
2. I've woken up at 4:30 a.m. for three days _____, so I'm kind of tired right now.
3. You should always _____ that too much of a good thing can be bad.

4. Read the text “Working on your Workout” and do the comprehension exercise below.

Working on Your Workout

Most people know that a **balanced diet** and **regular exercise** are very important. However, most people do not know **how to exercise properly**. Instead of concentrating on how to **get the best results efficiently and effectively**, people usually **rush through their workouts**, or they make the same **common workout**

mistakes. Exercising **the right way** is important for people who are worried about their health and their appearance. However, if someone is not working out properly, it is rare that he or she will see the results he or she wants. Therefore, **training experts** have **devised** tips to teach people how to exercise correctly in order to **achieve the greatest health benefits.** If you want to **achieve the best workout results,** here are a few **helpful tips to bear in mind.**

One of the most common workout mistakes is **doing the same routine over and over again.** This does not **challenge your muscles,** and it can actually **prevent muscles from growing and repairing themselves.** Instead of always sticking to the same old workout, it is important to **change your routine** every six to eight weeks. It is also important to add a variety of workouts to your routine, such as swimming, yoga, or biking, to make sure your whole body stays fit. This will help make your workouts more interesting, and **benefit your health and muscle development** as well.

Another mistake people tend to make is **to work out too hard,** too often. Your body needs **to rest between workouts;** otherwise, **no progress will be made.** It is best to **keep the number of hard workout routines to no more than two per week.** Then, for those who don't want to get off schedule by **skipping** a day, shorter workouts of about twenty minutes can be used on other days. For more variety in workouts, you could also **plan an easier routine for forty to sixty minutes** between days of shorter, more **intense** workouts. Experts recommend, however, **taking at least one day off completely each week,** especially after several hard workout days **in a row.**

In reality, no one is perfect. However, if you want to **make a difference in your overall health,** there are some things you can do. **Stretch** before and after every workout. Do not **rush your routine,** and do not work out too little or too much. Remember not to make these common workout mistakes, and always have fun while exercising!

Comprehension exercise

- 1) What is the main idea of this reading?
 - a. Daily exercise can often be bad for your health.
 - b. Working out properly is the only way to gain effective health results.
 - c. Most people know how to work out efficiently and effectively.
 - d. Adding a variety of workouts to your routine is not important.

- 2) Which of the following statements is NOT correct?
 - a. Daily intense workouts help one stay healthy.
 - b. One's body needs to rest between workouts.
 - c. A variety of exercises is better than doing the same one all the time.
 - d. It can be good to take a day off from exercising.

- 3) Which word is closest in meaning to the word "stretch" in this reading?

- a. Exaggerate
 - b. Widen
 - c. Make tight
 - d. Extend or reach
- 4) What can be inferred about the mistakes people make when they work out?
- a. They are very harmful to the body.
 - b. People who rarely work out make them
 - c. People think it is OK to make them.
 - d. Athletes would not make these mistakes.
- 5) Why should you change your workout routine every six to eight weeks?
- a. To challenge your muscles
 - b. To become faster
 - c. To avoid bone problems
 - d. To exercise your brain
5. Rephrase the words and phrases in bold.
6. Complete the table and talk about the article using the table.

Things I had already known before I read the article	New things I have learnrd from the article.

7. Complete the summary of the text 'Working on your Workout' with correct words and phrases.

**achieve bear in mind development in a row
properly recommend routine rush**

In reality, most people do not exercise 1 _____. Whether it is always doing the same 2 _____ or working out too hard, too many days 3 _____, people do not realize that they are making these common mistakes. Therefore, experts have come up with some tips to 4 _____ to people. If you just want to 5 _____ through your workout to get it done, you will not make a difference in your overall health. Instead, you may suffer from injuries, and you will prevent muscle 6 _____. Next time you want to exercise, 7 _____ that you need to stretch before and after, concentrate on what you are doing, and most importantly, have fun! These tips will allow you to 8 _____ the best results from your workouts.

