

Lesson for the 7 form:



**« Russian
Olympic
champions»**

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Today we shall discuss the topic:
What should people do to become a famous sportsman and an Olympic champion?



Listen and read:

[k]

hockey
kickboxing
unlucky
quickly
pick
ticket
back
knock
clock

[s]

race
cycling
century
place
since
choice
decide
excellent
Nicely
peace

[k]

compete
competition
court
cycling
success
country
carefully
communicate
aerobics
athletics
clock

[tʃ]

champion
championship
chess
change
chance
cheap
match
much
rich
each



Which Soviet Olympic champions do you know?



Vladimir Safronov
boxing 1956



Irina Rodnina
figure skating 1972



Vladislav Tretyak
ice hockey 1976



Vladimir Salnikov
swimming 1988



Sergey Bubka
athletics 1980



Which modern Russian Olympic champions do you know?

Alexander Karelin
wrestling

Aleksey Nemov
gymnastics

Elena Isinbayeva
athletics

Eugenie Plushenko
figure skating



Sport minute.

- Hands up,
- Hands down,
- Hands on hips,
- Don't sit down,
- Bend left,
- Bend right,
- Touch your nose,
- Touch your toes,
- Turn around
- And sit down.



Let's discuss:

- Does the love for competition depend on personal characteristics?
- What are the main traits of character of a good sportsman?
- Should everyone try to become a good sportsman?



Use the word combinations:

- to be the first
- to try their chance
- to become stronger
- to make good friends among the sportsmen
- to spend time
- to meet new people
- to relax
- to make a good career
- to follow family traditions
- to be healthy
- to travel much



To be a good sportsman people should:



- Eat healthy food
- Eat sweets and chips
- Be in open air
- Be in a good mood
- Sleep less 8 hours
- Do morning exercises
- Play too much computer games
- Keep clean themselves
- Like to compete
- Do sports regularly



Read and learn:



To be healthy in your life,
Don't forget to do all five,
Get up early, quick and bright,
Exercise with all your might,
In the morning jump and run,
Eat your breakfast you've done,
Train your body, train your brain,
And all bad habits pass away.



**What information have you
remembered and learned at
today's lesson?**

Give your thoughts, please!



The lesson is over!

**THANK YOU FOR YOUR
ATTENTION!!!**



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