

**Министерство спорта Российской Федерации
Федеральное государственное бюджетное учреждение
профессиональная образовательная организация «Кисловодское государственное
училище (техникум) олимпийского резерва»**

УТВЕРЖДАЮ

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«ГУОР г. Кисловодск»

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**Методические материалы по
изучению дисциплины
«Иностранный язык»
для студентов специальности
49.02.01 Физическая культура**

**2 курс
и
3 курс**

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Кисловодск.

Рассмотрено на заседании
методического объединения
преподавателей училища

Рекомендовано педагогическим
советом

Методические материалы по изучению дисциплины ОГСЭ. 04 «Иностранный язык» разработаны на основе Федерального государственного образовательного стандарта (далее – ФГОС) по специальности среднего профессионального образования 49.02.01 Физическая культура (углубленной подготовки), входящей в состав укрупненной группы специальностей СПО 49.00.00 Физическая культура и спорт.

Методические материалы предназначены студентам 2 и 3 курсов, изучающим дисциплину ОГСЭ. 04 «Иностранный язык», для работы по основным разделам, включающих тематические тексты, лексику, подлежащую активному усвоению, и упражнения, способствующие развитию навыков монологической и диалогической речи.

Данные методические материалы могут быть использованы как в аудитории для выполнения заданий под руководством преподавателя, так и для самостоятельной работы студентов.

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Методические материалы охватывают разделы «Мое хобби» и «Виды спорта». В разделе «Мое хобби» собран материал для студентов 2 курса по следующим темам:

1. My hobby is sport.
2. My hobby is travelling.
3. My hobby is reading.
4. Anton Chekhov.
5. Agatha Christie.
6. Ernest Hemingway.

В разделе «Виды спорта» собран материал для студентов 3 курса по следующим темам:

1. Basketball.
2. Football.
3. Hockey.
4. Track-and-field athletics.

Цель применения рабочей тетради в обучении состоит в том, чтобы обеспечить пооперационное формирование понятий и способствовать активизации учебно-познавательной деятельности обучающихся на занятиях.

Задачи:

- формирование понятий;
- приобретение практических умений и навыков;
- формирование у обучающихся умений и навыков самоконтроля;
- развитие мышления у обучающихся;
- контроль процесса обучения.

Использование методических материалов при обучении является одним из современных способов ведения образовательного процесса. Оно позволяет проводить проверку усвоения материала, контроль мыслительной деятельности обучающихся и проверку полученных знаний. Данные материалы предоставляют возможность преподавателю исправлять ошибки обучающихся в тот момент, когда они их делают.

2 курс MY HOBBY.

MY HOBBY IS SPORT.

Упражнение №1. Прочитать и перевести текст:

Sport in our life.

Sport is a large part of my life. I'm fond of sport because it is interesting for me to play different games, to run, to jump and it's interesting to watch football, basketball, track and field athletics and other games. Millions of people like sport because sport helps us to be healthy and strong.

I do my morning exercises every morning. It gives me much energy for all day. I think all people must go to the stadium because it is necessary.

In spite of our busy life sport is very popular with our students. They play such games as: tennis, hockey, volleyball and others. If you have spare time I Advise you to go for any kind of sports.

Упражнение №2. Ответить на вопросы:

- Why must we do morning exercises?
- What kinds of sport are popular with our students?
- Do you go to the stadium? Why?
- Why is sport interesting for you?

Упражнение №3. Перевести предложения:

- Я советую всем людям заниматься спортом или делать зарядку.
- Теннис и футбол - очень популярные виды спорта среди наших студентов.
- Если ты хочешь быть сильным и здоровым, ты должен ходить на стадион каждый день.
- Я принимаю участие во всех соревнованиях, которые проходят в нашем городе.

MY HOBBY IS TRAVELLING.

Упражнение №1. Прочитать и перевести текст:

Travelling.

Almost all people are fond of travelling. It is very interesting to see new places, another towns and countries. People may travel either for pleasure or on business. There are various means of travelling. As for me there is nothing like travelling by air; it is more comfortable, more convenient and far quicker than any other means of travelling. There is no dust and dirt or troubles with changing (пересадка) . With a train you have speed, comfort and pleasure combined. From the comfortable seat of railway carriage you have a splendid view of the whole country-side. If you are hungry, you can have a meal in the dining-car; and if a journey is long you can have a comfortable bed in a sleeper.