8. Find the English equivalents to the phrases in the text 'Working on your Workout'. Write a dictation-translation (in pairs).

сбалансированная диета, регулярные физические упражнения, выполнять физические упражнения должным образом, тренироваться правильно, эффективное и рациональное достижение наилучших результатов, быстрое выполнение тренировок, правильно выполнять упражнения, получить желаемые результаты, эксперты по тренировкам, разработать рекомендации о том, как научить людей делать что-то правильно, добиться максимальной пользы для здоровья, достичь наилучших результатов тренировок, полезные советы, которые нужно помнить, выполнять одну и ту же процедуру снова и снова, давать нагрузку мышцам, не давать мышцам расти и восстанавливаться, постоянно выполнять одни и те же упражнения, изменить набор упражнений, добавить разнообразные упражнения в свою тренировку, убедиться, что тело остается в форме, помочь своему здоровью и развитию мышц, тренироваться слишком усердно, следить за тем, чтобы количество тренировок не превышало двух в неделю, выходить из графика, пропускать день, для разнообразия тренировок, планировать более легкие упражнения.

9. Translate from Russian into English using the vocabulary of the text "Working on Your Workout".

Я — спортсмен, и я уверен, что сбалансированная диета и регулярные упражнения очень важны. Однако большинство людей не умеют правильно тренироваться. Люди обычно торопятся выполнить тренировку быстрее или совершают одни и те же типичные ошибки. Для того, чтобы тренироваться эффективно и результативно, я стараюсь концентрироваться на получении наилучших результатов.

Я отношусь к людям, которые беспокоятся о своем здоровье и своей внешности. Я знаю по себе — если я не тренируюсь должным образом, я не вижу желаемых результатов. Поэтому я много читаю о том, как правильно тренироваться, чтобы добиться максимальной пользы для здоровья и наилучших результатов тренировки.

Я считаю, что одна из самых распространенных ошибок на тренировках — повторять одно и то же снова и снова. Это никак не влияет на ваши мышцы и фактически может помешать мышцам расти и восстанавливаться. Вместо того, чтобы всегда придерживаться одной и той же старой тренировки, я стараюсь менять свой распорядок каждые шесть-восемь недель. Также я добавляю в свой распорядок разные виды тренировки, такие как плавание, йога или езда на велосипеде, чтобы моё тело оставалось в форме. Это делает мои тренировки более интересными, а также, я уверен, приносит пользу моему здоровью и способствует развитию мышц.

С другой стороны, не следует тренироваться слишком много и слишком часто, если вы хотите улучшить свое общее состояние здоровья. Телу нужен отдых между тренировками; в противном случае никакого прогресса не будет. У меня количество тяжелых, интенсивных тренировок не превышает двух в неделю. В другие дни я использую более короткие тренировки продолжительностью около двадцати минут. И я обязательно делаю растяжку до и после каждой тренировки. Такой подход позволяет мне получать удовольствие от тренировок!


WRITING

Choose a topic and write an opinion essay of 250-300 words. Give arguments for both views and give your own opinion. You should use the vocabulary under study.

- Some believe that the best way to stay fit is to join a gym or health club while others think doing everyday activities such as walking and climbing stairs is enough.
- Many working people get little or no exercise either during the working day or in their free time, and have health problems as a result. Why do many working people not get enough exercise? What can be done about this problem?

WATCHING

Exercise Ball


1.  Watch the video ‘Challenging Exercise Ball Ab Workout’ (go to <https://www.youtube.com/embed/gwwNST1hwgI>) and say which exercises you are familiar with and which ones are new to you.
2. Complete the table for each exercise in the video according to the example (Exercise 1). You don’t have to write the script of the whole video – just pick out the information you need or add some information of your own. How many rounds are there? How many exercises are there altogether?

