

О.С. КОНОТОП

SPORT AND GAMES

Навчально-методичний посібник

для самостійної роботи

з практики англійського усного та писемного мовлення

для студентів II курсу

Спеціальності 6.010102

Початкова освіта. Спеціалізації «Іноземна мова (англійська)»

Чернігів 2011

Чернігівський національний педагогічний університет імені Т.Г. Шевченка

Факультет початкового навчання

Кафедра мов та методики їх викладання у початковій школі

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УДК 811.111 (075.8)

К 64

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ПЕРЕДМОВА

Посібник розроблено для самостійної роботи студентів – майбутніх учителів англійської мови у початковій школі. Матеріали посібника доцільно використовувати в комплексі з базовим підручником з англійської мови для студентів другого курсу факультетів іноземних мов¹. Студенти самостійно опрацьовують матеріали посібника в позааудиторний час. Виконання завдань відбувається паралельно з вивченням відповідної теми на практичних аудиторних заняттях з англійської мови. Викладач перевіряє та оцінює виконання самостійної роботи студентів упродовж модуля.

Посібник включає методичну розробку тем – *Sport and Games, Keeping Fit, Olympic Games, Sport Celebrities*. Вправи посібника мають на меті надати студентам лінгвокраїнознавчі знання, сформувати навички і вміння, що забезпечують їх здатність розпізнавати, адекватно розуміти та критично інтерпретувати експліцитну й імпліцитну соціокультурну інформацію, що містить автентичний англомовний текст. Ретельне виконання всіх вправ сприятиме збагаченню активного словника студента, розвитку вмінь читання та писемного і усного мовлення, соціокультурної компетенції.

Англомовні тексти для розвитку англомовної комунікативної компетенції у студентів, які представлено у цьому посібнику відібрано з автентичних джерел (газет, журналів, НМК та довідкової літератури).

¹ Практический курс английского языка. 2 курс: Учеб. для пед. вузов по спец. «Иностр. яз» / Под ред. В.Д. Аракина. – 5-е изд., перераб. и доп. — М.: Гуманит. Изд. Центр ВЛАДОС, 2000. — 520 с.

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Sports are complex in that they are a way to escape our lives as well as a way to look at our lives in a clearer way. In the world of sports the line of victory and defeat is quite clear. There is no question of what team you are on or what position you play within the team. These things are not always clear in real life. Escaping to the world of sports is an opportunity to think about these questions in our own lives.

Sports and Games

Topical Vocabulary

Task 1. What do we call a person who....

does the long jump;

rides horses in races;

drives cars in races;

throws the discus (javelin);

does gymnastics;

plays hockey;

plays chess (draughts);

does the pole vault;

does the mountaineering;

plays football;

goes in for wrestling;

goes in for diving;

goes in for skating;

goes in for swimming;

goes in for athletics.

Task 2. Match each sport on the left with the correct definition on the right.

| | | | |
|----|-----------------|---|--|
| 1 | callisthenics | A | propelling oneself through water by means of movements of the body |
| 2 | cycling | B | the sport of shooting with bow and arrow |
| 3 | cycling | C | ice skating in which a skater traces elaborate figures |
| 4 | fencing | D | a game in which participants use a long stick to hit balls on a special table |
| 5 | diving | E | a game played with a bat and a ball |
| 6 | swimming | F | a game played between two teams of 5 players each, the object being to throw the ball through a basket |
| 7 | hang-gliding | G | athletic events performed on a running track |
| 8 | figure skating | H | riding a bicycle or motorcycle |
| 9 | bobsleigh | I | climbing mountains for sport |
| 10 | archery | G | sport of using a foil, sabre or sword as a means of attack or defence |
| 11 | track and field | K | racing in a long sleigh |
| 12 | baseball | L | gymnastic exercises designed to promote physical well-being |
| 13 | billiards | M | plunging head-first into water |
| 14 | basketball | N | gliding from height on a special device |

Task 3. Match each game in the left-hand column with the description of some rules from the right-hand column.

| | | | |
|---|------------|---|--|
| 1 | ice-hockey | A | The object of the game is to strike the ball into a part of your opponent's court in such a way that he cannot return it directly or on its first bound. It is a fault if the service is delivered from the wrong court, or if the ball served drops out of court, or goes into the wrong court. |
|---|------------|---|--|

| | | | |
|---|-------------|---|---|
| 2 | cricket | B | A game, played with a bat-and-ball by two teams of nine players each, on a field with four bases. |
| 3 | netball | C | A game, played by two or four persons, each with a small, hard rubber-cored ball. The aim is to take fewer strokes than an opponent does. You should hit a ball into a small hole. |
| 4 | baseball | D | A game is played on a board divided into 64 squares, on which the different pieces (pawns, bishops, knights, castles, queens and kings) are moved. The board is placed so as to leave a white square at the right hand of the player. The aim is to capture a king. |
| 5 | golf | E | A game played on a field by two teams of eleven players each. The players kick the ball but they mustn't touch it with their hands. |
| 6 | lawn tennis | F | A table game for two players using 24 round pieces on a board with 32 black and 32 white squares. The first move is taken by agreement. It is compulsory upon the player to take all the pieces he can legally by the series of moves. On making a "king," however, the latter remains on his square till a move has been made on the other side. |
| 7 | football | G | A game played on ice by two teams of six players each wearing skates and with sticks and a rubber disc (a puck). The players should hit a puck into a goal with a stick. They mustn't use their hands. |
| 8 | chess | H | A ball game played on a grass field by two teams of eleven players each, with |

| | | | |
|---|----------|---|---|
| | | | bats and wickets. The players wear white shirts and white flannel trousers, and one player at a time tries to hit the ball with a bat. The batsman mustn't touch the ball with his hands. |
| 9 | draughts | I | A game similar to basketball but the ball is not bounced on the ground. The players throw the ball to each other and the opposing team tries to intercept it. |

Task 4. Read the rules for the games. Put the words net, club, basket into the correct spaces. What games do they describe?

1. There are five players in each team. You play on a court, with a _____ 3 meters high at each end. The object is to put the ball in the other team's _____. You can pass the ball, but you can't run with it.

2. There are usually two players. You play on a _____ which has six pockets around the side. There are 22 coloured balls on the _____. You have to try and hit the balls, using a stick, into the pockets.

3. There are eleven players in each team. You play on a grass pitch, with a _____ at each end. The object is to score by putting the ball into the _____ using your head or your feet. But you are not allowed to touch the ball with your hands.

4. You play this game outside. Using a _____, you have to hit a small ball into a hole in the ground, which is usually about 100 metres away. There are 18 holes altogether. The player with the lowest number of hits (or "strokes") is the winner.

Task 5. In each group of four words below, one is different. Underline the word that is different — that is the "odd man out":

1. pitch, football, bat, goalkeeper.
2. show, match, tournament, contest.
3. surfing, flipper, aqualung, javelin.

4. net, billiards, tennis, racket.
5. swimming, diving, water polo, fencing.
6. beam, chess, king, knight.
7. chuck, race, hockey, stick.
8. match, rink, boxing, ring.
9. gliding, aeroplane, sailing, slope soaring.
10. oar, parachuting, racing boats, rowing.
11. surfing, track, road race, cycling.
12. table tennis, board, net, racket.
13. pitch, golf, course, hole.
14. sabre, goal, fencing, foil.
15. running, track, ring, start.
16. ice hockey, rugby, goal net, helmet.
17. trampoline, beam, parallel bars, chess.
18. marathon, diving, swimming pool, bathing suit.
19. set, tennis, course, stick.
20. oar, pitch, coach, referee.

Task 6. Choose the correct word to complete the sentences. Look up any words you don't know.

1. This golf... is one of the best in the country.

| | | | | | | | |
|---|-------|---|--------|---|-------|---|-------|
| a | court | b | course | c | pitch | d | track |
|---|-------|---|--------|---|-------|---|-------|

2. After 5.000 metres Johnson was still... the lead.

| | | | | | | | |
|---|----|---|----|---|----|---|----|
| a | at | b | on | c | to | d | in |
|---|----|---|----|---|----|---|----|

3. In this race they run four ... of the track.

| | | | | | | | |
|---|------|---|--------|---|-------|---|---------|
| a | laps | b | rounds | c | turns | d | courses |
|---|------|---|--------|---|-------|---|---------|

4. The crowd went wild when he the winning goal.

| | | | | | | | |
|---|------|---|--------|---|-----|---|--------|
| a | beat | b | scored | c | won | d | served |
|---|------|---|--------|---|-----|---|--------|

5. The surfer fell off his... into the waves.

| | | | | | | | |
|---|--------|---|-------|---|-------|---|--------|
| a | sledge | b | beard | c | board | d | paddle |
|---|--------|---|-------|---|-------|---|--------|

6. He was ... from the championship after they discovered he had been taking drugs.

| | | | | | | | |
|---|----------|---|--------------|---|------|---|-------|
| a | defeated | b | disqualified | c | lost | d | aimed |
|---|----------|---|--------------|---|------|---|-------|

7. The champion knocked him out in the fourth

| | | | | | | | |
|---|-------|---|------|---|------|---|-----------|
| a | round | b | part | c | game | d | challenge |
|---|-------|---|------|---|------|---|-----------|

8. I hope I'll be fit enough to ... the race tomorrow.

| | | | | | | | |
|---|-----------------|---|-----------------|---|------------------|---|-------------|
| a | take part in | b | take part of | c | take place in | d | participate |
|---|-----------------|---|-----------------|---|------------------|---|-------------|

9. An ice-... match is very exciting to watch.

| | | | | | | | |
|---|---------|---|--------|---|------|---|------|
| a | skating | b | hockey | c | polo | d | puck |
|---|---------|---|--------|---|------|---|------|

10. While she was serving, a string ... in her racket.

| | | | | | | | |
|---|-----|---|-------|---|------|---|---------|
| a | cut | b | broke | c | tore | d | blew up |
|---|-----|---|-------|---|------|---|---------|

11. When the ... landed, the point stuck in the ground.

| | | | | | | | |
|---|--------|---|------|---|--------|---|---------|
| a | discus | b | shot | c | hammer | d | javelin |
|---|--------|---|------|---|--------|---|---------|

12. They .. gracefully over the ice.

| | | | | | | | |
|---|---------|---|---------|---|--------|---|--------|
| a | slipped | b | skidded | c | skated | d | rushed |
|---|---------|---|---------|---|--------|---|--------|

13. His .. is so fast that I can hardly see the ball.

| | | | | | | | |
|---|--------|---|---------|---|-------------|---|---------|
| a | saving | b | servant | c | reservation | d | service |
|---|--------|---|---------|---|-------------|---|---------|

14. He had to pull out of the race with a ... muscle.

| | | | | | | | |
|---|----------|---|---------|---|--------|---|------|
| a | strained | b | cramped | c | broken | d | long |
|---|----------|---|---------|---|--------|---|------|

15. The ... sped from the bow towards the target.

| | | | | | | | |
|---|------|---|-----|---|-------|---|--------|
| a | dart | b | rod | c | arrow | d | bullet |
|---|------|---|-----|---|-------|---|--------|

Task 7. Choose the right answer:

1. The footballer scored five _____, so his team won the match.

- a) aims b) goals
c) games d) scores

2. The _____ said it was a foul and gave us a free kick.

- a) controller b) manager
c) director d) referee

3. In his first game for our team Mark _____ a goal after three minutes.

- a) earned b) gained
c) scored d) won

4. Even though the match wasn't very exciting, the _____ managed to make it sound interesting.

- a) announcer b) commentator
c) narrator d) presenter

5. The football match resulted in a _____.

- a) draw b) equalizer
c) loss d) zero

6. Having lost the match, the team travelled home in _____ spirits.

- a) cold b) dark
c) empty d) low

7. The football team won partly because they had been trained by such a good _____.

- a) coach b) professor
c) instructor d) teacher

8. Bill is always _____ about how well he plays football.

- a) boasting b) flaunting
c) parading d) puffing

9. The _____ at the football match became violent when their team lost.

- a) customers b) groups
c) observers d) spectators

10. After their long period of training, the footballers were in good _____.

- a) cut b) figure
c) shape d) style

Task 8. In which of the sport listed below do you...

| |
|---|
| <i>Boxing, squash, football, hockey, tennis, basketball</i> |
|---|

1. hit the ball with a bat?
2. score a goal by kicking the ball into the net?

3. punch someone while wearing large gloves?
4. tackle another person with your stick?
5. serve and volley a ball across a net?
6. hit a ball against a wall with a racquet?

Task 9. Complete the following sentences with the words and phrases from the list in the box below:

Captain, kick off, free kick (penalty), football, ground (pitch), footballer, fouls, draw, soccer, score, opponent(s), coach, League, referee, goal, fair.

