























They say, "Health is above wealth". Thousands of people consider sports to be very helpful in gaining good health. That's why every country pays much attention to developing sports. There are quite a number of people who prefer watching sporting events rather than taking part in them. They are so-called sport fans. They pack stadiums during sport matches and competitions, they sit glued to the TV, and they are ready to give every moral support to their favorite sportsmen or teams.

In the meantime thousands of people devote their spare time to going in for sports. They play indoor and outdoor games: volleyball, basketball, table-tennis, hockey, law-tennis. In summer swimming is enjoyed by millions of people. Physical training is an essential part of young people's development. All pupils and students have regular training at PT lessons. These classes are enjoyed by everybody as they give a lot of energy, develop muscles, make pupils strong, quick and healthy.



Sport helps people to keep in good health and be more disciplined. The history of Ukrainian sports goes back to the ancient times. Ukrainian Cossacks' culture was built on the basis of the national games and physical exercises. Such kinds of sport as swimming, running, wrestling and others were very popular. Ukrainian voluntary sports organizations develop different sports programs for young people and children. Ukraine pays much attention to sports. Such names as S. Bubka, Y. Klotchkova and many others became famous all over the world. So if you think that physical fitness and health are important you are to go in for sports.



Exercis

es

a) Fill in the

world:
1.They are so-called_____.

2. Sport helps people to keep in good health and be more

- 3. There are quite a number of people who prefer watching sporting events _____ than taking part in them.
- 4. They play indoor and outdoor games: volleyball, basketball, table-tennis, hockey,____.
- 5. All pupils and students have regular training at

Disciplined

Law-tennis

Rather

Sport fans

PT lessons

b)Translate the

- Sentence Spenyвання є важливою частиною розвитку молодих людей.

 Physical training is an essential part of young people's development.
 - 1. Тисячі людей вважають що спорт дуже корисний в здобутті хорошого здоров'я. Thousands of people consider sports to be very helpful in gaining good health.
 - 1. Спорт допомагає людям підтримувати хороше здоров'я і бути більш дисциплінованим. Sport helps people to keep in good health and be more disciplined.
 - 1. Культура українських козаків була побудована на основах національних ігор та фізичних вправ. Ukrainian Cossackş' culture was built on the basis of the national games and physical exercises.
 - 1. Такі імена як Сергій Бубка, Клочкова і багато інших стали відомими по всьому світу. Such names as S. Bubka, Y. Klotchkova and many others became famous all over the world.

Answer the

- 1. What helps people to be healthy and agile? S
- 2. What helps young people become more powerful in physical activity?
- 3. What kinds of sport were prefering by Ukrainian Cossacks?
- 4. Who prefer watching spots than exercises?
- 5. What is your favourite sport? Why?

The end