Description of Exercise	Comment (which muscles are involved etc)	Number of repetitions
<p><i>Round 1</i> Physioball Pikes</p> <ol style="list-style-type: none"> 1. Get your feet up on top of the ball so you are out in a plank position. 2. Draw your feet in by shoving your hips up straight over top 	<p>This exercise requires a lot of flexibility through your hamstrings.</p> <p>When doing this exercise you use your abdominal muscles and hip flexors.</p> <p>The ball can be very unstable, so</p>	10

of your shoulders. 3. Get back in a plank position with your feet up on top of the ball.	make sure you are moving really slowly and in controlled motions. Don't try to throw your hips up over the top of your shoulders. Just do a nice slow tight squeeze trying to keep your balance.	
Physioball Crunch 1.
....

3. Do you think exercises with the exercise ball could be effective for you? Why (Why not?) Give an extended answer (5-6 sentences).
4. Make a similar table for your favourite set of exercises (with 5-6 exercises).
5. Give a talk about your favourite exercises using the table you have made.

IDIOMS FROM BALL SPORTS

1.  Watch the video at <https://youtu.be/YIVBA7hrk5Q> and write down the idioms. Explain the origin and the meaning of the idioms in English.
2. Complete the sentences with the idioms from the video.
 - 1) This house is beautiful, but it's totally — unless I get a six-figure job tomorrow.
 - 2) Looking gorgeous is with her.
 - 3) You've only been at your new job for a week—I'm sure you'll feel better once you of things.
 - 4) All the students on their Media and Technology courses have access to the same piece of equipment. It is for students at Coventry University.
 - 5) I'm just not I must be coming down with something.
 - 6) I have done my part,
 - 7) Starting the lesson, the teacher said:
 - 8) The boss told his subordinates to

9) It's unfair to change the rules when the game has already started! You are

3. Make an exercise (gap-filling, multiple choice, translation, matching etc) to practise the idioms.

READING AND SPEAKING

1. Read the text and make a multiple choice exercise for other students based on the text (6-8 sentences).

Brainball: Winning by Relaxing

Brainball is a game where you **compete in** relaxation. The players' brainwaves **control a ball on a table**, and the more relaxed **scores a goal over the opponent**.

Brainball is a game that **goes against the conventional competitive concept**, and also **reinvents the relationship between man and machine**. Instead of activity and adrenalin, it is **passivity** and **calmness** that **mark the truly successful Brainball player**. Brainball is unique amongst machines since it is not **controlled by the player's rational and strategic thoughts and decisions**. On the contrary, the participants are dependent on the body's own **intuitive reactions** to the game machine.

At first glance, brainball seems similar to a **traditional two player game** — two people **challenge one and other** and **take their respective positions at each end of a table** that is **laid out with** two goals and a little ball. The rest of the game's equipment is more special. Both players **wear a strap around their forehead** that **contains electrodes** and is **wired up to a biosensor system**. This system, that is used **to measure the body's biological signals**, is tightly fastened to **the frontal lobes** and **registers the electrical activity in the brain** — so called EEG (electroencephalogram). The players' brain activity is **graphed in a diagram on a computer screen** so that the public can easily **follow the players mental processes** during the match.

The brain waves that move the ball forward, increasing the chance of victory, are called alpha and theta waves. They are **generated in the brain** when one is calm and relaxed. **A considerably stressed player** will therefore lose. **The matches' outcome** is rarely obvious since **the transition between calm and stress**, and vice versa, can occur quickly. Often, the ball will roll backwards and forwards for a few minutes before the game is concluded. In this way, Brainball is an exciting and social game where the audience can **follow the match by watching the ball on the table, the graph on the screens** and the more or less relaxed expressions of the players.

2. Say what you think about brainball. Would you like to try it? Why?
3. Rephrase the vocabulary in bold.
4. Make a gap-filling exercise to practice the vocabulary.
5. Translate from Russian into English.

Брейнбол — это игра, в которой игроки соревнуются в релаксации. Их мозговые волны контролируют мяч на столе, и более расслабленный игрок побеждает соперника.