1. The games take place on a _____.
2. Playing correctly is called _____.
3. A federation of football clubs is called a football _____.
4. When the teams have scored the same number of goals we say it's a _____.
5. During the match each team tries to _____ as many goals as possible.
6. The beginning of the match is the _____.
7. What Europeans call "football," Americans call _____.
8. The leader of the team is the _____.
9. Unfair moves are called _____.
10. When a player breaks the rules the other team may get a _____.
11. A man who enforces the rules during a games is is the _____.
12. A man in the _____ is called a goal-keeper.
13. When you play in a football team you are a _____.
14. An instructor of the team is a _____.
15. The players of the other team are the _____.

Task 10. Use the words in the box below to complete the following sentences.

basketball, rugby, play, bowls (bowling), team, race tracks, outdoor, riding, football, player(s), game(s), spectator, championship, playground, cricket, sport(s), indoor, match(es), gymnasium.

1. The English are fond of _____ (1) and regard themselves as good sportsmen. This is not surprising since England has been the home of sport for centuries and gave birth to nearly all _____ (2) wherever they are played, on land or on water.
2. Next to soccer, the chief _____ (3) sport in English life is horse racing.
3. To some people _____ (4) is a boring game, to others, it has the intellectual fascination of chess and dramatic appeal of a five-act _____ (5).

4. In recent years _____ (6) has become a sport for everybody. There are many reasons for interest in the horses.

5. _____ (7) is a game that has been played in Britain since the 13-th century.

6. _____ (8) is played with an egg-shaped ball which may be carried and thrown (but not forward). Each _____ (9) has fifteen players, who spend much time lying in the mud or on top of each other.

7. _____ (10) which began in England spread all over the world. Its fans have become a public threat in Britain, a tradition of violence is common during and after the _____(11).

8. Americans are fond of _____ (12) and even the smallest village has a _____ (13) where people do sports.

9. _____ (14) is played on a grass court. The most famous British _____ (15) is Wimbledon, played annually during the last week of June and first week of July.

10. During the winter of 1891—1892 James Naismith, a college instructor in Springfield, introduced the game of _____ (16). He wanted to give some exercises for students between the end of the football season and the baseball season. He placed fruit baskets on the walls at opposite ends of the _____ (17). There have been many changes in the _____ (18) since then, for example, there are five _____ (19) in a team now, but the game itself is the same.

11. It is interesting that at first basketball was an _____ (20) game, and in America it is still played indoors. But almost in all other countries it is an _____ (21) game.

Task 11. Fill in the gaps with an appropriate word.

1. The person who controls a football match is called a _____.

2. There are 11 players in a football _____.

3. In games like tennis or squash, the person you play against is called your _____.

4. In most games, if your score more points than the other player, you _____ the game.

5. Most ice-hockey play a competitive game you want to _____ the other team.

6. Most sports people would like to _____ a gold medal in the Olympics.

7. To _____ a goal in hockey, you have to get the ball into the net.

Task 12. Name the other piece of equipment necessary to play these sports apart from the item given, as in example. What special clothing, if any, is worn for each sport?

Example: golf — clubs, balls, trolley, tee, etc.

archery — bow, ...

badminton — racket, ...

hockey - stick, ...

baseball - bat, ...

darts — darts, ...

Task 13. Read the texts below and guess what kinds of sports are described in them.

1. I guess you could say that this is our national sport - we certainly have got the right kind of weather for it. It has the reputation of being a pretty rough and tough game. Anyhow as its name suggests, we play it on ice, on skates and the object of the game is to score by hitting the puck into the net. You have to be really well dressed up and padded and protected for this because it's easy otherwise to get badly hurt.

2. This sport has a long and traditional history in my country. It is a mixture of meditation and concentration, and accuracy. It's important to breathe properly. Obviously you need a bow and arrow and to aim at the target.

3. I don't know whether you can really call this a sport but it is something that people from my country have been very good at. We have had lots of grand masters and international grand masters. It is an ancient game. I think it originally came from Persia, now Iran. It is about strategy and it requires a very good memory of other games and intense concentration. You play it on a board with sixty-four squares and the object of the game is to capture the enemy's king. Each player has sixteen pieces which move around the board in a certain way.

4. Today it is one of the most popular competitive summer sports in the world. Players from many countries take part in international tournaments, professional and amateur. The most famous of British tournaments is Wimbledon. The game that we play today is a descendant of another popular game played in the 19th century on green lawns, the father of which is traditionally said to be Walter Winfield. Each player's objection is to strike a ball into the court of his/her opponent so that it cannot be returned. The procedure for scoring is peculiar to the game. The winner is the player who wins the most games in a certain number of sets.

5. It is a new kind of sport which is said to originate in the USA. It is not competitive and is usually done by sensation-seeking individuals. In this sport a person jumps from a high place such as a bridge or a cliff, with a long elastic rope tied to their feet or waist.

Task 14. Listen (Matters Upper Intermediate Workbook p. 58, ex. 1) to Helen, Dick and Chris and write down the sport they are talking about.

Helen _____

Dick _____

Chris _____

Listen once more and write down in note form one reason why the person talking likes the sport.

Listen once more and answer the questions.

1. What is one of the most exciting moments in a football match?
2. What is more important: getting a goal or the way the goal is scored?
3. What is one thing that contributes to the atmosphere of a baseball game?
4. When can baseball seem very slow?
5. When does a fielder have to catch a ball over his shoulders?
6. Why does Chris like to watch the strugglers?

Keeping Fit

Task 1. Look through *Leisure USA Questionnaire*. How often do you do these activities? Write *often*, *sometimes* or *never*.

Leisure USA Questionnaire

Aerobics _____

Computer activities _____

Cooking _____

Cycling _____

Dancing _____

Going to the movies _____

Reading _____

Shopping _____

Swimming _____

Walking _____

Watching TV _____

Task 2. Now number the activities from *Leisure USA Questionnaire* that you do in order, with number 1 as you favourite. Which other activities do you do in your free time that aren't listed above?

Task 3. Look at the questionnaire *Leisure USA Questionnaire* once more. Are the activities on the list popular in our country? Complete the questionnaire for yourself.

Task 4. Decide how you think an American teenage girl would complete *Leisure USA Questionnaire* and fill in the table below.

Listen to Kirsten, an American 16-year old, completing the questionnaire and fill in her answers in the table below (Across Cultures p. 17).

| # | <i>Activity</i> | <i>Expected Answer</i> | <i>Kristen's Answer</i> |
|----|---------------------|------------------------|-------------------------|
| 1 | Aerobics | | |
| 2 | Computer activities | | |
| 3 | Cooking | | |
| 4 | Cycling | | |
| 5 | Dancing | | |
| 6 | Going to the movies | | |
| 7 | Reading | | |
| 8 | Shopping | | |
| 9 | Swimming | | |
| 10 | Walking | | |
| 11 | Watching TV | | |

Are her answers the same as you expected?

Task 5. Read the article *Pedal Power TV* quickly, and decide which of the following sentences best describes what it's about.

1. Overweight children watch television more often.
2. Children watch less television if they have to work for it.
3. Children like to combine watching television with physical exercise.

Read sentences 1-6. Then underline those parts of the article that each sentence refers to.

1. The new invention is a television set combined with a bicycle.
2. The aim of the experiment was to measure how much electricity we can generate through exercise.
3. Mr Allison says watching television limits children's imagination.
4. Mr Allison tried to discourage people from using lifts.
5. The invention has reduced the number of overweight children in the USA by 13%.
6. All the children in the experiment watched television for twenty hours.

Pedal Power TV
To Uproot Couch Potato

A television set that will only work if children pedal an exercise bicycle to provide the electricity has been invented by researchers examining weight problems at a New York hospital.

Experiments involving overweight children aged between eight and twelve showed that those who had to pedal when they wanted to watch their favourite programmes not only watched far less television, but also recorded impressive loss of fat.

The 'couch potato TV' was developed by researchers at St Luke's Roosevelt Hospital as a result of growing concern over weight problems among an increasing number of American children. David Allison, who headed the research, said: 'I am not naive enough to think we're going to solve the world's weight problems with TVs hooked to bicycles. But there are other things we could do that are only limited by our imagination.'

Mr Allison once proposed that people should be charged to travel in lifts in an effort to encourage them to use the stairs. He said that 13% of American children were considered seriously overweight, and that the number was growing. During the tests children who had the 'couch potato TV sets' watched on average one hour of television a week, while children in a second control' group watched more than twenty hours.

Task 6. Read the newspaper article ***Kids need exercise, but what kind?*** and answer the questions.

1. When does Haley go to the gym?
2. How much does her personal trainer cost?
3. How old are the Teen Fit members of the Spectrum Club?
4. How old are the members of the Excel program at the Eastcoast Athletic Club?
5. How much does a personal trainer cost at the Eastcoast Athletic Club?
6. Who is Richard Killingsworth?
7. Why does he disagree with personal training for kids?
8. Do all health experts think that personal training for kids is a bad idea?

Kids need exercise, but what kind?

Haley Moran-Wollens is not an elite athlete. She is a 13-year-old who, like lots of other teenagers, wants to be fit. And, like a growing number of teenagers whose parents can afford it, she has a personal trainer.

In her case, the trainer is Rodica Vranceanu, who charges \$75 an hour for after school workouts at Radu Physical Culture, a gym in Midtown Manhattan.

"I don't want to be the skinniest," Haley said. "I just want to work out. But a lot of people do it for the nice bodies, even at my age."

Though personal training is by no means the norm for American children, a small but growing number of their parents are paying the membership fees to private gyms for aerobics, weight lifting, and body-molding activities once considered for adults only.

At the Spectrum Club in Valencia, California, children aged 13 to 17 can become Teen Fit members. They tend to go for the stationary bicycles and weights said Cindy Breakfield, sports manager who added that personal trainers were available for the younger set.

The Eastcoast Athletic Club in Pc Washington, N.Y., has a program call Excel, which offers personal training \$45 an hour to children aged 12 to 17, said Christopher Patti, the fitness director.

Some health experts hail the trend saying that too many children do not enough exercise. But others disagree.

"It's a sad precedent," said Rid Killingsworth, a scientist at the Centers for Disease Control and Prevention in Atlanta. "We are teaching a behavior that it's O.K. to be sedentary all day except for the one-hour exercise class. In the past decade, our children have lost the idea what it is to enjoy being young and physically active."

Task 7. Look through the article *Moving Kids Toward Fitness* and insert the following headings of the paragraphs into the blanks (1- 4).

1. Calling All Adults!

2. Physical Activity Pays Dividends.
3. Safety Check!
4. What Type? How Much?

Moving Kids Toward Fitness

As parents, educators and caregivers, we want our children to be healthy and to feel good about themselves. Promoting fitness can help! Fitness for kids starts with eating healthful meals and snacks, taking part in physical activities and developing a positive attitude. While all the keys to fitness are important, this article focuses on physical activity.

1. _____

Being physically active is a vital part of the health equation. Unfortunately, most of us, including children, are not active enough. So, there's no better time than now to encourage youngsters to get moving and stay active throughout their lives. If you need some convincing reasons, consider the many short- and long-term health benefits listed here.

Regular physical activity:

Improves physical fitness

Promotes healthy bones, muscles and joints

Builds endurance and muscular strength

Makes it easier to maintain a healthy weight

Lowers risk factors for some serious health problems such as heart disease, colon cancer and type 2 diabetes

Helps keep blood pressure in check

Fosters self-esteem

Reduces stress

2. _____

Physical activity is about moving the body. All activities (including active play, helping with chores at home, taking a stretch break and exercising or competing in an organized sport) count, but two types are especially beneficial.

Aerobic activities speed up kids' heart rates and breathing, which helps develop cardiovascular fitness. Jumping rope, playing soccer and in-line skating are examples of aerobic activity.

Strength and flexibility activities help kids develop strong bones and muscles and improve coordination. Doing pull-ups, climbing or playing on a jungle gym builds strength; stretching, Tae-Kwon Do or yoga increases flexibility.

Experts say that children and teens need at least 60 minutes of physical activity on most-preferably all-days of the week. That may sound like a lot, but is an achievable goal, especially since they can accumulate activities over the course of the day. Kids can build activities into their routines (climb the stairs at the mall instead taking the elevator, play kickball or hockey, move around while talking on the phone), participate in gym classes at school and enjoy fun activities such as skating, shooting hoops or dancing to music.

3. _____

Children are precious, so it's important to set and enforce sensible safety rules for activities. Consider these:

Work Up to a Workout: If kids have been inactive, urge them to "get physical" gradually. Stretching before and after activities, walking or biking after school or washing the car can set the stage for more vigorous exercise.

