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И.В. Красильникова

**Different kinds of sport**

Учебно-методическое пособие

для студентов 3 курса СПО ВГАС (6 семестр)

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Рецензенты:

К. филол. н., доц. кафедры перевода и профессиональной коммуникации

ф-та РГФ ВГУ *Княжева Е.А.*

Д. филол. н., проф. кафедры ГДРиИЯ ВГАС *Кожевникова И.Г.*

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Введение

Настоящее пособие предназначено для студентов 3 курса колледжа физической культуры, изучающих английский язык. Пособие рассчитано на 44 часа, как для работы в аудитории под руководством преподавателя, так и самостоятельно.

Целью обучения английскому языку на аудиторных занятиях является:

•  формирование представлений об английском языке как о языке международного общения и средстве приобщения к ценностям мировой культуры и национальных культур;

•  формирование коммуникативной компетенции, позволяющей свободно общаться на английском языке в различных формах и на различные темы, в том числе в сфере профессиональной деятельности;

* - формирование и развитие всех компонентов коммуникативной компетенции: лингвистической, социолингвистической, дискурсивной, социокультурной, социальной, стратегической и предметной;

В соответствии с целями обучения в основе практикума лежит принцип взаимосвязанности обучения всем видам речевой деятельности: чтению, аудированию, говорению, письму. Для овладения студентами рецептивными (аудирование и чтение) и репродуктивными (говорение и письмо) видами речевой деятельности предлагается формировать фонетические, лексические и грамматические навыки, которые являются необходимым фактором и условием приобретения речевых умений. Их формирование осуществляется на основе профессионально-ориентированных упражнений и заданий пособия.

Учебно-методическое пособие состоит из 3 тем, включающих в себя 15 занятий, и содержащих грамматический материал, большое количество языковых и речевых упражнений, позволяющих формировать и совершенствовать языковые и речевые навыки и умения.

**Unit 4.4**

**Different kinds of sport**

**Lesson 1**

**Olympic summer sports**

**Задание 1**. Прочтите и переведите текст.

The Olympic Games is a worldwide famous sport event. Every four years the best sportsmen of every country, united in national teams, meet each other in one selected city to find out who is the strongest, fastest and the sturdiest person in the world. There are two types of these games: summer and winter ones, because all sports are conditionally divided according to seasons. Modern games are very different from the first ones and quantity of played sports changes every time depending on their popularity. Competitions in Summer Games usually include 33 sports; among them are: archery, basketball, boxing, canoeing, cycling, equestrian sports, fencing, field hockey, gymnastics, judo, modern pentathlon, rowing, sailing, shooting, soccer, aquatics, handball, track-and-field, volley-ball, weightlifting, wrestling and many others.

Water sports are very popular all over the world. That’s why they are widely represented at the Olympic Games. Aquatics are a combination of 4 sports: Diving, Water polo, Synchronized swimming, and Swimming.

Synchronized swimming is for women only. It is like dancing in water. In order for swimmers to stay underwater they have to put a clip on their noses. Women compete as a pair or as part of a team. There are speakers in water so swimmers can hear the music better.

Diving has several events. There is 10m platform diving for men and women, 3m springboard diving for men and women, and synchronized diving for men and women from both the 10m platform and 3m springboard. Divers do many different kinds of dives. The synchronized diving is done by two divers at a time. Judges score the dives and the diver with the best score wins. Dmitry Sautin is known as one of the best divers in the world for several years running: he is many-time European, world and Olympic champion. He successfully performed in Atlanta at Summer Olympic Games.

Water Polo is like handball in water. There are six players on each side and one goal keeper. They are not allowed to touch the bottom of the pool at any time. The offense has 35 seconds to score a goal. If they are not successful the defense will get the ball. There are 4 quarters in a game, each is seven minutes long. The winner is the team that scores the most goals.

Swimming has 26 individual events and six relay or team events for both men and women. They take place in a 50 meter pool. There is backstroke, breaststroke, butterfly, freestyle, and individual medley for men and women in different distances. The relays are the freestyle and the medley.  At the 20th Olympic Games in Moscow Alexander Chaiev (swimming) represented Voronezh and showed an impressive result.

Swimming was one of the sports at the first modern Olympic Games in 1896. Water polo was included in 1900, Diving in 1904, and Synchronised swimming was added in 1984.

***vocabulary***

Aquatics - водные виды спорта

a clip – зажим

a springboard - трамплин

a judge, to judge - судья, судить

to backstroke - плавать на спине

to breaststroke - плавать на животе

medley - смешанный

**Задание 2**. Дайте русские эквиваленты следующим словам и словосочетаниям:

to stay underwater, to put a clip on the nose, to hear the music better, different kinds of dives, to be done by two divers, to be like handball in water, to touch the bottom of the pool, to score a goal, to take place in a 50 meter pool, freestyle and the medley, to be included in.

**Задание 3**. Дайте английские эквиваленты следующим словам и словосочетаниям:

cинхронное плавание, оставаться под водой, надевать зажим на нос, могут слышать музыку, разные виды погружений, забивать гол, дотрагиваться до дна бассейна, баттерфляй, защитник, нападающий.