Travelling by ship is not very popular now. That is because it has become very expensive and not many people can afford it. But it is very pleasant to feel the deck of the ship under your feet, to see the rise and the fall of the waves, to feel the fresh sea wind blowing in the face.

Many people like to travel by car. It is interesting too, because you can see many places in a short time, you can stop when and where you like, you do not have to buy tickets or carry your heavy suitcases.

Упражнение №2. Выучить слова к тексту:

- various- различный
- is nothing like- нет ничего лучше
- dust and dirt - пыль и грязь
- combine- совмещать
- splendid- великолепный
- sleeper- спальный вагон
- to afford- позволять себе
- deck of the ship - палуба корабля
- to carry – носить

Упражнение №3. Подобрать синонимы к словам:

- travel-
- safe-
- splendid-
- fast

- sleeper-
- by air
- various-
- by ship-

Упражнение №4. Ответить на вопросы:

1. What are the methods of travelling?
2. What is your favourite method of travelling?
3. What are the advantages of travelling by air?
4. What are the disadvantages of travelling by train?
5. Why do many people prefer to travel by car?

Упражнение №5. Закончить предложение:

1. Я люблю путешествовать, потому что
2. Я путешествую только поездом, потому что...
3. Путешествуя самолётом, вы можете...

Упражнение №6. Пересказать текст, используя выражения:

- As for me...
- It's interesting to know...
- I think that...
- much attention is paid to...
- it will be also good if...
- In conclusion I'd like to say...

MY HOBBY IS READING.

Упражнение №1. Прочитать и перевести текст:

My hobby is reading.

Reading books is my hobby. I read only good and useful books. I get much useful knowledge from them. People think that they can get more knowledge from the TV and the films, but it is absurd thinking. The best knowledge is stored in books written by master minded geniuses. Books are our best guides and honest friends. Reading gives much pleasure. I can enjoy the company of great writers by reading their works. I can learn from them good and noble things of life. Good books are friends. We can learn much from them, they give us food for the mind. Reading book is the best of all hobbies. It is not very expensive. We can borrow books from libraries.

I like comedy stories, love stories, adventure and crime stories. I don' t like horror stories. My favourite authors are A. Christie, M. Mitchell, A. Chekhov and others. These writers wrote their works with the soul. But different people have different tastes. Some like modern literature others prefer the classic.

Упражнение №2. Перевести выражения:

- useful knowledge
- adventure stories
- absurd thinking
- with the soul
- honest friends
- modern literature
- food for the mind
- not very expensive
- noble things of life
- different tastes

Упражнение №3. Перевести выражения:

- любимая книга-
- писать с душой-
- любимый автор-
- брать книги в библиотеке-
- лёгкое чтение-
- ошибочное мнение-

- трудный для понимания-
- получать знания-
- современная литература-
- незабываемое впечатление-

Упражнение №4. Перевести выражения:

- Reading foreign books helps us....
- If you want to be an educated person you.....
- It is not an easy thing.....
- It is necessary nowadays.....
- You can learn English with the help of.....

Упражнение №5. Перевести предложения:

1. Watching TV isn't enough to become a well-educated person.
2. I prefer to buy all books that I need in the bookshop if I don't have such at home.
3. I devote almost all my spare time to reading.
4. I've got my own large collection of books.
5. I often read favourite books on my holydays or at weekends.

Упражнение №6. Подобрать синонимы к словам:

- knowledge-
- to borrow the book-
- to learn something-
- crime stories-
- a book about trips-

Упражнение №7. Подобрать антонимы к словам:

- useful books-
- the classics-
- absurd thinking-
- reading books-
- author-
- expensive-
- well- educated

ANTON CHEKHOV.

Упражнение №1. Прочитать и перевести текст:

Anton Chekhov.

A.P. Chekhov is the greatest Russian dramatist and short- stories writer. I'm never tired of reading and rereading his plays and humorous stories.

Chekhov was born in 1860 in Taganrog. In 1879 he went to Moscow, where he studied medicine. Though he practiced little as a doctor in his lifetime, he was prouder of his medical knowledge than of his writing talent.