Брейнбол — это игра, которая заново открывает отношения между человеком и машиной. Победить помогают пассивность и спокойствие. Эта игра не контролируется рациональными и стратегическими мыслями и решениями игрока. Напротив, исход игры зависит от интуитивных реакций организма игроков на игровое устройство. Таким образом, брейнбол идёт вразрез с общепринятой концепцией соревнования.

На первый взгляд, брейнбол похож на традиционную игру для двух игроков: два человека бросают вызов друг другу и занимают соответствующие позиции на каждом конце стола. На столе установлены двое ворот и маленький мяч. У каждого из игроков на лбу — повязка с электродами, подключенная к биосенсорной системе. Эта система плотно прикреплена к лобным долям и регистрирует электрическую активность мозга. Мозговая активность игроков отображается в виде диаграммы на экране компьютера, чтобы зрители могли легко следить за психическими процессами игроков во время матча.

Мозговые волны, которые перемещают мяч вперед, генерируются в мозгу, когда человек спокоен и расслаблен. Поэтому игрок, находящийся в сильном стрессе, проиграет. Результат матчей редко бывает очевиден, поскольку переход от спокойствия к стрессу и наоборот может происходить быстро. Таким образом, брейнбол представляет собой увлекательную социальную игру, в которой зрители могут следить за ходом матча, наблюдая за мячом на столе, графиком на экранах и более или менее расслабленными выражениями лиц игроков.

6. Make a dialogue between a parent of a teenager who wants to take up brainball and a coach. The parent is worried about the possible damages of brainball to their child's health. The coach is explaining the basic principles of the game to the parent.
7. Find an article about some other unusual game and do the following:
 - a) write out all the useful vocabulary from the article.
 - b) write a script for a presentation about this game.

8. Study the “Useful vocabulary for presentations” and make a presentation about an unusual game. (You can use Google Presentations.)

LISTENING AND SPEAKING

1. Read the introduction to the interview and answer the questions.
 - 1) What do you think the pressures mentioned in the introduction are? Where do they come from?
 - 2) Do you expect the programme will
 - give advice to children about how to become professional
 - say that children should live a normal life
 - suggest that children should *not* become professional
 - say that children should specialize as early as possible

Introduction to the Interview

Interviewer: Hello, and welcome to today's 'You & Yours'. On today's program we look at children who are trying to be champions in the world of sport, and the pressures they can be under to win. Now I spoke to Allan Baker, the former British Athletics coach, and he had this to say.

2. Listen to the rest of the interview. See if any of your ideas are discussed.

Comprehension check

- 1) What is the advantage for a child to begin a sport at a young age? What is the disadvantage?
- 2) What happens at a tennis school in America?
- 3) What is Pam de Gruchy's advice to young tennis players?
- 4) What is Robert's ambition? What are some of the things he likes doing?

Script for “Children in sport” (Headway Intermediate, Tape 5)

Interview

AB: Well the problem is that you want to find these children at quite a young age, to train them and motivate them as early as "possible. At that age they don't have social problems, you know they don't have boyfriends or girlfriends, so they give their sport the whole of their life. But they're so young that they can lose their childhood, and they're adults before they're 16. But of course they're not adults at all. Physically they can be quite developed, but emotionally they're still children.

Everybody's looking for the new young star of the future, because there's a lot of money to be earned.

I: Tennis is one of the sports where youngsters can play against their elders with more than a chance of success. In America there are tennis schools which accept children from as young as 9. So from the age of 9 a boy or girl is playing tennis for four or five hours every day, and doing ordinary school work around that. I spoke to the team manager of the English Lawn Tennis Association, Pam de Grouchy.