**Задание 4**. Вставьте пропущенное слово.

1. Aquatics are a \_\_\_\_\_\_\_ of 4 sports. Synchronized \_\_\_\_\_\_\_ is for women only.
2. The synchronized diving is done by two \_\_\_\_\_\_ at a time.
3. Judges \_\_\_\_\_\_ the dives.
4. Water Polo is like \_\_\_\_\_\_ in water.
5. Synchronized swimmers have to put a \_\_\_\_\_\_\_ on their noses.

**Задание 5**. Скажите, верна информация или нет?

1. Synchronized swimming is for men only.
2. In order for swimmers to stay underwater they have to put a cap on their heads.
3. The synchronized diving is done by three divers at a time.
4. There are 4 quarters in water polo, each is seven minutes long.
5. In the Olympics, Swimming has 27 individual events.
6. At the 20th Olympic Games Alexander Chaiev showed an impressive result.

**Задание 6.** Закончите предложения:

1. Aquatics are a combination of 4 sports: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. In order for swimmers to stay underwater they have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. There are speakers in water so swimmers can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Water Polo is like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. They are not allowed to touch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. The relays are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Задание 7**. Answer the following questions.

1. What are Aquatics?
2. Who can participate in synchronized swimming?
3. What do swimmers have to put on their noses?
4. What events do you know in diving?
5. Water polo team consists of six players and one goal keeper, doesn't it?
6. What is the object of the game?
7. What is the area of the swimming pool?
8. Who is known as one of the best divers in the world?
9. What result did Alexander Chaiev show at Moscow Olympics?

**Задание 8**. Переведите на английский язык:

существует 4 водных вида спорта: синхронное плавание, водное поло, прыжки в воду, плавание; соревнования по плаванию проводятся в 50-метровом бассейне; олимпийское плавание включает 26 индивидуальных видов соревнований и 6 командных; существуют такие виды, как: баттерфляй, плавание на спине, плавание на животе, смешанный и свободный стиль на разных дистанциях.

**Задание 9**. Вставьте пропущенные слова, не используя текст:

(1) is like handball in water. There are six players on each side and one (2). They are not allowed to touch (3) of the pool at any time. (4) has 35 seconds to score a goal. If they are not successful the defense will get the ball. There are (5) in a game, each is seven minutes long. The winner is the team that scores the most goals.

the bottom, the offense, the goal keeper, 4 quarters, water polo

**Задание 10**. Поговорите со своим партнером об одном из водных видов спорта.

**Grammar revision exercises**

***Настоящее совершенное длительное время*** (Present Perfect Continuous) показывает, что действие началось в прошлом и продолжается в настоящем моменте, либо только что закончилось. То есть, как и в Present Perfect – есть связь с настоящим. Как и в Present Continuous – есть длительность:

Kate has been travelling for five months. – Кейт путешествует уже 5 месяцев.

Обычно указывается или весь период, в течение которого длится действие, или момент, когда оно началось. Поэтому слова-маркеры этого времени следующие:

for (в течение)

since (с...)

lately, recently (в последнее время)

all morning/day/week (все утро/день/неделю)

last 3 days (последние три дня) и др.

Например: I have been waiting for you ***for*** three solid hours. — Я ждал тебя целых три часа.

We have been living in London ***since*** 2012. – Мы живем в Лондоне с 2012 года.

Many of the homeless have been sleeping out ***for*** years. - Многие бездомные много лет ночуют под открытым небом.

Время Present Perfect Continuous образуется по следующей формуле

***have/has been V-ing***

Their children have been playing football all evening. - Их дети играли в футбол весь вечер.

Чтобы построить отрицание, добавляется частица not после have/has. Часто они сокращаются до haven’t или hasn’t соответственно:

Their children haven’t been playing football all evening. - Их дети не играли в футбол весь вечер.

Вопросительное предложение образуется путем переноса на первое место глагола have, затем ставится подлежащее, а потом – been +V-ing:

Have their children been playing football all evening? – Их дети играли в футбол весь вечер?

В этом времени часто строят вопросы, начинающиеся с ***how long***:

How long have you been looking for work? — Как давно вы уже ищете работу?

How long have you been learning English? — Как давно вы изучаете английский?

How long have you been going out together? — Как давно вы уже встречаетесь?

В связи с «громоздкостью» конструкции, have и has очень часто сокращают:

I’ve been living here for 2 weeks. — Я живу здесь уже 2 недели.

He’s been living here for 2 weeks. – Он живет здесь уже 2 недели.

**1**. Составьте предложения в ***Present Perfect Continuous Tense***.

1. I/to read/this book/for three days.
2. We/to play volleyball/ for twenty minutes.
3. She/to clean/the flat/for more than an hour.
4. Peter/to swim/for half an hour.
5. Anna/to speak/on the phone/for an hour now.
6. You/to wait/for a bus/for ten minutes only.
7. Nelly and Mary/to do the shopping/since early morning.
8. It/to snow/since last night.
9. Jack and his friend/ to ride bikes/for three hours now.