While in college, Chekhov wrote humorous sketches for comic newspapers to support his family. He collected the best ones into a volume "Motley Stories" in 1886. The book attracted the attention of people and Chekhov contributed stories regularly.

Later he began to write plays. In 1887 "Ivanov", his first play, established Chekhov as a dramatist.

Chekhov was seriously ill. He had tuberculosis. By 1892 his health was so bad that he was afraid to spend another winter in Moscow. He bought a small estate near a village Melikhovo, 50 miles from Moscow. He spend 5 years there, and those were happy years in spite of the illness. He wrote some of his best masterpieces: «Ward №6», «The Seagull», «Uncle Vanya».

Упражнение №2. Ответить на вопросы:

1. Why do people like Chekhov's humorous stories?
2. What made Chekhov move to Melikhovo?
3. What his plays did you read?

Упражнение №3.Перевести слова и выражения:

- food for our mind
- to become famous
- to borrow from the library
- well-informed
- author
- well-educated
- writer
- masterpiece

- useful knowledge
- deep impression

Упражнение №4. Перевести предложения:

- I can enjoy the company of great writers by reading their works.
- I love to read interesting and amazing books.
- We can learn much from the book.
- This book has made deep impression on me.
- It was unforgettable reading.
- Chekhov is the greatest Russian dramatist and short-story writer.

Упражнение №5. Прочитать предложения и ответить на вопросы:

- As for me books are my best friends because I can not imagine my life without reading. Books form my ideas and my character.

ANSWER: What do books form?

- Lev Tolstoy and Fedor Dostoevsky studied universal problems such as morality and the nature of life itself.

ANSWER: What problems did the Russian writers study?

AGATHA CHRISTIE.

Упражнение №1. Прочитать и перевести текст:

Agatha Christie.

Agatha Christie is known all over the world as the Queen of Crime. She wrote 78 crime novels, 19 plays and 6 romantic novels. Her books have been translated into 103 foreign languages. Many of her novels and short stories have been filmed. Agatha Christie was born at Torquay, Devonshire. She began writing at the end of the First World War. Her first novel, “The Mysterious Affair at Style”, («Таинственное дело в Стайлз») was published in 1920. That was the first appearance of Hercule Poirot, who became one of the most popular private detectives. He has powerful intellect and a keen sense of humour. Then she invented Miss Marple, a deceptively mild (обманчиво мягкая) old lady with her own method of investigation. Agatha Christie's language is simple and easy.

Упражнение №2. Пересказать текст, используя данные выражения:

- This text is about....
- It is interesting to know that...
- I have understood from this text that...
- I advise you to read this text because...

Упражнение №3. Перевести предложения:

- Hercule Poirot amazes everyone by his powerful intellect and his brilliant solutions to the most complicated crimes.
- Agatha Christie’s last story “Slipping Murder” («Спящее убийство») and her autobiography were published after her death.
- Agatha Christie’s success with millions of readers lies in her ability to combine clever plots with excellent character drawing.
- Her plots always mislead the reader and keep him in suspense.
- It’s pleasant to read her books in the original.

Упражнение №4. Ответить на вопросы:

- What famous detective-story writers do you know?
- When was Agatha Christie’s first novel published?
- What was her last novel?

- Why are her books so popular with the readers?
- Have you seen any films based on her novels?

Упражнение №5. Перевести предложения:

- Agatha Christie also wrote six romantic novels under the pseudonym Mary Westmacott. She wrote nonfiction as well - four books including an autobiography and an entertaining account of the many archeological expeditions she shared with her second husband, Sir Max Mallowan. In 1971, she achieved her country's highest honor when she received the Order of Dame Commander of the British Empire. Agatha Christie died on January 12, 1976.

- Agatha Miller was born in Torquay, England on September 15, 1890. In 1914 she married Colonel Archibald Christie, an aviator in the Royal Flying Corps. The couple had one daughter, Rosalind, before their divorce in 1928.

- Agatha Christie lived between 1890 and 1976. She started writing stories at a very early age, at first to entertain herself. However, she managed to become famous. Not many people know that she used to write under a penname of Mary Westmacott. Later, already being a world-known writer, she tried to avoid publicity and stayed out of public eye.