Get in Gear: Ensure use of helmets and/or knee pads, face guards, chest protectors and wrist guards when biking, skateboarding, riding a scooter, snowboarding, skiing, skating or playing football, hockey or baseball. (When it starts to get dark, adequate lighting, light colors and reflective patches on clothing and equipment make children more visible.)

Location, Location, Location: Know where youngsters play or exercise and check out safety conditions. To help prevent injuries, teach children how to be safe around swimming pools; playgrounds, sports or gym equipment; and in the community.

Eyes Wide Open: Encourage children to participate in age-appropriate activities. (For example, they should delay starting a weight lifting program until their late teen years, until muscles and bones are more developed.) Make sure kids are properly supervised.

Your Attention, Please: Explain to youngsters that distractions such as headsets may pose a danger during activities that require their full attention, such as running, walking or skating.

Keep it Fluid: Proper hydration is important. Supple fluids (water or sports drinks are best) - especially for children who do not handle extremes of hot or cold weather well-before during and after physical activities, o *Just in Case:* Despite your best efforts, accidents and injuries can occur. Teach youngsters how to get help for themselves or others.

4. _____

Young people learn from those around them. Do your part to promote enjoyment of physical activity as a way of life. Here are a few ideas:

Be a role model. Be physically active yourself and, when feasible, include kids in your activities.

Plan fun family activities. Involve the kids in planning hikes, bike rides, bowling or an action-packed day at the park.

Urge kids to team up with other friends. It's more fun to walk, jog or take a class with others.

Promote health in schools. Support physical education as an important part of the school curriculum.

Check local recreational facilities. Supervised after-school, weekend or summer activities, such as swimming, basketball or tennis, may be available.

Get involved. Participate with kids in events for good causes.

Sing their praises. Praise youngsters for being active, progress in learning a sport and improved performance.

Set limits for sedentary activities. Youngsters need time in their busy lives to be physically active.

Children and teens are more likely to be physically active if they receive support and encouragement from parents, caregivers, teachers and health professionals. It also helps to keep the focus on fun, participation and being a good sport- rather than on competition. Use your influence to help young people experience how good being physically can make them feel.

Task 8. You are going to hear four people talking about how they keep fit (Get on Track to FCE, Coursebook, ex. 1, p. 62). Read the statements A-E. Which are about a) the benefits b) the drawbacks of this type of exercise?

This kind of exercise

A sometimes interferes with my other activities.

B has made me healthier than I used to be.

C goes well with my regular routine.

D makes me feel very happy.

E is only healthy if you can do it well.

Which of the phrases below would you associate with each option A-E?

everyday activities

so much better

hard to fit it all in

bad for you

in a good mood

Listen to four different people talking about how they keep fit. Choose from the list A-E what each speaker says. Use the letters only once. There is one extra sentence which you do not need to use.

This kind of exercise

A sometimes interferes with my other activities.

B has made me healthier than I used to be.

C goes well with my regular routine.

D makes me feel very happy.

E is only healthy if you can do it well.

1. Which of the speakers has chosen the most unusual method of exercising?
2. Would you like to try it?
3. Which do you think is the most effective way to keep fit? Why?
4. Which do you think is the most the most enjoyable way to keep fit? Why?
5. What do you do to keep fit?

Task 9. You are going to read a magazine article *Recipes for Keeping Fit* giving recommendations how to keep fit.

Before reading the recipe for keeping fit match the words from the text *Recipes for Keeping Fit* given below with their synonyms.

| | | | |
|----|-------------|---|-----------------|
| 1. | fatigue | A | not very strong |
| 2. | temporarily | B | slowly |
| 3. | reasonably | C | damage |
| 4. | conscious | D | dog-tired |
| 5. | gradually | E | tiredness |
| 6. | exhausted | F | mindful |
| 7. | harm | G | out of breath |
| 8. | mild | H | for some time |
| 9. | breathless | I | sensibly |

Read the article *Recipes for Keeping Fit* and decide if the statements are *true* or *false*.

1. Adults need more exercises than young people.
2. If you feel tired it is recommended to have more rest than exercises.
3. Modern technology makes people do less physical exercises than they did in the past.
4. After a serious illness people should start doing as many exercises as possible.
5. Young people should exercise till they feel they can't do it any more.
6. Physical activities should be regular and as long as possible.
7. It is not necessary to exercise every day.
8. Physical exercises in the evening may help you relax.

9. All-round exercise does not involve push-ups and weight-lifting.

10. The results of regular exercise will be felt at once.

Recipes for Keeping Fit

We all need exercise. This is as true for young people in their teens as it is for adults from 20 to 80. Regular exercise temporarily tires the body but then actually gives you more energy. This is why many people who suffer from general tiredness can benefit from taking more exercise rather than more rest (as long as there are no medical reasons for their fatigue).

Exercise makes you feel and look better and can also help you to lose weight because it burns up fat or food to produce energy.

In the past, most people used to get enough exercise in their working lives to stay reasonably fit. But nowadays nearly everyone — especially those who sit down most of the day — should make a conscious effort to set time aside for regular exercise. The important thing is to know what kind of exercise is suitable for you. It is best to start with mild exercise and to build up gradually. Here are some useful general rules.

1. Exercise until you are pleasantly tired. Don't exercise until you become exhausted. This can do you more harm than good if you aren't used to regular and prolonged exercise. In other words, "Train, don't strain!"

2. Exercise until you have a feeling of mild breathlessness. But don't exercise until you are so breathless that you can't even talk.

3. Take short exercise periods of 15-20 minutes. Four or five times a week should be enough.

4. The best time for exercise is usually in the earlier part of the day. In the evening it may be better to relax.

5. Unless you are very fit, you should not try to lift very heavy weights.

6. Your muscles should be able to move freely. The best all-round exercise involves repeated, easy movements: walking, jogging, swimming and cycling are all good examples. Also, exercises such as bending and stretching which help you to move freely and easily are much better than exercises which only make you strong, such as push-ups and weight-lifting.

You should soon begin to feel the results of regular exercise and will enjoy these benefits. These benefits are:

Improved physical and mental energy at work or at school.

Improved sleep and easier relaxation.

Improved physical appearance — a trimmer, better figure.

Less risk from illness and disease as you get older.

Task 10. Fill in the missing letters in the text *Keep Fit and Live Longer*, then read it and answer the questions.

Keep Fit and Live Longer

George Forester goes 1 s _____ every day, whatever the weather, 2 r _____ for half-an-hour before breakfast, and 3 p _____ tennis twice a week. Now he is planning to get 4 m _____ for the fifth time - at the age of 98. This remarkable man does not 5 l _____ a day over 50 and he 6 s _____ firmly and without hesitation. "People always ask how I have 7 d _____ it," he laughs, "so I have 8 w _____ book about 9 k _____ fit. But I do not have all the answers. Of course, I do not 10 s _____, but I have an occasional 11 g _____ of brandy. I suppose I am just lucky." "And the 12 n _____ of the lucky woman?" "I will not tell you that. We keep it a 13 s _____ until the wedding. We are getting married 14 n _____ month, and I am looking 15 f _____ to our honeymoon in Capri! After that, we are moving to a 16 c _____ in the country which I have bought." Well, as the 17 s _____ goes, you are only as old as you feel.

1. What in your opinion helps George to live a long and active life?
2. Do you think the only explanation of his long life is just luck?
3. Do you agree with the saying 'You are only as old as you feel'?
4. Do you know, anyone who is like George? Can you tell your group mates about this person? What are his/her secrets of long life?
5. When do you think a person should start taking care of his/her health?

Task 12. Look at the leaflet *A Different Way To Get Fit For Life*. What is it for?

What other places have leaflets like this?

Match the headings below to the correct section of the leaflet. Why are the headings question? Think of questions for the other four sections.

Who are the trainers?

What if I don't have much free time?

How long do I have to join for?

What other facilities are there?

A Different Way To Get Fit For Life

a) _____

Unlike other centers, Fit as a Fiddle allocates a personal trainer to every member. Your trainer will help you to get goals and build up an individualized exercise programme. You don't even have to go to the gym – your trainer can provide you with an exercise video to use at home, if that suits you better.

b) _____

All our trainers are qualified instructors who have a minimum of five years' experience in personal training. Their aim is to motivate and give help and advice, in a friendly 'family' atmosphere.

c) _____

No problem! You are exactly the kind of person our centres are designed for. We can give you a short programme to ease you gently back into exercise and help you to make it a regular part of your life.

d) _____

Even if you can only spare half an hour twice a week, we will find the most beneficial way for you to use it. Most of our centers have 'early bird' openings three or four times a week when they open at 7 a.m., so you could easily fit in half an hour in the gym before work.

e) _____

Yes, we can. Every center has a nutrition expert who can design a diet for you, based on your needs and lifestyle, or simply give you advice about healthy eating and help you to change bad dietary habits for ever.

f) _____

Other facilities include: a daily timetable of fitness classes such as aerobics, kick boxing and yoga, treatments such as massage and physiotherapy, a sauna and steam room, a range of healthy refreshments.

g) _____

You can join for as little as four weeks to start with. We have a range of membership deals from one month to a year.

h) _____

To find out where your nearest centre is, give us a call on 0800 2312000, or visit our website at fitasafiddle.com

Task 13. You will listen to part of an interview with the press officer of the National Fitness Association, in which he gives advice on how to join the right gym (Upstream Upper Intermediate Student's Book, ex. 2, p. 180).

The following words and phrases are heard in the recording. In what context do you expect to hear them?

show off your muscles

aerobics

facilities

yoga classes

lockers

lose weight

encouragement

monthly cost

personal trainer

contract

life membership

Look at questions 2, 4, 5 and 7. What questions do you expect the interviewer to ask?

Now listen to the recording and choose the most appropriate answer to each question (A, B or C).

1. *Why is it advisable to research gyms in your area before you join?*

A Some gyms have too much of a social scene.

B Different gyms suit people with different needs.

C It's impossible to lose weight in the wrong gym

2. *Mark warns that joining a gym which is unsuitable for you*

A will make you want to give up.

B might prove embarrassing.

C could end up being expensive.

3. *According to Mark, when should you visit a gym for the first time?*

A When it's at its busiest.

B On any weekday.

C At a relatively quiet time.

4. *Apart from the standard monthly cost of being a member, you should find out*

A whether personal trainers are compulsory.

B whether there are any hidden costs.

C whether the changing rooms are expensive.

5. *If the gym asks you to sign a contract, you should*

- A be suspicious of that gym.
- B study it closely on your own.
- C see what happens if you leave.

6. *Why does Mark say that life memberships are not good?*

- A You might decide to live elsewhere.
- B The gym might move far away from you.
- C You might change your mind about exercise.

7. *Mark says that doing research before joining is worth it because*

- A it can make a difference to the overall cost.
- B it will encourage you to start exercising.
- C the right gym can improve your quality of life.

Do you go to a gym? If so, what do you enjoy most and what do you least like about it?

Task 13. You are going to write a letter of advice to a friend who has just moved to a new place and is looking for a leisure centre. Read the text *Barnstaple Leisure Centre* about the services offered by one of the leisure centres in Britain.

Barnstaple Leisure Centre

In Barnstaple Leisure Centre there are facilities for all kinds of people and interests: you can go to the Centre if you want to keep fit or want to watch sports.

Of course, the main purpose is to provide sports facilities. You can play different sports and there are facilities for swimming. Afterwards you can have something to eat or meet your friends in one of the cafes. And if you don't want to do any sports, you can just relax with your friends.

THE SPORTS HALL caters for One Tennis Court or Seven Badminton Courts with excellent facilities for Basketball, Volleyball, Netball etc., as well as Gymnastics, Trampoline, Archery and Fencing. Five-a-side Soccer is also very popular. Many of

these facilities, including Fencing and Badminton are up to National Standard. Special spectator seating is available in this hall.

THE FITNESS TRAINING ROOM is equipped with the very latest equipment to suit all ages and abilities. The normal weights, bars and discs etc., have all been excluded and modern machinery has taken its place.

THE SQUASH COURTS. There are four courts and an ample viewing gallery is provided.

GENERAL ACTIVITY ROOMS. These are equipped for Boxing, Judo, Table Tennis, Karate, Keep Fit, Fencing, Golf Practice etc. These same rooms can also be used for large or small meetings and social functions

THE BOWLS HALL provides for bowling indoors all the year round, in an attractive setting, with four rinks. Bookings can be made by any individual through reception, for a pleasant game with friends. It is possible to enter many leagues and competitions by joining the North Devon Indoor Bowling Club.

SNOOKER ROOM with one good quality, full size table in its own room. The table can be hired for hourly sessions.

SUN ROOM with SOLARIUM BED is available with guaranteed privacy. Set in an attractive room, a fast way to a healthy tan.