PG: You see, we've already seen two 14-year-old American girls, that's Tracy Austin and Andrea Jaeger, playing at Wimbledon, and now, both at 18, they are now already showing the pressures on their bodies and their minds, and people are beginning to question whether this is a good thing for children. A 14-year-old just can't cope with the pressures of Wimbledon, the tournament, the Wimbledon crowds, and the press reporters. Well, I say to my girls, 'Stay at home, stay at school, do the things that teenagers like doing. If you like swimming, well swim; if you like going to dances, just go!' And if when they're older they'd really like to be a professional tennis player, well, they'll be a little older than the Americans, but they'll be better people for it, of that I'm perfectly sure.

I: Pam de Grouchy thinks that young players shouldn't be allowed to become professionals until the age of 17 or 18 at least. I asked her what was responsible for the pressures on the young players - was it the money that can be earned, the parents, or perhaps the children themselves?

PG: Oh no, it's the parents, without a shadow of a doubt. They want to push their children. I get letters from parents saying, 'My little Johnny enjoys playing tennis all day, and he'd like to learn only that and be trained by a professional coach', and quite frankly I just don't believe it.

I: But what about the youngsters themselves? Robert, a 100-metre and 200-metre runner gave me an idea of his training program, and his own very simple way of avoiding trouble.

R: Well I train under a coach for three days a week, and then decide how much running to do. If I've trained hard, well then maybe I run five miles, you know, if not so much, then eight miles. Well, of course, I'd like to go to the next Olympics and represent Great Britain, and of course I'd like to win a gold but there are lots of other things I like doing with my life too. I play in a rock group and I'm also a keen photographer. Well, I suppose for me the most important thing is enjoyment. If, if you win, you're happy, and if you lose, it's the same. I mean if you start getting upset every time you lose, I think it's time to stop.

I: The sports stars of tomorrow, and good luck to them.

3. Find English equivalents to the following phrases in the text of the interview and use them in sentences of your own.

1. отдавать спорту всю свою жизнь; 2. потерять детство; 3. быть достаточно развитым физически; 4. эмоционально оставаться детьми; 5. нужно заработать много денег; 6. Молодежь; 7. Играйте против старших; 8. с большим шансом на успех; 9. Принимать детей от 9 лет 10. делать обычную школьную работу; 11. справиться с давлением (турнир, толпа, репортеры); 12. не иметь права стать профессионалами до достижения 17 или 18 лет как минимум; 13. нести ответственность за давление на молодых игроков; 14. подталкивать своих детей; 15. пройти обучение у профессионального тренера / тренироваться у тренера; 16. очень простой способ избежать неприятностей; 17. (Есть) много других вещей, которые мне нравится делать в своей жизни; 18. каждый раз расстраиваться, когда проигрываешь.

4. Make questions with the following phrases to interview your partner as in the model. Try to expand the answer.

Model:

S1: Do you admire students who give the sport the whole of their life?

S2: I wouldn't say so. I think giving your sport the whole of your life is unreasonable. In my opinion, most college athletes spend too much time on sports during the off-season as well as during the season, leaving them little time for common college student activities like studying or part-time jobs.

1. to be trained by a professional coach / to train under a coach; 2. to start getting upset every time you lose; 3. with more than a chance of success; 4. cope with the pressures of (the tournament, the crowds, the press reporters); 5. not to be allowed to become professionals until the age of 17 or 18 at least; 6. to be responsible for the pressures on young players; 7. there's a lot of money to be earned; 8. Youngsters; 9. accept children from as young as 9 do ordinary school work; 10. give their sport the whole of their life; 11. lose their childhood; 12. a very simple way of avoiding trouble; 13; (there are) lots of other things I like doing with my life too; 14. To play against their elders; 15. to push their children; 16. to be quite developed physically; 17. to be still children emotionally.

5. Make vocabulary exercises of the following types with the phrases from the interview.

- a. Complete the gaps in the sentences (in the text, dialogue etc.) with the phrases under study
- b. Choose the correct phrase (a multiple choice exercise) using the phrases under study
- c. Rephrase the sentence using the phrases under study
- d. Translate the sentences from Russian into English using the phrases under study

6. Discuss the following questions based on the interview.


- 1) Do you agree with Pam de Gruchy's advice to teenage tennis players? Do you think they'll be better tennis players than the Americans?
- 2) In your opinion, should there be a minimum age for teenagers becoming professional?
- 3) Think of some children who have excelled in the world of sport, music (classical and pop), art, films and entertainment. How were they affected by their success and fame?

