



Sport is my life!!!



Sport in our life

- Millions of people all over the world are fond of sports and games. Sport helps people to stay in good shape, helps to support health and prevents from illness. Sport makes them more organized and better disciplined in their daily activities.
- We've always paid great attention to sport in our schools, colleges and universities. You can hardly find a school without a gym or a sports ground. Every city and town has a few stadiums or swimming pools where local competitions are usually held.
- There are different sporting societies and clubs in Russia. Many of them take part in different international tournaments and are known all over the world. A great number of world records have been set by Russian sportsmen. Our sportsmen also win a lot of gold, silver and bronze medals in the Olympic Games.

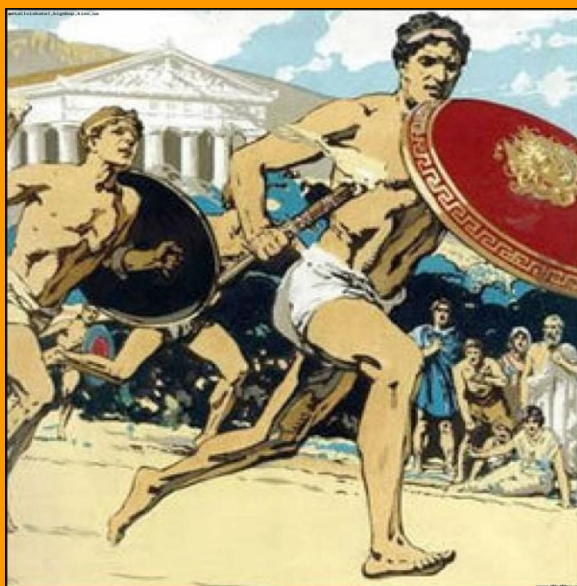


OLYMPIC GAMES



The History of the Olympic Games

Long ago ancient Greeks often waged wars. Small states suffered and lost much even if they did not take any side and stayed out of wars. The ruler of such a small state, Elis, wanted to live in peace with all neighbours. He was a good diplomat because his negotiations were successful and Elis was recognized a neutral state. To celebrate this achievement, he organized athletic games. In the beginning this feast lasted one day, but later a whole month was devoted to it. All wars and feuds were stopped by special heralds who rode in all directions of Greece. The games were held every four years in Olympia on the territory of Elis. The first games which later were called the Olympic Games were held about a thousand years before our era. Usually the Olympic Games began before the middle of the summer. Best athletes arrived from many Greek states to Olympia to compete in running, long jumps, throwing of discus and javelin and wrestling. In the course of time fist fighting (boxing) and chariot races were also included in the Games. All athletes took an oath that they had been preparing well for the Games and promised to compete honestly and keep the rules of the sacred Olympics. The athletes took part in all kinds of competitions. Winners were called «olympionics», they were awarded olive wreaths and cups of olive oil. This tradition has survived. In our time sportsmen often get cups and wreaths for winning the first place in sports competitions. The olympionics of ancient Greece became very popular. Best craftsmen were chosen to make honorary cups, many poets wrote and recited in public poems about the best athletes. Sculptors made their statues which were put up at the birthplace of the winners. The Olympic Games were accompanied by arts festivals. Poets recited their poems, singers sang hymns dancers danced and orators pronounced speeches — all this in honour of the sacred Games. Only men could take part in the Olympic Games. Women were not allowed even to watch the competitions at the stadium under the fear of death penalty. There was a single exception, when a woman coached her son and accompanied him to the stadium in men's clothes. That brave woman was spared the penalty because her son excelled in many events. Magnificent strong bodies inspired artists and sculptors. They painted wall pictures and made statues of marble and bronze, so now we can admire the corporal beauty of ancient and eternally young discus thrower, javelin bearer and others. The Olympic Games had been held for about eleven hundred years, until the emperor Theodosius banned them for religious reasons in 394 A. D. The revival of the Olympic Games began long time afterwards, in 1892, when a young French teacher Pierre de Coubertin made a public speech before the Union of French sports clubs in Paris. At that time many people in many countries practised various kinds of sports and games. They wanted to make friends and compete with sportsmen from other lands. Pierre de Coubertin understood the importance of sports which unified peoples of the world and served the cause of peace like in ancient time. On the 23rd of June 1894 the International Congress of amateur sportsmen made an important decision: to revive the Olympic Games and to establish the International Olympic Committee which would be responsible for the administration of the modern-Olympic Games. The first Committee consisted of 12 members. Now 82 members of the International Olympic Committee control the affairs of all member countries which joined the Olympic movement.