CATERING in very pleasant surroundings takes up the whole of the top floor. THE CAFETERIA which overlooks the Swimming Pool provides a good Snack Bar service in an open and attractive setting.

THE SPORTSMAN'S BAR overlooks the Sports Hall and has extensive views of Barnstaple and the River Taw. An ideal place to relax with friends. Bar snacks are available.

Answer the questions below.

1. Do you attend any leisure or sports centre? Why? Why not?
2. If you go to any leisure or sports centre, compare it with Barnstaple Leisure Centre.
3. Do you think it is good when so many sports facilities are combined under one roof?

4. Imagine that you could spend one whole day in Barnstaple Leisure Centre, what facilities you would like to try and why.

Task 14. Write a letter to your friend organizing it in the following way:

1. Salutation.
2. Reason for writing this letter.
3. Description of the facilities available in the leisure centre.
4. Personal impressions of attending this centre or other centres like this.
5. Conclusion – summary of benefits a person can get attending this centre.
6. Love from ...

The Olympic Games

Task 1. Look through the text *From the History of the Olympic Games* and answer the following questions:

1. When and where did the Olympic Games begin?
2. What athletic event took place in ancient Olympics?
3. Were women allowed to watch the Games?
4. When were the Games ended and why? Do you think it was a good decision?
5. Who brought the Olympic Games back to life?
6. When were the first modern Olympic Games organized?
7. What problem does a host city face while organizing the Games?

From the History of the Olympic Games

The Olympic Games are an international sports festival that began in ancient Greece. The original Olympics included competition in music, oratory, and theatre performances as well.

The earliest record of the Olympic Games goes back to 776 BC, but historians think that the games began well before then. The ancient Games were held in honour of Zeus, the most important god for ancient Greeks. According to the earliest records, only one athletic event was held in the ancient Olympics — a footrace of about 183 metres, or the length of the stadium. Only men were allowed to watch the games. In the 18th century Olympics already included wrestling and pentathlon. The winners of the games were highly praised and honoured for their results. In 394 AD the Games were officially ended by the Roman emperor Theodosius, who felt that they had pagan meaning.

Pierre de Coubertin, a young French nobleman, had an idea to bring the Olympic Games back to life. With the help of the people who supported him he managed to organise the first modern Olympic Games in 1896. Baron de Coubertin had planned to hold the Olympic Games in France, but the representatives from the nine countries that supported his idea decided that Greece was the right place to host the first Olympic Games. The nine countries were Belgium, England, France, Greece, Italy, Russia, Spain, Sweden and the United States. They agreed that every four years the Olympics

would move to other great cities of the world. The Athens Games in 1896 were a success. Athletes from thirteen countries competed in nine sports. The second Olympiad was held in France in 1900.

Beginning in 1926 Winter Olympics were included. They were held in the same year as the Summer Games but starting in 1994, the Winter Games are held two years after the Summer Games. The Olympics are governed by the International Olympic Committee, situated in Lausanne, Switzerland.

From the 245 participants from 15 nations in 1896, the Games grew to nearly 11,100 competitors from 202 countries at the 2004 Summer Olympics in Athens. The number of competitors at the Winter Olympics is much smaller than at the Summer Games. The Olympics are one of the largest media events. In Sydney in 2000 there were over 16,000 broadcasters and journalists, and an estimated 3.8 billion viewers watched the games on television. The growth of the Olympics is one of the largest problems the Olympics face today. Although allowing professional athletes and attracting sponsorships from major international companies solved financial problems in the 1980s, a large number of athletes, media and spectators makes it difficult and expensive for host cities to organize the Olympics.

Task 2. Listen to some interesting facts about the history of the Olympic Games *Cool History of the Olympics* (Cool English # 42 Track 5) and complete the notes with the most remarkable events from the history of the Olympic Games.

776 BC _____

384 BC _____

175 AD _____

393 AD _____

1859 AD _____

1871 AD _____

1916 AD _____

1983 AD _____

2008 AD _____

2100 AD _____

Task 3. Look through the text *Olympic Sports* and answer the following questions:

1. What is the difference between the notions “sport”, “discipline”, and “event”?
2. How many sports were there in Athens in 1896?
3. What were the changes in Athens in 2004? How many events were there on the programme?
4. What conditions must a summer sport fulfil to be included in the Olympic Games?
5. What are the two star sports on the programme of the Summer Olympic Games?
6. Where and when did the winter sports make their Olympic debut?
7. How many sports and events were there at the Salt Lake City Games?
8. What winter sport has the longest Olympic history?
9. What conditions must a winter sport fulfil to be included in the Olympic Games?
10. What sport has the largest number of events?

Olympic Sports

The Olympic programme includes all the sports in the Olympic Games. The IOC (International Olympic Committee) sets the programme and decides which sports will be included. The IOC also has the right to accept or refuse any proposed new sport, discipline or event.

Sport – for a sport to be made an Olympic sport it has to be governed by an International Federation recognized by the IOC. For example, Swimming at the Games is governed by the International Federation of Swimming, skating by the International Skating Union (ISU), etc.

Discipline – a branch of a sport that includes one or more events. For example, water polo and diving are disciplines of swimming. Speed skating and figure skating are disciplines of skating.

Event – a competition in an Olympic sport or in one of its disciplines. An event gives rise to a result for which medals and diplomas are awarded. For example, the 10 m. platform for women is a diving event. The men's 500 m. is a speed skating event.

The Summer Games Sport

In Athens in 1896, competitions took place in nine sports: athletics, cycling, fencing, gymnastics, weightlifting, wrestling, swimming, tennis and shooting.

The Olympic programme has come a long way since then: some sports have been discontinued (e.g. golf and polo); others were dropped and then reintroduced (e.g. archery), while several new sports have been added (e.g. triathlon and taekwondo).

In Athens in 2004 the programme included the nine original sports plus a further 19: rowing, badminton, baseball, basketball, boxing, canoe/kayak, equestrian sports, football, handball, hockey, judo, modern pentathlon, softball, taekwondo, table tennis, archery, triathlon, sailing and volleyball. A total of 301 events were on the programme!

In order to be included on the Olympic programme, a summer sport must fulfil amongst others, the following conditions: it must be widely practised (by men, in 75 countries on four continents; by women, in 40 countries and on three continents); the Olympic Movement anti-doping code must be applied; and it must not rely on mechanical propulsion (such as a motor).

The two star attractions on the programme of the Summer Games are athletics and swimming. These are the most widely followed Olympic sports in the world.

Athletics consists of a wide range of events. Some of these were performed at the ancient Olympic Games: foot races (varying distances), the javelin throw, the discus throw and the long jump. Athletics can be divided into four areas: track, field, road and combined events.

The first swimming competitions at the Games took place in the sea or in a river. Today competitions take place in a swimming pool, usually indoors. The current programme includes swimming (freestyle, breaststroke, backstroke and butterfly), water polo, diving and synchronised swimming.

The Winter Games Sports

Winter sports made their Olympic debut at ... the Summer Games in London (UK) in 1908! Figure skating competitions were organised for men, women and pairs.

The experience was repeated at the Antwerp Games in 1920, along with an ice hockey tournament. In Chamonix in 1924, the winter sports finally had their own Games. Six sports were on the programme: bobsleigh, curling, ice hockey, skating, Nordic skiing (cross-country) and the military patrol race. The number of sports at the Winter Games has remained relatively stable over the years. However, the number of events has increased considerably. At the Salt Lake City Games in 2002, there were seven sports - biathlon, bobsleigh, curling, ice hockey, luge, skating and skiing - and a total of 78 events on the programme! These days, a winter sport must be widely practised in at least 25 countries and on three continents in order to be included on the programme. No distinction is made between men and women's events. The three major attractions on the Winter Games programme are ice hockey, skating and skiing.

Ice hockey, like skating and skiing, is one of the sports that helped to launch the Olympic Winter Games. Hockey is very popular and has very high audience levels.

Skating has the longest Olympic history, having figured on the programme of the London Games in 1908. Women made their debut in figure skating at the Olympic Winter Games, but speed skating was not open to them until 1960. Today, skating events take place indoors, but during the first Olympic Games skating rinks were in the open air. There are four Olympic Figure Skating events: women's singles, men's singles, pairs, and ice dancing.

Skiing is the sport with the largest number of events. Cross-country skiing is the oldest discipline and snowboarding is the newest arrival (1998 Games in Nagano, Japan).

Task 4. Listen to *the Olympic Report* (Streamline English Connections Unit 4) and complete the table below.

| # | Name | Country | Sport |
|----|---------------|---------|-------|
| 1. | Doris Kennedy | | |
| 2. | Jack Lumber | | |
| 3. | Henry Fraser | | |
| 4. | Olga Ivanova | | |
| 5. | Ted Kelly | | |

Listen once more and answer the following questions:

1. What was the most important event of the day?
2. What was the new record time?
3. How many 'golds' did the USA win that day? And in the first three days?
4. Who won the men's javelin final?
5. Where is Olga Ivanova from?
6. How many points did she get?

Task 5. Look through the article *The Olympic Traditions and Symbols* and insert the following headings (from A to H) of the paragraphs into the blanks (1- 9).

- A. The Motto
- B. Closing of the Games
- C. The Flame
- D. The Rewards
- E. Olympic Athletes
- F. The Olympic Flag
- G. The Rings
- H. Opening of the Games

The Olympic Traditions and Symbols

A party atmosphere is a feature of the Olympic Games. Each Olympic Games has an opening ceremony during which the sports stadium is filled with music, singing, dancing and fireworks. A closing ceremony in the same spirit takes place on the last day of the Games. The opening and closing ceremonies are an invitation to discover the culture of the country hosting the Games. Although most of the ceremony is creative and imaginative, there are some very strict rituals that have to be followed:

1. _____

- the entry of the athletes into the stadium with their delegations (in alphabetical order except for Greece which goes First, and the host country which brings up the rear);

- the declaration of the opening of the Games by the Head of State of the host country;
- the entry of the Olympic flag into the stadium;
- the Olympic anthem;
- the release of doves (the symbol of peace);
- the oath sworn by an athlete and an official from the host country (respect for the rules);
- the entrance of the flame and lighting of the cauldron (reference to the Ancient Games).

2. _____

- handing over of the Olympic Flag to the next Olympic host city (continuity of the Games);
- gathering of the athletes in the stadium (friendship);
- the extinguishing of the flame;
- the declaration of the closing of the Games by the IOC President.

3. _____

The prospect of being selected for the Olympic Games is the ultimate goal for the majority of athletes.

Enormous reserves of willpower and many years of dedicated training are required to achieve this goal. Those athletes that qualify for the Games can consider themselves as being among the world's best. They will become Olympians, whether or not they win a medal.

In practical terms, in order to participate in the Olympic Games, athletes have to abide by the Olympic Charter and the rules of the International Federation (IF) responsible for their sport.

Athletes with dual nationality may compete for the country of their choice. However, if they have already represented one country either at the Games or another major sports event, they may not compete for a different country before three years have elapsed.

There is no age limit for competing in the Olympic Games, except for those that may be imposed by individual IFs for health reasons.

By entering the Olympic Games, athletes are making a commitment to respect the Olympic values and agree to undergo doping tests. Throughout the Games, tests are carried out under the authority of the IOC and its Medical Commission. Tests may also be conducted during the pre-Games period. During the competitions, the first four athletes are tested, along with two other athletes chosen at random.

4. _____

In the beginning, Olympic medals varied from one Olympiad to the next. At the first modern Games in Athens in 1896, winners were rewarded with an olive wreath and a silver medal, while the runners-up received a bronze medal and a laurel wreath. Gold, silver and bronze medals were not awarded until 1904.

From 1928 the medals were standardized. The obverse must show a figure of Victory holding a wreath in one hand and a palm frond in the other. The reverse had to show a victorious athlete being borne upon the shoulders of the crowd. Since 1972, only the obverse of the medal has remained the same. The reverse is modified for each Olympiad.

The medals ceremony takes place soon after the competitions. The first eight in each event receive a diploma and their names are read out. Only the first three receive a medal. Since the Olympic Winter Games in Lake Placid in 1932 (USA), the medals have been awarded on a podium. The winner takes the centre spot, on the highest step. He or she receives a gold medal and the title of Olympic champion. The second placegetter is to the winner's right and receives a silver medal. The third is to the winner's left and receives a bronze medal. The national flags of the three winners are hoisted in the stadium and the national anthem of the Olympic champion is played.

5. _____

The five rings represent the five continents. They are interlaced to show the universality of Olympism and the meeting of the athletes of the whole world during the Olympic Games. The Olympic symbol is subject to very strict rules. Graphic standards have been set down, which determine, for example, the exact position of each ring.

6. _____

On the Olympic flag, the rings appear on a white background. The flag reinforces the idea of the Olympic Movement's universality, as it brings together all the countries of the world.