- Agatha Christie's favourite way of murdering was by poisoning. She accurately described the process because she had learned a lot about poisons and other chemicals during World War II, while working in a hospital.

- The reader has to solve the mystery and decide who the murderer is hand-in-hand with the author. Most of the crimes were committed in some closed surroundings with a limited number of people to suspect. Finally, the identity of the murderer is revealed and a hooked reader starts looking for another book by Agatha Christie.

ERNEST HEMINGWAY.

Упражнение №1. Прочитать и перевести текст:

ERNEST HEMINGWAY.

Ernest Hemingway is one of the great American writer. He is a brilliant writer of stories and novels. He was a man of action, a devil-may-care (безрассудный) adventurer, a brave war correspondent, an amateur boxer, a big-game hunter and deep-sea fisherman.

Hemingway was born in 1899. His father was a doctor who initiated the boy into the outdoor life of hunting, camping and fishing. In high school Hemingway played football and wrote for the school newspaper.

In 1917, when the United States entered the First World War, Hemingway left home and schooling to become a young reporter for the Kansas City Star. Then he managed to go to Europe as an ambulance driver for the Red Cross. He joined the Italian army and was seriously wounded.

His war experience and adventurous life provided the background for his many short stories and novels. He achieved success with “A Farewell to Arms”, the story of a love affair between an American lieutenant and an English nurse during the First World War.

During the Second World War Hemingway was a war correspondent first in China and then in Europe.

In his later years Hemingway lived mostly in Cuba where his passion for deep-sea fishing provided the background for “The Old Man and the Sea”. He was awarded the Nobel Prize for literature in 1954.

Упражнение №2. Ответить на вопросы:

- When did Hemingway begin writing?
- How did he manage to go to Europe?
- What is Hemingway famous for?

Упражнение №3. Перевести предложения:

- Hemingway is famous for his lean style, which has been widely imitated but never matched. His heroes show courage in the face of danger, a characteristic which Hemingway admired greatly and which he prided himself on possessing.

- Hemingway was admitted to the Mayo Clinic to be treated for hypertension

and emotional depression and was later treated by electroshock therapy. Scornful of an illness which humiliated him physically and impaired his writing, he killed himself with a shotgun on July 2, 1961.

- Ernest Hemingway was a legend in his own life-time— in a sense, a legend of his own making.

Упражнение №4. Прочитать и перевести краткое содержание рассказа «Прощай оружие».

« A Farewell to Arms » is the story of an American who joined the Italian army during the First World War. Henry was served as a volunteer ambulance driver on the Italian front when he met the beautiful British nurse with whom he fell in love. As time passed, they became closer to each other, and they met many times in a small garden in front of the hospital.

A short time later Henry was seriously injured when he was on the Italian Front, and Catherine became pregnant. Later, they started looking for a peaceful life far from this mad war; they ran away from Italy to Switzerland. Finally, they stayed in a hotel in a small village where they spent wonderful moments together; they visited many places, walked together in the snow and rain, and also, as time went by, they made friends there.

Suddenly Catherine felt sick; it was time to give birth to her baby, so Henry took her to the hospital, where he stayed with her most of the time. Catherine faced some difficulties and troubles; she was not able to have an ordinary delivery. The doctor advised an urgent operation in order to save the mother and her baby. After a Caesarean, a long and painful process, the baby was stillborn. The death of the baby neither shocked Henry nor bothered him, he was thinking of Catherine who was going through difficult moments alone in the face of death; she was suffering one hemorrhage after another. After a short struggle with pain, she finally faced death and left this world in silence without saying goodbye to her lover. Henry was there in that room, he was looking at her while she was lying on the bed in a small room; her lovely face looked so wonderful but without a smile on it. He wanted to say goodbye or to kiss her, but he felt as if he was trying to talk to a statue. After a while he turned the lights off, closed the door and left the room and went out to the hotel alone in the rain.

3 КУРС

DIFFERENT KINDS OF SPORTS.