WATCHING AND SPEAKING


1. Read the information below before you watch.

BC adverb [ˌbiːˈsiː] — abbreviation for Before Christ: used in the Christian calendar when referring to a year before Jesus Christ was born: *The Battle of Actium took place in 31 BC.*

AD adverb [ˌeɪˈdiː] — abbreviation for Anno Domini : a Latin phrase meaning "in the year of the Lord", which is used when referring to a year after Jesus Christ was born: *in 1215 AD/AD 1215; during the seventh century AD.*

2.  Watch the video “The History of the Olympics” at https://drive.google.com/file/d/1f1N-scOF0dOU5Qe_NQma3eeG4WGhI0GH/view?usp=sharing and take notes about the following points. Report to the class.

- the period during which the Olympic Games were held in Greece
- what sports people would battle in
- when the games fell out of favour in Greece
- the reasons for cancelling the games
- when the games were restarted and why
- when the International Olympic Committee was born
- what important point was stipulated by the rules of the Olympics

- what city was chosen as the first host city of the Olympic Games
 - how many countries participated
 - what city was chosen as a host city for 1900 Olympics
 - when and where the first winter Olympics were held
 - how often the modern Olympic games are held
3. What images come to your mind when you hear the words “Winter Olympics”? Write a paragraph of about 100 words. Read your writing to the class.
4.  Watch the video “Winter Olympics” at <https://drive.google.com/file/d/1ap1SvQcSzqiI4zM8Fw3IElqEQGgpZmyW/view?usp=sharing> and do the multiple choice exercise to check your comprehension of the video. There may be two or more correct answers.
- 1) “Winter Olympics” may be associated with:
 - a) foreigners in unusual outfits
 - b) snowy scenery
 - c) suntanned male and female athletes
 - d) peace and quiet.
 - 2) During the opening ceremony of “Winter Olympics”, you can see
 - a) a mixture of ice and snow
 - b) posters with the words 'Citius, Altius, Fortius'
 - c) feature films
 - d) bands liked by many people
 - 3) During snowboarding events you can see
 - a) athletes going forwards by moving from side to side between poles
 - b) old-ladies wearing burgundy pumps
 - c) cowboys wearing cheesy hats
 - d) athletes performing stunts in a U-shaped structure
 - 4) At ski jumping events the factors that affect the final score include
 - a) competitor's speed
 - b) competitor's style
 - c) jump length
 - d) Eddie the Eagle had done a lot of ski jumps to prepare for the Winter Olympics
 - 5) The event in which the participants race head first on their stomachs is called
 - a) luge
 - b) the skeleton

- c) curling

- 6) Figure skating events include
 - a) the women's singles,
 - b) the pairs and the ice dancing competition.
 - c) the adults' singles

Script for “Winter Olympics”

Outlandish figures dressed in alien costumes, using strange and complicated pieces of equipment to take them **at terrifying speeds** down frozen landscapes. Is that the Winter Olympics?

The Olympic Motto is 'Citius, Altius, Fortius', (or faster, higher, stronger), and when you hear the words "The Olympics", you may see mental pictures of tanned men and women athletes in **brightly coloured sportswear**, trying hard **to live up to the motto**, while **keeping to the Olympic ideals of friendship, unity, fair play and peace**.

The Winter Olympics, on the other hand, might bring to mind very different images. Perhaps scenes of outlandish figures dressed in alien costumes, using strange and complicated pieces of equipment to take them at terrifying speeds down frozen landscapes, or street-wise kids surfing their way down man-made waves.

The Winter Olympics have been held since 1924. They feature the usual mixture of **ice and snow events**, with an opening ceremony **featuring popular groups and artists**.