Questions:

1. What did ancient Greeks do long ago?
2. What did the ruler of a small state want to do?
3. Why did the ruler organize athletic games?
4. How long did the first feast last?
5. When did the Olympic Games begin?
6. How were the winners called?
7. What were the Olympic Games accompanied by?
8. Who was not allowed to take part in the Olympic Games?
9. When did the revival of the Olympic Games begin?

Vocabulary:

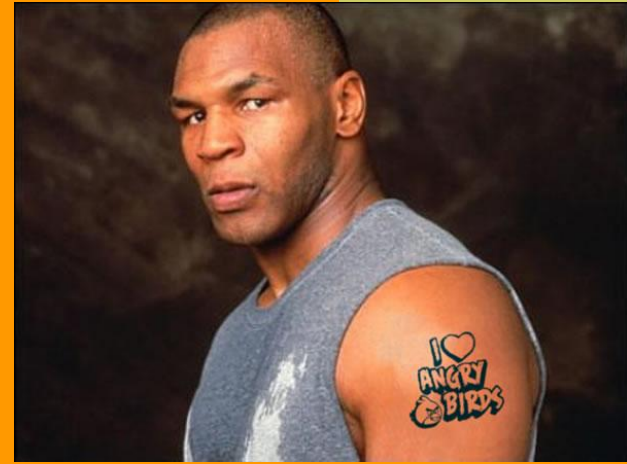
- to wage wars — вести войны
- ruler — правитель
- feast — праздник
- herald — гонец, посланник
- javelin — копье
- sacred — священный
- wreath — венок
- chariot races — бега
- to be spared the penalty — быть избавленным от наказания

The rules.

- I'll give you a paper with set of rules. Read, write the number of the sport or game in the correct line.
- (Обучающиеся получают листы с текстом, определяют вид спорта, затем проверяют свои ответы на слайде)
- Sport Quiz.
- Match the sport or game to the appropriate set of rules.
- Write the number of the sport or game in the correct box.
- A _____
- Each team may have up to eleven players, only seven of whom are allowed to play at the same time. One team should wear blue caps, the other white. Players must not splash water into an opponent's face.
- B _____
- The two contestants must bow to each other at the start of the contest. They should wear white clothing. Contestants must only attack the arms and legs of their opponent. They should not get overexcited.
- C _____
- The game can be played by two or four players. The players must change positions after each game. The ball must touch the table on both sides of the net each time it is hit.
- D _____
- Competitors should wear a helmet. They must not stop another competitor from overtaking. Competitors are not allowed to help each other.

- E _____
- Each team may have up to ten players, only five of whom may play at the same time. Players are not allowed to leave the court without permission. The ball may be thrown but it must not be carried or kicked. A team must try for a goal within 30 seconds of getting possession of the ball.
- F _____
- Each team must have eleven players. The two teams should wear different colours. Only the goalkeeper is allowed to play the ball with his hands or arms.
- G _____
- Each team must have six players. The server may hit the ball with his hand or any part of the arm. He must release the ball from his other hand before hitting it. Players must not touch the net.
- H _____
- Each team may have up to seven-teen players, only six of whom are allowed to play at the same time. Players must wear skates and numbered shirts.
- I _____
- Contestants are weighed before the contest. The contestants' assistants must leave the ring before the fight begins. Contestants must wear gloves and must not hit an opponent behind the neck.
- Table tennis
- Water polo
- Basketball
- Volleyball
- Cycle racing
- Judo
- Ice hockey
- Boxing
- Football

Favourite sportsman



- We sometimes like sport because of sportsmen who do this sport. Do you agree? Some of them are our favourites, some are sport heroes for all people.
- Have you got your favourite sportsmen?
- (Обучающиеся рассказывают о своем любимом спортсмене, это было задано в качестве домашнего задания)