BASKETBALL

Упражнение №1. Выучить новые слова и перевести предложения, используя эти слова:

- 1) a competition- соревнование
- 2) to contest against- состязаться с кем-то
- 3) a basketball team- баскетбольная команда
- 4) a visiting team- команда гостей
- 5) a home team- команда хозяев
- 6) a national team- сборная команда
- 7) to be full of surprises- полон неожиданностей
- 8) to be winner- стать победителем
- 9) to suffer a defeat- потерпеть поражение
- 10) below (one's) best- ниже своих возможностей

Перевести предложения:

- We are going to take part in the basketball contest.
- Who will contest against our basketball team?
- The visiting team suffered a defeat in the final.
- It was a fine performance, full of surprises.
- The Russian national team won the visiting team.

- 11) to do (one's) best- выступить наилучшим образом
- 12) a score- счёт (46 to 52)
- 13) to end in a draw- закончить вничью
- 14) to change the score- изменить счёт
- 15) to open the score- открыть счёт
- 16) to equalize the score- сравнять счёт
- 17) to injure- получить травму
- 18) to drop out of contest- выбыть из соревнований
- 19) a final, a semifinal, a quarter final- финал, полуфинал, четверть финал
- 20) to reach for the final- достичь до финала
- 21) to place high hopes on ...- возлагать большие надежды на...

Перевести предложения:

- They played below their best.
- Our team suffered a defeat with the score 50 to 60.

- Our team opened the score at the beginning of the game.
- He injured his leg and couldn't play for his team.
- I came only the fourth and dropped out of the competition.
- Ann can reach for the final.
- Our coach places high hopes on me.

Упражнение №2. Прочитать и перевести текст:

Basketball.

The basketball competition took place in our college two days ago. Our young and strong team contested against the team from Rostov. This game was full of surprises. Rostov suffered a defeat last year and their coach was hoping that his team will be winner.

At the beginning of the game they opened the score. Our team couldn't change the score because we played below our best. Suddenly the player from the visiting team Novikov injured his leg and dropped out of the game.

Our team placed high hopes on our defender and soon he equalized the score. It was very hard game. At the same time it was very interesting match. Our team won with the score 60 to 52. And so the home team could reach for the final.

Упражнение №3. Перевести слова и выражения:

- 1) to perform-
- 2) a record-
- 3) a tournament-
- 4) a coach-
- 5) a trainer-
- 6) a training-
- 7) a championship-
- 8) to be in form-
- 9) to be out of form-
- 10) a will-
- 11) an event-

Упражнение №4. Перевести словосочетания:

- | | |
|-------------------------------|--------------------------|
| 1) выиграть первое место- | 7) повредить руку- |
| 2) личное первенство- | 8) хороший игрок- |
| 3) идти на (into) тренировку- | 9) с помощью тренера- |
| 4) сильная воля- | 10) современный стадион- |
| 5) шахматный турнир- | 11) трудная игра- |
| 6) командная победа- | 12) большой счёт- |

Упражнение №5. Перевести предложения:

- 1) Вчера было институтское баскетбольное состязание.
- 2) Она - прекрасный игрок и в отличной форме сейчас.
- 3) Я думаю, что наша команда может занять первое место.
- 4) Команда будет играть в четвертьфинале.
- 5) Он пробежал ниже своих возможностей.
- 6) Я возлагаю большие надежды на Российскую сборную команду.
- 7) Он повредил свои пальцы на баскетбольном матче.
- 8) Я был не в форме и выступил ниже своих возможностей.

Упражнение №6. . Ответить письменно на вопросы к тексту:

- 1) Who did our coach place high hopes on?
- 2) What score did yesterday's match finish with?
- 3) Where did this game take place?
- 4) When did a visiting team open the score?
- 5) What did Novikov injure yesterday?
- 6) How many teams must reach for the final?
- 7) Who changed the score?
- 8) Whose team reached for the final?
- 9) Could our team drop out of this contest?
- 10) Did you like this game? Why?

Упражнение №7. Закончить предложения:

- 1) This game was very interesting because.....
- 2) I was out of form so.....
- 3) Our team was stronger that is why.....

FOOTBALL.