Pierre de Coubertin, the father of the modern Olympic Games, explains the meaning of the flag: "The Olympic flag [...] has a white background, with Five interlaced rings in the centre: blue, yellow, black, green and red [...] This design is symbolic; it represents the five continents of the world, united by Olympism, while the six colours are those that appear on all the national flags of the world at the present time." (1931)

Combined in this way, the six colours of the flag (including the white of the background) represent all nations. It is wrong, therefore, to believe that each of the colours corresponds to a certain continent!

At the Olympic Games, the flag is brought into the stadium during the opening ceremony. After its arrival, the flag is hoisted up the flagpole. It must fly in the stadium during the whole of the Games. When the flag is lowered at the closing ceremony, it signals the end of the Games.

The mayor of the host city of the Games passes the Olympic flag to the mayor of the next host city of the Games.

7. _____

A motto is a phrase which sums up a life philosophy or a code of conduct to follow. The Olympic motto is made up of three Latin words. These three words (faster – higher – stronger) encourage the athlete to give his or her best during competition, and to view this effort as a victory in itself.

The sense of the motto is that being first is not necessarily a priority, but that giving one's best and striving for personal excellence is a worthwhile goal. It can apply equally to athletes and to each one of us.

8. _____

The Olympic flame is one of the best-known features of the Games. From the moment the flame is lit to the moment it goes out, a very precise ritual is laid down:

- The lighting

In memory of the Olympic Games' origins, the flame is lit in Olympia, Greece, some months before the opening of the Games. The Olympic flame can only be lit by the sun's rays.

- The relay route

Carried by relay from Olympia to the host city of the Games, the flame crosses different regions, countries and continents.

- Arrival at the stadium

The day of the opening of the Games, the flame enters the stadium. With the lighting of the cauldron by the last relay runner the flame is transferred from the torch to the place where it will continue to burn for the entire length of the Games. The flame is extinguished on the final day of the Games at the closing ceremony.

Look through the text *The Olympic Traditions and Symbols* once more and answer the following questions:

1. Why do you think the opening and the closing ceremonies are so important at the Olympic Games?
2. What must athletes do to participate in the Games?
3. What flags are hoisted in the stadium during the medals ceremony?
4. How many Olympic symbols are there? Can you imagine the Games without these symbols? Why? Why not?
5. Do you agree with the sense of the Olympic motto? Can you apply this motto to your life?

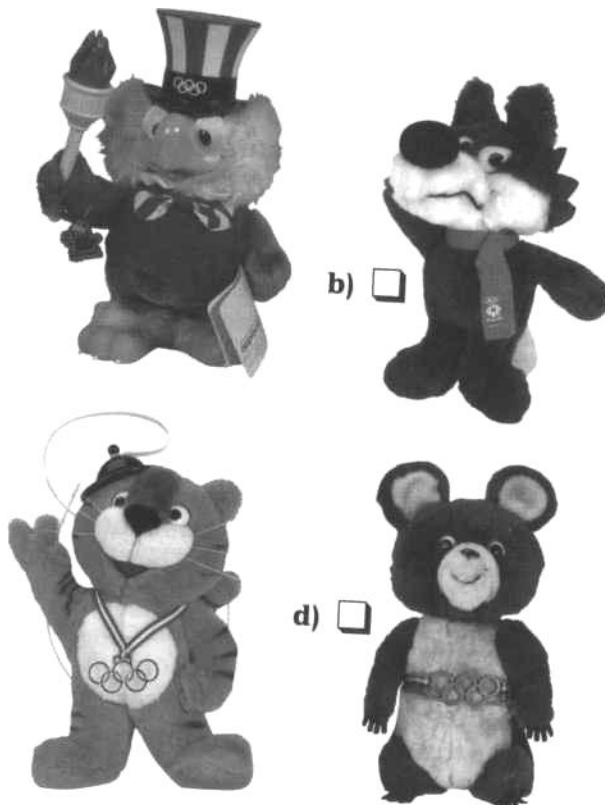
Task 6. Read the description of the Olympic mascots and match with the right picture.

1. This mascot is an animal. It has got brown and white ears, a white body and brown legs. This mascot isn't wearing clothes but it has got the Olympic rings round its body. It was the mascot for the Olympic Games in Moscow in 1980.

2. This mascot is an animal. It's a very fast animal. It's orange, brown and white. This mascot isn't wearing clothes but it has got the Olympic rings round its neck and it has got a hat. It was the mascot for the Olympic Games in Seoul in 1988.

3. This mascot is an animal. It's very fast. It's brown and white and it has got a big black nose and black eyes. It is not wearing clothes but it has got a scarf round its neck because it was the mascot for the Winter Olympic Games in Sarajevo in 1984.

4. This mascot is a bird. It's a big strong bird and it can fly very fast. This mascot is wearing clothes. It is wearing a hat and it's carrying the Olympic torch. It was the mascot for the Olympic Games in Los Angeles in 1984.



Task 6. Listen to *Rio de Janeiro 2016 Olympic Games* (http://www.myenglishpages.com/site_php_files/listening-rio-olympic-games.) and do the quiz.

Rio de Janeiro 2016 Olympic Games

1. *Where will the games take place?*

- a. At the beach
- b. In different parts of Rio
- c. At Copacabana

2. *How will people commute from one place to the next?*

- a. by bus.
- b. by car.
- c. by train.

3. *In what neighborhood will the olympic village be?*

- a. Recreio
- b. Ipanema
- c. Barra

4. *What will be near the olympic village?*

- a. A hospital
- b. A cinema
- c. The media village

5. *What will the athletes benefit from in exclusivity?*

- a. A beach
- b. A taxi
- c. A pool

6. *What percent of the games will be hosted In "Rua Carioca Entertainment Boulevard?*

- a. nearly 20 %
- b. nearly 50 %
- c. nearly 80 %

7. *How many games will be hosted in the olympic park?*

- a. 9 olympic + 11 para-olympic games
- b. 10 olympic + 11 para-olympic games
- c. 10 olympic + 10 para-olympic games

8. *When were the Rio Panamerican games?*

- a. 2005
- b. 2007
- c. 2008

9. *How many sports can be practiced at the Olympic Training Center?*

- a. 12
- b. 19
- c. 22

10. *The sport that will take place at Copacabana sand is:*

- a. race walking
- b. beach volleyball
- c. cycling

Task 7. Read the article *Top Nine Olympians* carefully to pick out the information to fill in the columns.

| # | Name | Country | Sport Involved in | Achievements Made |
|----|------|---------|-------------------|-------------------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |

Top Nine Olympians

Paavo Nurmi (of Finland): Known as the 'Flying Finn' Nurmi stacked up 9 golds and 3 silvers in the 12 Olympic events he competed in between 1920 and 1928. But the

awards didn't stop there. In 1939 a new comet was named in his honour, and a statue of him running in nothing but his birthday suit was unveiled in his hometown of Turku. Nurmi's reaction was short and to the point: 'I don't run naked.' Thanks for clearing that up, Paavo!

Edoardo Mangiarotti (of Italy): 6 time Olympic gold medal winner in fencing, Mangiarotti probably boasts one of the longest Olympic careers in history. Begii the tender age of 17 in the 1936 Olympics, he went on winning medals until the i age of 41. Although born a natural right-hander, his dad convinced the young E become a leftie, to give him an edge over the competition.

Larissa Latynina (of the USSR): With a whopping 18 medals under her belt (or should that be leotard?) Larissa Latynina dominated Olympic gymnastics during the 1950s and still holds the record for winning the most Olympic medals ever. Originally intending to be a ballerina, her classical training paid off in the 1958 World Championships, where she managed to win, and look elegant doing it, despite being pregnant. Do unborn babies get motion sickness?

Mark Spitz (of the USA): Best known for his amazing wins at the 1972 Olyrr Munich, Germany, swimmer Spitz won a record-breaking 7 gold medals in 7 separate events, setting 7 new world records in each event. He also broke the mould when it came to facial hair. While most swimmers go for the streamlined, clean-shaven lool defied the trend, sporting a moustache to rival Poirot.

Nadia Comaneci (of Romania): Ever heard of a perfect 10? The judges were so impressed by the 14 year old Nadia's performance on the uneven bars in the 1976 Olympics, that they invented a brand new score in her honour - 10.0. But the scoreboards weren't quite prepared for perfection, and turned Nadia's 10.0 into a measly 1.00. Poor girl thought she'd completely flunked it! The scoreboards soon got the hang of it though as Comaneci trotted out another 6 perfect performances

Carl Lewis (of the USA): Not content with dominating just one Olympic event, Lewis thought he'd speed up his medal collection by competing in both track races and the long jump, clocking up 9 golds between the two. Though one was a lucky bonus. Arch enemy Ben Johnson beat Lewis in the 100m final of the 1988 Olympics crowing,

'they can't take my gold medal away'. Actually they can. Three days later Johnson tested positive for steroids and his gold was given to Lewis.

Steve Redgrave (of the UK): This giant of a man - 1.95 metres tall, and weic over 100kgs - is one of only a handful of Olympians to win gold in 5 consecutive Olyn from 1984 to 2000. After winning gold at the '96 Olympics Redgrave said that if an found him near a rowing boat again, they could shoot him. Happily no-one was willii take up Redgrave's offer and he went on to win one more gold in 2000.

Ian Thorpe (of Australia): This Aussie swimmer, affectionately known as the 'Thorpedo' has won no less than 5 Olympic gold medals, more than any other Australian. Little Thorpey was literally thrown in at the deep end at the age of 5, though an ironic allergy to chlorine could have seen his career end before it began. Luckily he grew out of it, and as he grew, so did his feet. At a mahoosive size 17 (international size XXXL!) these fantastic flippers earned him his nickname, acting like a motor to torpedo him through the water.

Birgit Fischer (of the GDR and Germany): This kayaking machine has been in Olympic business for over 20 years and holds the record for being both the youngest; the oldest woman to win gold in kayaking. Afresh faced Birgit, then competing for E Germany, won gold at 18 in the 1980 Olympics, only to win gold, this time for Germe 24 years later at the age of 42 in the 2004 Athens Games. But she didn't stop in betwe Oh no. She won another 6 golds in the meantime, taking her total tally up to 8.

Task 7. Listen to some interesting facts about *Sports Cheaters* (Cool English # 42 Track 6) and fill in the missing words.

Sports Cheaters

While some say it doesn't matter if you win or lose, it's how you play the game, others would argue otherwise. For some _____ winning is the most important goal, and they will stop at nothing to achieve it, even if it means hitting below the belt and engaging in a little illegal activity. Let's take a look at four of the worst sports cheats of all time:

1. Rosie Ruiz, American marathon "runner"

It's difficult to be a _____ when you don't actually run the marathons. Rosie Ruiz, at the time 23 years old, was the female _____ of the Boston Marathon in April 1980. Despite the fact that Ruiz supposedly had finished the _____ in the third-fastest time of a female runner ever, Ruiz barely looked disheveled or damp after covering 26.2 miles. Turns out _____ noticed that Ruiz only ran the final 0.5 miles, sprinting towards the _____ and reaching it first. Not only that, but later it was discovered that Ruiz's time in the New York Marathon, which she used to qualify for the Boston Marathon, was due to the fact that she had ridden the subway for most of the _____.

2. East German Olympians, thousands of cheaters over a decade

Sometimes _____ are used to make a political point, and some countries will stop at nothing to make sure their athletes are the best. East Germany wanted to be that great country during the 1970s and 1980s, and in four years the East German _____ doubled its winnings from 20 _____ to 40. How did they manage it for such a small country, significantly smaller than usual Olympic leaders, the U.S. and the U.S.S.R.? Vitamins - sorry, I mean, "vitamins." At least, that's what the trainers told their athletes they were taking. These pills were actually all kinds of illegal steroids and performance-enhancing drugs, turning the East German _____ into cheating athletic machines.

3. Tonya Harding, American figure skater

Some find it easier to alter their _____ than to alter themselves. A metal club usually works well for this. In 1994, before the U.S. _____, Harding had her ex-husband hire a hit man to assault her main _____, American figure skater Nancy Kerrigan, on the knee with a large metal stick. Kerrigan's injury forced her to withdraw from the U.S. _____, which Harding won. But despite this setback, Kerrigan went on to skate in the 1994 _____ anyway, winning second with Harding coming in eighth. One should always consider how quickly one's _____ may be able to recover, Harding has now switched to _____, a sport where she can legally vent her aggression.

4. The 1919 Chicago White Sox, American baseball team

Perhaps the strangest group of sports cheaters yet, as in 1919 the Chicago White Sox did not cheat at _____ but at losing. In the 1919 World Series, the Cincinnati Reds were to play the White Sox, the White Sox being considered the _____. Despite this fact though, the White Sox lost to the Reds in eight games of the nine-game series. _____ were heartbroken, _____ were confused, and later all became clear when eight of the White Sox players were found guilty of being paid by gamblers to throw the game so the Reds would win.