Here is a quick guide to some of the more colourful sports on offer at the games.

Snowboarding

Snowboarding was **first introduced at** the last (1998) Winter Olympics. Snowboarders **compete in two events**: the **half-pipe** and the **parallel giant slalom**. In the half-pipe, competitors use a semi-cylindrical pipe cut into the snow **to jump into the air and do tricks**, while the giant slalom is **a race between two boarders at a time**. Snowboarding is associated with a certain lifestyle which doesn't always **sit easily with the Olympic ideal** — being a member of a team in such **an individualistic sport** can be problematic for boarders, and even wearing a uniform can be **a touchy subject**. "We had the most **hideous outfits**: pegged jeans that go above your belly button, cheesy cowboy hat, burgundy old-lady pumps," remembers Sharon Dunn, a bronze medallist in Nagano.

Ski Jumping

In the **ski jumping event**, competitors **launch themselves from** a 90 or 120 metre hill, and are judged on the length and style of their jump. In the last (1998 Winter Olympics in Nagano, two Japanese ski jumpers, Masahiko Harada and Takanobu Okabe, **won the gold and silver medals** after both of them jumped 137 metres, the longest ski jumps ever seen at the games. Ski jumping can look more like **a test of bravery** than a sport, and in 1988 Eddie the Eagle Edwards **won the affection and admiration of millions** when he **competed for** Britain, despite having jumped only **a handful of times** before **the event**. 'Eddie the Eagle' gave me my favourite moment from the Winter Olympics. **Showing more guts than** any of his critics Eddie **went flying down that massive slide** and floated out into the unknown. Although nowhere near as professional as the experts that day, 'Eddie the Eagle' showed what raw courage is made of.

Curling

The Nagano Olympics saw the debut of curling. The game is **played on an ice rink**, where two teams of four players **slide 'stones' across the ice**, trying to get as close as they can to the center of **a target** (the 'tee'). Team mates can **sweep the ice in front of the stones to help their progress over the ice**. Curling does however have its critics - "Since when did sweeping the floor become an international sport?" asks one person who was not impressed.

The Skeleton

Perhaps the most unusually named event, which hasn't been seen at the Winter Games for over 50 years, is the skeleton, a race very similar to the luge. In the skeleton and the luge, competitors **slide down a track made of ice** at speeds of around 140 km/h, with nothing between them and the ice except **a sled with two metal runners**. The participants **race head first on their stomachs** in the skeleton, while in the luge they **travel down the track on their backs, with their feet in front of them**.

Figure skating

Figure skating is **a traditional favourite** at the Winter Olympics. There are four events, **the mens' singles, the womens' singles, the pairs and the ice dancing competition**. Fans of the event still remember the 1988 Winter Games, where British **figure skaters** Jayne Torville and Christopher Dean (Britain) were **given maximum points in the ice dancing event**, for their **artistic interpretation of** Ravel's Bolero.

5. Make a translation exercise for other students (6-8 sentences) using the vocabulary in bold (see the texts "The History of the Olympics" and "The Winter Olympics").

6. Do a five-minute teaching using the translation exercise you have prepared and Classroom English phrases (go to http://englishhobby.ru/teacher_talk_classroom_english/). Find more information about the Olympic Games paying special attention to the following points:
- who could take part in them and why it was forbidden for women to enter the stadium;
 - what kinds of sport were included into the first Olympic Games;
 - when they stopped being held and why;
 - when women began to take part in the games and in which kinds of sport;
 - how many kinds of sport are included into the Games nowadays.
7. Prepare a presentation about the Summer Olympic Games using the Phrases for Presentations and make 6-8 comprehension questions to ask your fellow students.

SPEAKING

Speak on the situation: "Sports in my life". (Describe your favourite and least favourite sports, some sports or sporting activities that your friends you would like to take up.) Use at least 20 phrases of the vocabulary that you have studied.