Упражнение №1. Выучить слова и перевести предложения с новыми словами:

1. a ground- футбольное поле, стадион
2. defense- оборона, защита
3. strong defense- сильная защита
4. weak defense-слабая защита
5. defender-защитник
6. attack-нападение, атака
7. attacking- атакующий
8. goal- гол, ворота
9. goalkeeper- вратарь
- 10.forward- нападающий
- 11centre-forward- центральный нападающий
- 12.score- счёт
- 13.to score a goal- забить гол
- 14.to shoot (shot)- ударить (ударил)
- 15.to shoot at the goal- ударить в ворота

Перевести предложения:

1. Наш нападающий забил гол на пятой минуте.
2. Это был важный гол для нашей команды.
3. Он ударил в ворота и забил первый гол.
4. Мы будем играть на новом стадионе.
5. У нас слабая защита, а вратарь играет сильно.

Упражнение №2. Выучить слова и перевести предложения с новыми словами:

1. a shot-удар
2. to miss-промахнуться, не попасть
3. penalty-штрафной
4. penalty kick-штрафной удар
5. a referee-судья
6. to referee-судить
7. in favour of...- в чью-либо пользу
8. draw- ничья
9. to end with a draw- закончить в ничью
- 10.to play for a draw- играть на ничью
- 11.versus (V)- против
- 12.to play for a victory – играть на победу
- 13.to put up a good show- хорошо выступить

14. to take the lead- выйти вперёд
15. to lose the lead- утратить лидерство

Перевести предложения:

1. Стадион полон людьми и игроками.
2. Команда гостей не может держать крепкую защиту.
3. Он -хороший игрок в нападении.
4. Вратарь удержал штрафной удар.
5. Центральный нападающий ударил мяч в ворота и открыл счёт.
6. Кто стоит в воротах сегодня?
7. Я не смог забить гол во время штрафного.
8. Мы сравняли счёт в конце игры.
9. Они хорошо выступили в матче против сборной.
10. Наша команда не попала в ворота и утратила лидерство.

Упражнение №3. Прочитать и перевести текст:

Football match.

Our modern ground is full of people today. Our “Olymp” plays versus “Dynamo”. We wait this game all year. Our coach places high hopes on Sedov, he stands in the goal today. And Petrov plays in defense. Our team is very strong and we hope to put up a good show.

The centre-forward shoots the ball at the goal and opens the score. The visiting team has strong defense, but their goalkeeper is weak. The player from “Dynamo” hits our player and the referee orders a penalty kick. Petrov scores the second goal. it’s a very important goal for our team. The first half of the game ends in favour of our team. I think this is attacking game.

The second half begins. The coach replaces Petrov on newcomer Novikov, who uses good manner of playing. He gets the ball and shoots high over the goal. It’s a pity, that we can’t score the third goal.

The game ends with the score 2 to 0. All players have done their best and our team has taken the lead.

Упражнение №4. Прочитать и перевести диалог:

- Look! The ground is full today.
- I see. But the game has begun already. let’s look at.
- Oh! Nick is playing centre-forward today. I think he is in good form.
- Shoot, Nick! Shoot! He shoots high over the goal from a good position.
- But the referee orders a penalty kick.
- It’s a pity, but they miss again.
- The goalkeeper of the visiting team plays nicely.
- Yes, he does. Last year they put up a good show and took the first place.
- I hope our team will be able to open the score and take the lead.
- We can only hope.

Упражнение №5. Перевести выражения, используя слова из упражнений №1 - №2:

1. sound defense-
2. to play in defense-
3. top international class-
4. attacking football-
5. to stand in the goal-
6. to combine the game-
7. to score the goal-
8. to shoot high over the goal-
9. strong shot from a penalty-
10. to order a penalty kick-
11. to referee the game-
12. to miss the goal-
13. in favour of "Dynamo"-

Упражнение №6. Перевести выражения:

1. выиграть три игры-
2. плохо выступить-
3. счёт в пользу команды гостей-
4. сильный удар-
5. забить первый гол-
6. играть хорошо в защите-
7. современное футбольное поле-
8. хороший защитник-

Упражнение №7. Перевести предложения на русский язык:

1. The ground is full today.
2. He is a defender of top international class.
3. The team was not very good in attack.
4. The goalkeeper did his job nicely.
5. It was a very important goal for our team.
6. What is the score?
7. How many goals have you scored?
8. He shot high over the goal from a good position.
9. The game was decided on penalties.
10. The referee ordered a penalty kick.
11. Who will referee today's match?
12. Holland needs only a draw.
13. He shot at the goal but missed.
14. Nick put up a very good show and took the first place.
15. "Dynamo" won three games and took the lead.