Task 1. Read the article *Famous British Sportsmen* carefully to pick out the information to fill in the columns.

| <i>#</i> | <i>Name</i> | <i>Sport Involved in</i> | <i>Achievements Made</i> |
|----------|-------------|--------------------------|--------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

Famous British Sportsmen

Great Britain ranks among the most developed sports nations worldwide and sport is always present in the everyday life of people, regardless of their age or social status. The island is the birthplace of many of the most popular sports today. These include above all football, tennis, golf, rugby, cricket, squash and snooker. Undoubtedly, the most loved among them is football, which started in Britain in the 19th Century and then went on to conquer the world. No surprise that Great Britain has given birth to a host of remarkable sports figures who have left their mark in the history of various sports. Here then are some of the most important British sportsmen.

Sir Robert Charlton

Sir Robert Charlton, or Bobby Charlton, is the living legend of English football. His career began in 1953 in Manchester United where he spent almost his entire active football life. For these 20 years in the most successful British football club Charlton made 759 appearances and scored 249 goals. He survived the Munich plane crash in 1958 and later became captain of the team, with whom he won the European Cup in 1968. Meanwhile, Sir Bobby Charlton was the star of the English national team, leading it to its one and only World Cup victory in 1966. The same year the football genius was appointed European Footballer of the year. Bobby Charlton remains in the history books as the top goalscorer of the English national team with 49 goals achieved in 106 games. The great footballer decided to leave Manchester United in 1973 and moved to Preston

North End. After a season there, he finished his career in Waterford United in 1975. True to his favourite club, Bobby Charlton entered the board of directors of Manchester United in 1984 and is still there today. In 1994 due to his outstanding accomplishments towards Great Britain he was knighted and acquired the right to use the title “Sir” in front of his name.

David Beckham

David Beckham is one of the most prominent British football players of our time. He started playing for Manchester United in 1993 and in the next 10 years became both the main figure of the team and one of the most successful English players. Beckham won the Premier League title six times and the UEFA Champions League during his stay in Manchester once. Furthermore, two FA Cups, one Intercontinental Cup and one UEFA Super Cup from this period must be added to his honours. In 2003 David Beckham was transferred to Real Madrid where he played until 2007 and won one Primera Division title. Then he joined the MLS side Los Angeles Galaxy and still continues playing for them. Beckham also has 99 appearances for the English football national team and was its captain for a certain period of time. Apart from being a strong personality on the playing field, Beckham is also famous for his personal life – participating in many commercials, turning himself into a fashion icon, his substantial charity work and becoming Officer of the Order of the British Empire. All this contributes to his immense significance both as a sportsman and as a celebrity.

Nigel Ernest James Mansell

Nigel Mansell is one of the most remarkable figures in the history of Formula One, the most famous racing championship on the planet. During his 15-years-long career Mansell won 31 races, a fabulous achievement that ranks him fourth in terms of number of victories after Michael Schumacher, Alain Prost and Ayrton Senna. The most successful British F1 pilot competed for the teams of Lotus, Ferrari, Williams and McLaren. In 1992 he finally won the championship and moved to the American CART series, today called “Champ Car”. There Mansell won the title in his first season in 1993 and became the first rookie to boast of such an achievement. Thus he is the only person in history to hold the titles in Formula One and the CART series simultaneously. Nigel Mansell was awarded the title Sports Personality of the Year by BBC in 1986 and 1992.

Furthermore, in recognition of his merits the great racer was immortalised in the International Motorsports Hall of Fame in 2005.

Sir Stephen Geoffrey Redgrave

Sir Stephen Redgrave is arguably the best rower worldwide and the most successful British athlete of all time. His long and spectacular international rowing career began in 1979 with his participation in the Junior World Rowing Championship. A year later he became silver medalist in the double sculls for juniors. This marked the start of an amazing series of achievements that very few athletes have ever reached. Redgrave won the titles on five consecutive Olympic Games in 1984, 1988, 1992, 1996 and 2000 – only four other Olympians have done the same. In Seoul 1988 he added a bronze medal to his rich collection. The nine titles, two silver medals and one bronze medal from World Rowing Championships won between 1986 and 1999 prove once again his huge importance for British and world sport. In 2000 Sir Stephen Redgrave was declared Sports Personality of the Year by BBC and retired from the sport. Serving as an acknowledgment for his extraordinary career, Stephen Redgrave became Knight Bachelor in 2001 and acquired the title 'Sir' in front of his name.

Martin Osborne Johnson

Martin Johnson is considered the best contemporary English rugby player. He led the national team as a captain to its last World Cup and Grand Slam victories in 2003. Johnson spent his entire career in one team – Leicester Tigers, recording 307 appearances in the period from 1989 to 2005. With Leicester he won the league six times and the prestigious Heineken Cup two times. Martin Johnson is widely known for his leadership skills and gentlemanly attitude towards the game, making him one of the most respected players in the world. He is also recognized as one of the best locks of all times. In 2004 Martin Johnson became Commander of the Order of the British Empire.

Task 2. Read the article *Michael Jordan* and label the paragraphs (from 1 to 5) with these headings (from A to E).

A writer's/people's feelings about him

B free-time activities

C personality

D name, why famous

E appearance

Michael Jordan

1. ___ If you are a sports fan, you are sure to know the name Michael Jordan, because he is probably the greatest basketball player the world has ever seen. Although his career as a player is over, his fame will live on for many years to come.

2. ___ Michael Jordan certainly looks like a star. He is tall, well-built and handsome, with friendly brown eyes and a wide grin. He always manages to look well-dressed, whether he is wearing the casual clothes he prefers, or smart suits for important occasions.

3. ___ His personality, too, is as outstanding as his playing ability. Michael is a very determined person, which was one of the reasons he was such a successful basketball star. He is also very generous, and has given lots of money and support to charities.

4. ___ In his free time, Michael is a man who prefers simple pleasures. One of his favourite pastimes is playing golf with his friends. He also likes baseball and ten-pin bowling. He enjoys cooking, too, and he often prepares delicious meals for his family.

5. ___ All in all, I admire Michael Jordan not only because he was a great athlete, but also because he is such a warm, caring person. Is it any wonder that so many boys have dreamed of growing up to be just like him?

Task 3. Read the article ***Michael Jordan*** again and answer the questions.

1. Who is the article about, and why is he famous?

2. What examples does the writer give to support the statement that Jordan "looks like a star"?

3. What does the writer say about Jordan's personality? What examples are given to support this opinion?

Task 4. Look quickly at the text *Sports Profile*.

1. What is it about?

- the risks that sports stars take
- advertising sports
- the money that sports stars earn
- drugs that are used in sport

2. What is a sponsor?

- someone who earns a lot of money from playing sport
- someone who pays sports stars to advertise a product
- a sports star who takes drugs
- a sports star who advertises things

Sports Profile

When the athlete, Ben Johnson, was disqualified from the Seoul Olympic games for taking drugs, he lost more than his gold medal and his good name. He said goodbye to \$5 million in possible sponsorship money. Sport is big business. Today's sports stars can earn as much on television as they can on the tennis court, golf course or football pitch.

Most of the money comes from advertising clothes, sports equipment, drinks and other products. Ivan Lendl earns £ 1.3 million a year for wearing Adidas clothes and Ray-Ban sunglasses. He is the world's richest tennis player. The richest sports star of all is the boxer, Muhammed AH. He has earned £ 39 million in and out of the boxing ring. Most of the money in boxing comes from prize money. Sponsors like sports which have a cleaner, more glamorous image than boxing — sports like tennis, golf, motor racing and skiing.

Sports can change their image. At one time snooker was only a game that was played in clubs. But since colour television arrived, it has become the most popular sport on British television. Top snooker player, Steve Davis, earns over J1 million a year in prize money, sponsorship and fees for appearing on television. On the other hand, some sports, like athletics and football, are less popular with sponsors because of bad publicity about drugs and fighting by fans.

Sponsors want the best image for their products. They want stars who are the best on the athletics track or the motor racing circuit. But they also want stars who are good-looking and who have an interesting personality - stars like Argentina's young tennis player, Gabriela Sabatini, Spanish golfer, Severano Ballesteros, French motor racing driver, Alain Prost, America's running star, 'Flo Jo' Johnson or Switzerland's champion skier, Pirmin Zubriggen.

Task 5. Read the statements based on the article *Sports Profile* and mark them True (T) or False (F). Correct the wrong ones.

1. Ben Johnson was disqualified for taking drugs.
2. The gold medal was taken away from him.
3. Ben Johnson earns \$5 million a year.
4. Sports stars earn more money from prize money than from sponsorship.
5. Muhammed Ali has earned more than any other sports star.
6. Sponsors think that skiing is a glamorous sport.
7. Snooker is the most popular sport in Britain.
8. Sponsors are worried about footballers who fight.
9. Alain Prost advertises cars.

Task 6. Read the text about Venus Williams, the tennis player.

Venus Williams

1984 I start playing tennis at age 4. (My father started taking me to tennis courts in California to learn how to play tennis.)

1985 My younger sister, Serena, starts playing tennis. (My younger sister started playing tennis when she was 4-years old, too. We have three other sisters, but they never became good at tennis.)

1991 We move to Florida. (My sister and I attended a tennis academy. For almost 4 years, until 1995, my sister and I trained six hours a day, six days a week.)

1994 I start playing in professional matches.

1997 I become famous for wearing 1,800 pearls in my hair. (It took 10 hours to put the pearls in. I stopped wearing the pearls in 2000.)

1997 I travel to Russia the first time to play tennis. (Most people don't know that I learned to speak Russian and enjoy studying Russian history.)

1998 I win my first singles title, and my sister and I win our first doubles title. (It's also the first time we played against each other professionally. I won.)

1999 My sister and I both win matches on the same day in different parts of the world. (That's the first time that two sisters had ever done that).

2001 I become the number one player in the world.

2003 My sister is the number one player in the world. (My sister became the top in women's tennis last year. I'm now number two. That makes me a little sad, but at least it's my sister who is number one.)

Task 7. Read the statements based on the text *Venus Williams* and mark them True (T) or False (F). Correct the wrong ones.

1. Venus and Serena were 4 years old when they started taking tennis lessons.
2. Venus has five sisters.
3. Venus and Serena attended a tennis academy in California.
4. Venus was 14 years old when she started playing in professional matches.
5. Venus Williams studied in Russia.
6. Venus was 23 years old when she won her first professional singles match.
7. When Venus and Serena played against each other professionally the first time, Venus won.
8. Both Venus and Serena have been number one players in the world.

Task 8. Read the text *David Beckham in 250-million-dollar LA move*, then circle the answer A, B, C or D with best fits the space.

David Beckham in 250-million-dollar LA move

Former England soccer captain David Beckham has (1)_____ an extraordinary big bucks move from Spanish giant Real Madrid to America's Major League Soccer side Los Angeles Galaxy. The transfer will pull (2)_____ a lucrative \$250 million over the

next five years and (3)_____ him into being one of sport’s highest earners, although he’ll still be \$40 million a year poorer than golf’s Tiger Woods. On top of his salary, Beckham should be able to (4)_____ \$25 million a year through sponsorship deals; \$10 million in merchandising tie-ups, including shirt sales; and, finally, he is (5)_____ to sign a unique profit-sharing deal with LA Galaxy to the tune of a further \$10 million. On top of that, there’s the (6)_____ of Hollywood cashing in on the player’s dashing looks and global celebrity. He also gets to do what he loves – play football every day and score goals.

Beckham (7)_____ the news of his departure from Spain’s La Liga championship by announcing he would not accept Madrid's offer of a two-year contract extension. He will instead (8)_____ to LA when his current contract (9)_____ in the summer. He said in a statement: “I am proud to have played for two of the biggest clubs in football [Manchester United and Real Madrid] and I look forward to the new challenge of growing the world's most popular game in a country that is...passionate about its sport.” He (10)_____ that taking football (soccer in the USA) to another level was more important than the money, saying: “I think potentially it can go higher in America than anyone can believe.... Soccer is (11)_____ all around the world (12)_____ in America and that's where I want to make a difference with the kids.”

| | | | | | | | | |
|-----|---|-------------|---|-------------|---|------------|---|-----------|
| 1. | A | ink | B | inked | C | inkling | D | irked |
| 2. | A | in | B | out | C | on | D | over |
| 3. | A | propeller | B | propane | C | propel | D | pro rata |
| 4. | A | not | B | nit | C | nut | D | net |
| 5. | A | posed | B | poised | C | posted | D | poisoned |
| 6. | A | lure | B | lurid | C | alluring | D | lurk |
| 7. | A | breaking | B | broke | C | break | D | broken |
| 8. | A | toe | B | chest | C | foot | D | head |
| 9. | A | expires | B | expands | C | expects | D | exploits |
| 10. | A | initiated | B | intimidated | C | intimated | D | imitated |
| 11. | A | elephantine | B | huge | C | gargantuan | D | colossal |
| 12. | A | except | B | expect | C | accept | D | exception |

Task 9. Ukrainian sports celebrities have got their own fan sites and receive hundreds of e-mails every day. What do you expect to read in their e-mails? You are going to listen to some of them (Click on Ukraine 1, p. 27, Sports Celebrities). Match the words from them to their definitions.

| | | | |
|---|------------|---|--|
| 1 | proud | A | special area of ground on which football is played |
| 2 | pitches | B | better than any other of the same type |
| 3 | scorer | C | deserving respect, admiration or support |
| 4 | unrivalled | D | feeling very pleased about something |
| 5 | worthy | E | a player who scores points in a game |

Task. Listen and fill in the correct words in each e-mail.

Dear _____,

You make me feel so proud to be Ukrainian. I watched you win two _____ in swimming at the Olympic Games in Sydney and two more in _____. I believe in you and I am sure you will win another _____ soon.

Oksana

Dear _____,

I always watch you on the European football pitches as Milan's best _____. You are my favourite _____. There is no other _____ as good as you. You show everyone that Ukrainian players can be strong and _____. I knew you would be chosen _____ of Europe this year. You deserve it. Your success is sure to raise the prestige of Ukraine.

Petro

Dear _____,

I think you are the strongest men in the whole wide world. I always support you in international _____. No doubt both of you are worthy of becoming world champions in the most prestigious _____: WBC, WBA and IDF. I wish you every success!

Olga

Task 10. Read the article *10 Best-known Ukrainian Sportsmen* carefully to pick out the information to fill in the columns.

| # | Name | Date of Birth | Sport Involved in | Achievements Made |
|----|------|---------------|-------------------|-------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |

10 Best-known Ukrainian Sportsmen

Oleh Blokhin

Oleh Blokhin (born 5 November 1952 in Kiev) is a Ukrainian football coach, who was formerly a standout striker for the Soviet national team, while rising to fame with Dynamo Kyiv. He was named European Footballer of the Year, winning the Ballon d'Or, in 1975, becoming the second Soviet and the first Ukrainian player to achieve such a feat.

After retiring as a player, Blokhin coached Greek clubs Olympiacos (Under him they won the Greek Cup twice, in 1990 and 1992, and the Greek Super Cup once, in 1992), AEK Athens, PAOK, and Ionikos. He began serving as the head coach of the Ukrainian national team in September 2003. Under his leadership, Ukraine reached the quarter-finals of 2006 World Cup. There, Ukraine lost to Italy, who eventually progressed to become the 2006 World Champion. Following the side's failure to reach UEFA Euro 2008, Blokhin stepped down as coach on 6 December 2007.

On 14 December 2007, he was named head coach of FC Moscow. The club finished 9th (from 16) and after the season ended Blokhin was fired from the club. At the end of the season, Blokhin announced that if he knew how things would go in FC

Moscow, he would have never signed there. This was because the club released many important players without Blokhin's permission yet still had many high expectations. Others said that the reason Blokhin failed in FC Moscow was that he and the press didn't have a friendly relationship, and because of that the press was constantly attacking Blokhin and that damaged his status among the players.

Serhiy Bubka

Serhiy Bubka (born 4 December 1963) is a retired Ukrainian pole vaulter. Repeatedly voted the world's best athlete, he represented the Soviet Union until its collapse in 1991. Bubka won 6 consecutive IAAF World Championships, an Olympics gold and broke the world record for men's pole vaulting 35 times (17 outdoor and 18 indoor records). He was the first to clear 6.0 metres and the first and only (as of March 2010) to clear 6.10 metres (20 ft). He holds the current outdoor world record of 6.14 metres (20 feet 1 3/4 inches), set on 31 July 1994 in Sestriere, Italy and the current indoor world record of 6.15 meters, set on 21 February 1993 in Donetsk, Ukraine.

Born in Voroshilovgrad, Ukraine, Bubka was a good track-and-field athlete in the 100-meter dash and the long jump, but he became a world-class competitor only when he turned to the pole vault. In 1983, virtually unknown in international meets, he won the world championship at Helsinki, Finland, and the following year he set his first world record, clearing 5 m 75 cm (19 ft 2, in).

Serhiy Bubka entered international athletics in 1981 participating in the European Junior Championships where he reached 7th place. But the 1983 World Championships held in Helsinki proved to be his actual entry point to the mainstream world athletics, where a relatively unknown Bubka snatched the gold, clearing 5.70 metres (18 feet 8 inches). The years that followed witnessed the unparalleled dominance of Bubka, with him setting new records and standards in pole vaulting.

He set his first world record of 5.85m on 26 May 1984 which he improved to 5.88m a week later, and then to 5.90m a month later. He cleared 6.00 metres (19 feet 8 inches) for the first time on 13 July 1985 in Paris. This height had long been considered unattainable. With virtually no opponents, Bubka improved his own record over the next 10 years until he reached his career best and the current world record of 6.14 m (20 feet 1 3/4 inches) in 1994.

He was the first (and as of October, 2009, the only) athlete ever to jump over 6.10 metres, in San Sebastián, Spain in 1991. He set the current world record of 6.14 metres in 1994 after some commentators had already predicted the decline of the great sportsman. Bubka increased the world record by 21 centimetres (8 inches) in the 4 years between 1984 and 1988, more than other pole vaulters had achieved in the previous 12 years. He cleared 6.00 meters or better on 45 occasions, more than all other athletes in history combined (as of 20 April 2009 there have been 42 clearances of 6.00 metres by other athletes). Bubka won the pole vault event in 6 consecutive IAAF World Championships In Athletics from 1983 to 1997. Bubka officially retired from his pole vault career in 2001.

Vladimir Klichko

Volodymyr Klychko (born 25 March 1976) is a Ukrainian heavyweight boxer. Wladimir is the IBF, IBO, WBO and Ring Magazine Champion. He is currently rated as the number three pound for pound boxer in the world by Boxrec. His older brother Vitali Klitschko is the current WBC champion. Ring Magazine currently rates Klitschko as the number eight pound-for-pound boxer in the world. As of now, Wladimir is historically the longest reigning Heavyweight Champion for the IBF, WBO & IBO Heavyweight Titles of both measurements of defenses and time. Klitschko was born in Semipalatinsk, Kazakh SSR (now Kazakhstan). In 1985 the family moved to Ukraine.

In 1993, Klitschko won the Junior European Championships as a heavyweight. In 1994, he received 2nd place at the Junior World Championships in Istanbul, Turkey. In 1995, he won the gold medal at the Military Championships in Ariccia, Italy, defeating Luan Krasniqi, who he had lost to in the third round of the World Championships in Berlin, Germany earlier that year. In 1996, he captured 2nd place as a Super Heavyweight at the European Championships in Vejle, Denmark. He had an amateur record of 134-6.

Known as "The Steel Hammer," Klitschko first achieved world attention at the 1996 Summer Olympics in Atlanta, Georgia. He defeated Paea Wolfgramm to win the Super-Heavyweight gold medal. He is now announced as "Dr. Steel Hammer," a name more in the vein of his brother, Vitali, who goes by "Dr. Ironfist." On 14 October 2000, in Cologne's Kölnarena (Germany), Klitschko won the WBO Heavyweight

Championship from American Chris Byrd. Byrd had previously upset his elder brother Vitali (who pulled out injured during their bout). After five successful defenses of the WBO belt, Klitschko suffered an upset loss to Corrie Sanders. Sanders battered Klitschko for two rounds knocking him out on 8 March 2003, in Hannover, Germany.

Wladimir Klitschko is a 3 Time Heavyweight Champion, two-time WBO Champion and the current IBF, WBO, IBO & Ring Magazine Heavyweight Champion. He is the younger brother of former WBO and current WBC Heavyweight Champion Vitali Klitschko. As of now, Wladimir is historically the longest reigning Heavyweight Champion for the IBF, WBO & IBO Heavyweight Titles of both measurements of defenses and time.

Yana Klochkova

Yana Klochkova (born 7 August 1982 in Simferopol) is a Ukrainian swimmer, who has won five Olympic medals in her career, with four of them being gold. Her gold medals came in the 200 meter individual medley and the 400 meter individual medley at the 2000 and 2004 Summer Olympics; her silver medal came in the 800 meter freestyle at the 2000 Summer Olympics. She has also won ten titles at swimming's world championships, nineteen European championship titles. She currently holds the short-course world record in the 400 meter individual medley. Her 400 m individual medley world record was broken by American Katie Hoff at the 2007 World Championships in Melbourne. In 2003 she won four golds at the Summer Universiade in South Korea. She was also awarded the Hero of Ukraine medal. In 2004, she was named by Swimming World magazine as the World Female Swimmer of the Year.

Oleh Luzhny

Oleh Luzhny (born 5 August 1968 in Lviv) is a retired Ukrainian footballer and current interim manager of FC Dynamo Kyiv. Luzhny first played for Ukrainian clubs Torpedo Lutsk (1985–88) and SKA Karpaty Lviv (1988). He signed for Dynamo Kyiv in 1989 and became a regular at right back, winning the USSR domestic double in 1990 and seven consecutive Ukrainian league titles between 1993 and 1999. He was the captain of Dynamo Kyiv's Champions League sides that defeated FC Barcelona 3–0 at home and 4–0 away in the group stage of the 1997–98 season and eliminated holders

Real Madrid 3–1 on aggregate in the quarter finals en route to the semi-finals in 1998–99.

Luzhny signed for English club Arsenal in the summer of 1999 after impressing manager Arsène Wenger in Kyiv's 4–2 aggregate defeat of Arsenal in the Champions League. He was signed as cover for Lee Dixon, although he was unable to fully displace the England international. While never a regular starter with the Gunners (the young Spanish-Cameroonian Lauren was signed a year later as Dixon's long-term replacement), Luzhny still played 110 matches in four years at the club, either at right back or, less frequently, at centre back, and even captained the team once in the League Cup. In the 2001–02 season he won a double (the FA Premier League and the FA Cup) with Arsenal. His last match for the Gunners was the 2003 FA Cup Final (which Arsenal won, beating Southampton 1–0), one of Luzhny's best performances for the club.

On the international stage, Luzhny made his debut at the age of 20 for the Soviet Union in 1989, winning eight caps but missing the 1990 World Cup because of injury. After the USSR's dissolution, Luzhny went on to play for Ukraine, playing 52 times for his country between 1992 and 2003, although his side never reached a tournament finals, losing three times in the play-offs.

Luzhny captained the national side a record 39 times and achieved immense personal recognition in his country. In December 2000 he was voted into the Ukrainian 'Team of the Century' according to a poll by *The Ukrainsky Futbol* weekly. Luzhny received the fourth biggest number of votes, behind only to Oleg Blokhin, Andriy Shevchenko and Anatoly Demyanenko.

Andriy Shevchenko

Andriy Shevchenko (born 29 September 1976) is a Ukrainian footballer who plays for Dynamo Kyiv and the Ukraine national team as a striker. He is the third-highest scorer in the history of European club competition with 64 goals, behind Filippo Inzaghi and Raúl.

Shevchenko's career has been highlighted by many awards, the most prestigious of which were the Ballon d'Or in 2004 (becoming the third Ukrainian, after Oleg Blokhin and Igor Belanov to receive it) and the UEFA Champions League in 2003 with

Milan. Along with this, he has won various league and cup titles in Ukraine, Italy, and England. Besides the Golden Ball, Shevchenko was awarded other individual awards.

In his illustrious international career, the striker led the Ukraine national football team as captain to the quarterfinals in their first ever FIFA World Cup appearance in 2006. Shevchenko has 100 caps and 45 goals for the Ukrainian national team, whom he represented at the 2006 FIFA World Cup. He scored his first international goal in May 1996, in a friendly against Turkey.

In a 21 December 2009 interview with UEFA Shevchenko declared that he was keen to play in his home country at Euro 2012. "After a disappointing 2010 World Cup qualifying campaign that is my new challenge, or even dream. I will do everything to achieve that."

Hryhoriy Surkis

The president of Football Federation of Ukraine, Ukrainian businessman and politician, since 1998 a member of National Olympic Committee, since 2000 the president of Football Federation of Ukraine, an ambassador of Ukraine to European Council in reference to sport, tolerance, and fair game, twice elected as a Verkhovna Rada deputy.