HOCKEY.

Упражнение №1. Прочитать и перевести текст:

Hockey.

Hockey is one of the most popular **fast-paced sports** games in the world. It is an exciting and spectacular game played by two teams either on ice-rink or on a field. Each team presents a certain country or region and consists of six players: two defense-men, two **wingers**, one goalkeeper and one center man.

Hockey players should be very skilled and **agile**. This game requires skillful skating and excellent **stick handling**. There are various types of hockey. The most popular and widespread games are field hockey, ice hockey, sledge hockey and street hockey. Field hockey is played on natural grass with a small, hard ball and **J-shaped** sticks.

Ice hockey is one of the most spectacular sports of Winter Olympics. It originally appeared in the expanses of North America hundreds of years ago and is now played in many northern countries. First competitions in Canada were amateur, but gradually they became professional. The first professional league, known as NHL, was formed in 1917. The rules of the game are simple. The players try to score a goal into the opponents' **gate**. The **puck** should completely cross the goal line and enter the net.

Sledge hockey is played by people with physical **disabilities**. This sport is played during Winter Paralympics. Street hockey is played on hard surface, usually asphalt, with a ball instead of a puck.

Being a rough game, hockey causes many injuries. Nevertheless, people love this game and enjoy watching it.

НОВЫЕ СЛОВА К ТЕКСТУ:

1. fast-paced sport- быстро развивающийся спорт
2. winger- крайний нападающий
3. agile- ловкий
4. stick handling- владение клюшкой
5. J-shaped- загнутая
6. gate – ворота
7. puck- шайба
8. sledge hockey- хоккей на санях
9. disabilities- ограниченные возможности

Упражнение №2. Выучить выражения и письменно составить с ними английские предложения:

1. rough game- грубая игра
2. breaking the rules- нарушение правил

3. to last 20 minutes- длиться 20 минут
4. to press against the boards- прижать к бортику
5. to substitute one player for another- заменить одного игрока на другого
6. to handle the stick- владеть клюшкой
7. technically skilled- технически квалифицированный
8. well-ordered- хорошо организованный
9. to work wonders- творить чудеса

Упражнение №2. Перевести выражения, используя текст:

1. зрелищная игра-
2. состоять из 6 игроков-
3. ловкий вратарь-
4. появиться на Севере-
5. любительский хоккей-
6. войти в ворота-
7. твёрдая поверхность-
8. мяч вместо шайбы-

Упражнения №3. Перевести предложения:

1. Люди любят хоккей, потому что это зрелищная игра.
2. Уличный хоккей играют на асфальте только зимой.
3. Люди с ограниченными возможностями играют в санный хоккей.
4. Профессиональный хоккей появился в Канаде и имеет много болельщиков.
5. Это очень грубая и опасная игра.

Упражнение №4. Прочитать и перевести диалог:

Hockey match.

- I wonder what is the score?
- 3 to 3 draw.
- Both teams are good and the players are in the nice form.
- Yes, and the newcomers play on a par with the veterans.
- Look! Home team changes the score and takes the lead.
- It's technically skilled and well-ordered team.
- I think this team will put up a good show and take the first place.
- Let's see.

Упражнение №5. Составить письменно диалог по одной из тем:

1. My brother is a good hockey player.
2. We couldn't win because of Petrov.
3. Petrov was sent off for rough game.

TRACK- AND –FIELD ATHLETICS.

Упражнение №1. Выучить новые слова и выражения и перевести предложения с ними:

1. Weight-lifting- тяжёлая атлетика
2. Track and field athletics- лёгкая атлетика
3. Runner- бегун
4. Track, bend- дорожка
5. Running track- беговая дорожка
6. Sprinter- бегун на короткие дистанции
7. Long-distance runner- бегун на длинные дистанции
8. To hit the distance- пробежать дистанцию
9. Speed- скорость
10. A shot rang out.- раздался выстрел
11. Heat, round- забег
12. To race with one another- бегать наперегонки
13. To leave behind- обогнать
14. To run down- догнать
15. To overtake and surpass- догнать и перегнать
16. To come running- прибежать

- Мы часто бегаем наперегонки на уроках физкультуры.
- Я бежал с большой скоростью и обогнал соперника.
- Он прибежал первым и получил награду.
- Я не смог догнать атлета из Японии.
- Я провожу 2 часа на беговой дорожке каждый день.

Упражнение №2. Выучить новые слова и выражения и перевести предложения с ними:

1. On your marks!- На старт!
2. To make a good start- взять хороший старт
3. To reach for the finish- дойти до финиша
4. To scratch out of the distance- сойти с дистанции
5. To strain a muscle [masl]- растянуть мускул
6. To strain a tendon- порвать связку
7. Relay-race- эстафета
8. Lap- этап
9. To pass on the baton to...- передать эстафету кому-то
10. Marathon race- марафонский бег
11. Race with obstacles- бег с препятствиями
12. To clear a barrier- взять барьер

13. High jump- прыжок в высоту
14. Long jump- прыжок в длину
15. At a height of 2 metres- на высоту 2 метра
16. At a length of 4 metres- в длину 4 метра

- Он сошёл с дистанции, потому что он порвал связку.
- Это была трудная эстафета, и он не смог дойти до финиша.
- Эта эстафета состоит из 3 этапов.
- Он не смог взять барьер и сошёл с дистанции.
- Она не смогла прыгнуть на высоту 2 метра.

Упражнение №3. Выучить новые слова и выражения и перевести предложения с ними:

1. To pole-vault- прыгать с шестом
2. Horizontal bar- перекладина
3. Pole- шест
4. Standing jump- прыжок с места
5. Running jump- прыжок с разбега
6. To throw the discus- метать диск
7. Discus-throwing- метание диска
8. To throw the javelin- метать копьё
9. Javelin-throwing- метание копья
10. Shot- ядро
11. To put the shot- толкать ядро
12. To throw far- добросить до...-
13. To throw over- перебросить через...-
14. Mark- отметина

- Он добросил ядро до отметки 60 метров.
- Метание диска - очень тяжёлый вид спорта.
- Она не смогла прыгнуть с шестом, потому что растянула мышцу.
- Я перебросила копьё через нужную отметину.
- Она не смогла прыгнуть через перекладину и выбыла из соревнований.

Упражнение №4. Прочитать и перевести текст:

Track-and-field athletics.

Let me introduce myself. I'm a first year student of the State University of Physical Education. My kind of sport is track-and-field athletics. I have been doing it for 10 years. I'm a Candidate of Master of Sports. I train 6 times a week in the stadium or in the gym. I often participated in Russian competitions, European Tournaments and some other events. Sometimes I won the titles.

I'm fond of athletics because it is not only the oldest but also the most popular sport. Running, jumping and throwing were popular in some ancient countries:

Greece, Egypt and Assyria. Modern athletics began in the 19th century. Running races were held on open fields and later on at the stadiums, where athletes trained and competed. The first Russian athletics club appeared in 1888 in Petersburg. It started the development of Russian athletics. Many Soviet athletes showed good results in running, the Znamensky brothers were among them. Soviet athletes began to participate in international competitions in 1946. We know world and Olympic champions: V.Borzov, V.Brumel, V.Katz and many others.

Упражнение №5. Перевести слова и выражения, используя текст:

1. Современная атлетика-
2. Наиболее популярный вид спорта-
3. Соревнования по бегу-
4. Древние страны-
5. Проводиться-
6. Соревноваться-
7. Появиться-
8. Показывать хорошие результаты-
9. Принимать участие-
- 10.Международные соревнования-
- 11.Чемпионы мира и Олимпийских игр-

Упражнение №6. Выучить выражения и составить с ними предложения:

1. Athlete- атлет
2. To contend for victory (for first place)- бороться за победу (за 1 место)
3. To pull out the victory- вырвать победу
4. To break a record- побить рекорд
5. To set up a record- установить рекорд
6. Summit of fame- вершина славы
7. To reward with- награждать чем-то
8. Podium- пьедестал
9. Rating- разряд
- 10.Repeated (world) champion- многократный чемпион (мира)
- 11.Tension- растяжение
- 12.To have a pain- испытывать боль
- 13.At a great distance- на длинной дистанции
- 14.At a short distance- на короткой дистанции

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