Hryhoriy Surkis (born September 4, 1949 in Odessa) is a Ukrainian businessman and politician. Surkis is the president of Football Federation of Ukraine. From 1991 to 1993 Surkis became a general director of "Dynamo-Atlantic". From 1993 to 1998 he was the president of the Ukrainian industrial financial concern Slavutych and the FC Dynamo Kyiv, LLC. Since 1998 and until 2006 he was a people representative of Ukraine, and since 1998 he has been a member of the National Olympic Committee (NOC) of Ukraine. He was the president of the PFL of Ukraine from 1996 to 2000. In 2000 he was elected as the president of Football Federation of Ukraine and was re-elected twice, currently serving his third term. He is a member of the Committee of national associations FIFA since 2000. In 2006 he became a vice-president of NOC of Ukraine. Since 2007 he is a head of the Committee that deals with the beach soccer and "futza". He is an ambassador of Ukraine to European Council in reference to sport, tolerantment, and fair game.

He was listed in Top-100 most powerful people in Ukraine rating in 2004 (26th place) and 2005 (38th) in Korrespondent newspaper version. Surkis was people deputy of III and IV convocations of Verkhovna Rada.

Anatoliy Tymoshchuk

Anatoliy Tymoshchuk (born 30 March 1979 in Lutsk) is a Ukrainian football midfielder who plays for German Bundesliga club Bayern Munich and the Ukrainian national team. In 2008, Tymoshchuk won the UEFA Cup and the UEFA Super Cup as the captain of Zenit St. Petersburg.

Anatoliy Tymoshchuk started his career playing for his hometown team Volyn Lutsk, having risen through the ranks at the team. Following two successful seasons, the player began to attract attention from bigger clubs. In 1997 at age 18, Tymoshchuk was bought from Volyn by Shakhtar. At Shakhtar, Tymoshchuk was a key member of the team which won three Ukrainian Premier League titles, three Ukrainian Cups, and a Ukrainian Super Cup. His time with Shakhtar is credited with establishing him as a great midfielder in Europe.

In 2006, having captained Shakhtar for a number of years, Tymoshchuk became linked with a string of European clubs, including Juventus, Feyenoord, Celtic, and Roma. On 27 February 2007, Tymoshchuk transferred to Zenit St. Petersburg for a fee reported to be about €15 million. He was soon named as the new captain of the team. Since his 2000 debut, Tymoshchuk has become a key member of the Ukrainian national team. He gained recognition for his performance during the 2006 FIFA World Cup in which Ukraine reached the quarter-finals, earning a Man of the Match award during Ukraine's win over Tunisia. Tymoshchuk has been described as one of the catalysts for Ukraine's first FIFA World Cup appearance. He is currently the vice-captain of the team, captaining in the absence of Andriy Shevchenko. On 11 October 2010, in a friendly match against Brazil, Tymoshchuk became the second player to have 100 caps for senior team, after Andriy Shevchenko who reached the triple digits in a friendly versus Canada two days earlier.

Tymoshchuk and his father has since 2000 organised tournaments, the International Anatoliy Tymoshchuk Junior Cup, for children from Ukraine and neighbour states in the city of Volhynia, Ukraine. The winners get cups and money

awards. The mission of the tournament was to encourage children to continue their football training by giving them a chance to participate in a real competition.

Vasyl Virastyuk

Vasyl Virastyuk (born 22 April 1974 in Ivano-Frankivsk), is a strongman competitor from Ukraine. Vasyl Virastyuk competed in the finals of the World's Strongest Man contest in 2003 and 2004. He finished third in 2003 behind then-defending champion Mariusz Pudzianowski and runner-up Zydrunas Savickas. The following year Virastyuk won the 2004 World's Strongest Man title, placing ahead of Savickas and Pudzianowski. After this victory there was a split in the world of Strongman competition. While some of the competitors such as Virastyuk and Zydrunas Savickas started competing for the IFSA Strongman title (with Savickas winning the title in 2005 and 2006), others such as Pudzianowski remained and competed for the Met-Rx World's Strongest Man title (with Pudzianowski winning in 2005, 2007, and 2008 Phil Pfister in 2006).

After finishing 2nd in 2005 and third in 2006, at the 2007 IFSA World Championship in Geumsan, South Korea, Vasyl defeated the 2 time IFSA World Champion Zydrunas Savickas. With this victory Vasyl become the first athlete in the history of strongman to win both a World's Strongest Man title and an IFSA World title. Zydrunas would be the second to accomplish this feat after winning the 2009 World's Strongest Man title in Malta.

Virastyuk has also achieved a podium finish on three occasions in three consecutive years (2005, 2006 and 2007) at the Arnold Strongman Classic coming second on each occasion to Zydrunas Savickas. At the 2008 Arnold Strongman Classic, Vasyl was forced to withdraw due to injuries, and finished in tenth place with only 8.5 points.

Andriy Voronin

Andriy Voronin (born 21 July 1979) is a Ukrainian professional footballer who currently plays as a striker for Dynamo Moscow. His previous clubs include Chornomorets Odessa, Borussia Mönchengladbach, Mainz, Köln, Bayer Leverkusen, and Liverpool. In the 2002–03 season, Voronin became top goalscorer in the 2. Bundesliga. At international level, he has frequently been played as a substitute for

Ukraine. Voronin was ultimately recalled to the national side, scoring his first international goal in a 2–0 Euro 2004 qualifying win over Greece in September 2002 and a second one in a 2–2 draw against Spain in March 2003.

He was in the Ukrainian squad for the FIFA World Cup 2006, in which Ukraine got to the quarter-finals, beaten by the eventual winners, Italy.

Task 11. You are going to listen to an interview with a coach about a romantic sport (Click on Ukraine 2, p. 24, A Romantic Sport). Match the words from the interview to their definitions.

| | | | |
|---|--------------------|---|--|
| 1 | to recruit | A | with the protection or support of |
| 2 | graceful | B | to show or to allow to be seen |
| 3 | to require | C | to need or demand some things |
| 4 | under the aegis of | D | to find new people for a company or organization |
| 5 | to exhibit | E | smooth and attractive |

Listen and mark the sentences T (True) or F (False). Correct the false ones.

1. The class mistress is talking about calisthenics.
2. The gymnast has a minute and a half for her performance.
3. The gymnast performs without any apparatus.
4. Excellent technique is the only requirement for getting maximum points.

Listen again and answer the questions.

1. Who is giving a talk to some school children and what is she planning to do?
2. What is asked the gymnast in calisthenics?
3. What are the rules of calisthenics?
4. What makes Ukraine one of the world leaders in this sport?
5. What has been attracting the best gymnasts from all over the world since 1992 to Ukraine?
6. What famous Ukrainian gymnasts can you name?

Task 12. Read the article *Lilia Podkopayeva Biography - Chronology, Awards And Accomplishments*. Seven sentences have been removed from the article. Choose from the sentences A-G the one which best fits each gap 1-7.

| | |
|---|---|
| A | Despite winning two additional golds in the apparatus finals at the Birmingham competition that year, she expressed displeasure with her performance and vowed to improve in time for the upcoming Olympics in late summer of the year. |
| B | She won her first gold medal in the all-around competition at the Ukrainian Cup and took the gold on the vault at the Hungarian International competition. |
| C | All-around gold medal at the World Championships. |
| D | The Ukrainian government awarded her a car and a house in Donetsk. |
| E | Known best for her amazing floor exercise routines, Podkopayeva is the only woman in the world to execute an Arabian double front brani out in her routine. |
| F | Her gold medal performances at the 1996 Olympics were enhanced by gold in the European Championships and at the Grand Prix of Rome. With the Olympic win, Podkopayeva brought back-to-back women's all-around championships to the Ukraine, which produced 1992 gold medallist Tatyana Gutsu. |
| G | Commuting six days per week and practicing four hours daily, her dedication to her sport was exceptional. |

Lilia Podkopayeva Biography - Chronology, Awards And Accomplishments

As an Olympic champion, Lilia "Lily Pod" Podkopayeva affirmed her status as the premiere women's gymnast with gold medal wins in the European Championships, Worlds, and the Olympics. At age seventeen and holding the top titles at every level of competition, Podkopayeva was the first athlete ever to win multiple medals while representing Ukraine. 1 _____ .

Podkopayeva was born on August 15, 1978, in Donetsk in Ukraine, which at that time was a part of the former Soviet Union. The second of two children, she lived in a

household of three generations, with her parents and grandparents. Her father abandoned the family when she was two years old. After that time she lived with her mother, brother, and grandparents, although it was her grandmother who took responsibility and raised her. At age five Podkopayeva was enrolled in gymnastics classes at the Dynamo Gym. There she worked with coach Ulla Pugacheva, who recognized the girl's natural ability.

Soon Podkopayeva was training with Galyna Losinska. With the gymnasium located in Donetsk, and the home of Podkopayeva's grandparents situated outside of town, Podkopayeva faced a three-hour round trip to gymnastics class. 2 _____.

When she won her first age-group competition at age six, Podkopayeva enjoyed the flowers and attention that accompanied the victory. Her determination was reaffirmed, and she set for herself a personal goal to become the number one gymnast in the world.

Podkopayeva was first named to the Ukrainian national team in 1988 at age eleven. She then spent five years with Losinska at a gymnastics training camp in preparation for her planned Olympic competition in 1996. Along with other Olympic hopefuls the two lived at the camp, living and training together. Podkopayeva's career at the international level was launched in earnest in 1992. At the European Cup the following year she took second place in the all-around competition and won a bronze medal on the balance beam. 3 _____ .

She followed with a gold in the floor exercise and on vault at the 1994 European Championships and Goodwill Games respectively. With the exception of a silver medal on balance beam at the World Championships, she won a string of golds worldwide. She took first place in the all-around competition at the 1995 Worlds, the subway World Challenge, and at the Kosice and Bymnix Internationals.

As she approached her teens, the Soviet Union underwent a period of unrest and the Union dissolved altogether in 1991. The Republic of Ukraine that year declared its independence. Representing the Ukraine, she won two golds and a silver at the Atlanta Olympics in 1996. By virtue of the wins she earned a place in Ukrainian sports history as the first multiple Olympic medallist. Her victory in the Olympic all-around competition came impressively in the wake of a broken rib earlier in the season known

for her innovative and very difficult choreography in her floor exercise routines, her double front summersault variations are most impressive. At the 1996 European Championships in Birmingham, England, she executed a tucked double-front somersault with half-twist. The move helped clinch her gold medal win in the all-around competition. 4 _____.

In the competition for the all-around championship at the Atlanta Olympics, Podkopayeva bested Romanian Lavinia Milosovici on the floor exercise by a score of 9.887-9.812. Podkopayeva went on to win the contest with a total score of 39.255, topping the Romanians who tied with a score of 39.067 each and shared the bronze. The Olympic gold capped gold medal wins at the European and World Championships and confirmed her status at age seventeen, as the best women's gymnast worldwide. 5 _____.

Furthermore Podkopayeva became the first woman gymnast since Lyudmila Turischeva to cap a World Championship title with an Olympic all-around gold medal.

After learning of the death of her devoted grandmother in 1996 just prior to the Olympic competition, Podkopayeva performed with championship precision while dedicating her performance to her grandmother. In recognition of the Olympic success Podkopayeva was honored by the Ukrainian President and by the national Parliament. 6 _____.

After Atlanta, Podkopayeva appeared at an exhibition in Brussels before setting out on a tour of the United States with the John Hancock Tour of World Champions. As she toured, Losinska arranged with Coach Viktor Savitsky for the two to move to Tampa, Florida. According to the agreement, Losinska was hired as a coach at Rocky Strassberg's Gemini School of Gymnastics where Podkopayeva would also train.

After her arrival in Florida in January of 1999, Podkopayeva began to prepare for the 2000 Olympics in Sydney, Australia. In March she appeared before 4,000 gymnasts at the three-day Gasparilla Classic gymnastics meet in Tampa.

In 2000, hampered by back and ankle injuries, 21-year-old Podkopayeva did not compete in the Sydney Olympics. After her gold medal Olympic performances, Podkopayeva achieved considerable fame in her native Ukraine and was worshipped like a hero for her legendary accomplishments. With future plans focused on

choreography, she made plans to return to the Ukraine to study at the Kiev Sports University.

1992 Gold medal in Brussels

1993 Gold medals at the Hungarian Internationals and Ukrainian Cup

1994 Gold medals at the European Championships and at the Good Will Games; won silver at the World Championships in Brisbane, Australia

1995 7 _____.

1996 All-around gold medals at the European Championships and at the Atlanta Olympics

Podkopayeva was the first multiple medal winner ever from the Ukraine.

Task 13. Who is your favourite sports person? Design a page about him / her for the Guinness Book of Records and present it to the class.

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Навчально-методичне видання

КОНОТОП

Олена Сергіївна

SPORT AND GAMES