10. The teacher/to explain/ a grammar rule/since the beginning of the lesson.

**2.** Поставьте глаголы в скобках в правильную форму.

1. Helen … (to wash) the dishes for fifteen minutes.
2. My classmates … (to write) a dictation since the beginning of the lesson.
3. Sam … (to drive) a car for five hours now.
4. I … (to look) for information on the subject since last Friday.
5. Molly … (to paint) this picture for three days now.
6. The tourists … (to do) the sightseeing since nine o’clock.
7. You … (to work) as a computer programmer for more than fifteen years.
8. The wind … (to blow) since yesterday.
9. My grandfather … (to collect) coins since he was a boy.

10. Andy and Den … (to discuss) the plans for their winter holidays for two hours now.

**3.** Сделайте предложения вопросительными и отрицательными.

1. You have been writing a report since morning.
2. We have been working in the garden for three hours.
3. I have been typing letters since ten o’clock.
4. Tom has been running for twenty minutes.
5. A cat has been sitting in the tree for an hour.
6. Jane has been studying English for two years.
7. They have been building this house for more than a year.
8. My parents have been travelling for a week.
9. I have been having a lesson for fifteen minutes now.
10. They have been walking since afternoon.

**Lesson 2**

**Olympic winter sports**

**Задание 1.** Прочтите текст. Найдите в тексте ответы на следующие вопросы: какие виды лыжного спорта входят в программу Олимпийских игр, что такое бобслей, как играют в кёрлинг, что такое северное многоборье.

When I’m asked about winter sports I think of biathlon, bobsleigh, curling, ice hockey, figure skating, luge, skiing, snowboarding. All these sports are included in the Olympic Games and are worth admiring. I think that the athletes who participate in the Olympics deserve sincere respect.

The winter Olympic Games have been held since 1924 as a Supplement to the Summer Games. From 1924 to 1992, the Winter Olympic Games were held in the same years as the summer ones. Since 1994, the Winter Olympic Games have been held with a 2-year shift from the Summer Olympics.

The first winter Olympics were mainly devoted to sports that were typical of everyday life: cross-country skiing, speed skating, cross-country skiing, and ski jumping.

Alpine skiing is a sport that involves racing down snowy inclines whilst wearing specially designed skating equipment. Every participant dons (надевает) protective gear and goggles, using a pair of poles to direct them down the hill and control their speed. A number of different alpine skiing events take place at the Olympics with specific names attributed to various types of courses. Both men and women participate in Olympic Alpine Skiing.

***Biathlon*** is a combined winter sport event that incorporates two separate sporting disciplines – cross-country skiing and rifle shooting – into one large-scale competition. Biathlon events have been part of the Olympic program since 1960, and include both individual and team competitions. Both men and women participate in this particular sport, with Germany, Norway and Russia having the most success in Olympic Biathlons to date.

***Bobsleigh*** is a team racing sport that sees two or four competitors board a snow sled and race down an ice track against an opposing team. The sled that reaches the finish line of the ice track first is officially declared the winner. Bobsleigh events have been a near-permanent fixture in the Olympics since they first began, taking a brief hiatus (пауза, перерыв) in 1960. Both men and women compete.

***Cross Country Skiing*** is a competitive snow-based event that involves skiers racing across long stretches of mountainous terrain. There are numerous Cross Country Skiing events held at the Olympic Games, including 10km, 18km, 30km, 50km and sprint competitions. This particular winter sport has been contested at the games since 1924, with both men and women taking part.

***Curling*** is a winter sport that involves players sliding granite stones across a patch of ice in an attempt to hit a target. Curling is predominantly a team sport with four players on each side. A game ends when a team has finished throwing all their stones (ordinarily eight each). The team who manages to throw their stones closest to the target will win the game. Curling has been played consistently in the Olympics since 1998, although it has made sporadic appearances in several games beforehand.

***Figure Skating*** is a sport that involves artistic performances on ice with judges awarding participants points based on the flow, timing, and skill of the moves involved. Figure Skating is both an individual and team sport, and has been an ever-present feature at the Olympic games ever since 1908.

***Freestyle Skiing*** is a winter performance sport that involves the execution of acrobatics whilst sliding down inclines on skis. Participants will display a wide variety of moves in order to triumph in a competition, ranging from flips and spins to sliding across rails and boxes. Freestyle Skiing requires considerable skill and strength and has become more popular in recent years, featuring regularly in the Olympic Games since 1992.

***Ice Hockey*** is a variant of traditional hockey played on indoor courts layered with ice. Two teams (typically consisting of six players each) use sticks to strike a “puck” (the Ice Hockey game ball) into the opposition team’s net. Every player wears protective padding and helmets due to the intense, rough-and-tumble nature of the sport. Ice Hockey is extremely popular, and has been a permanent fixture at the Olympics since 1924.

***Luge*** is a winter sled sport that involves one or two participators sliding across an ice track in a lying-down position – face up and feet first. The individual or team who reaches the finish line first wins the race. Athletes use their limbs (particularly knees and shoulders) to steer their sleds and manage their speeds. Luge has been part of the Olympic Games since 1964.

***Nordic Combined*** is a winter combination event that amalgamates cross-country skiing and ski-jumping into one grand-scale competition. Participants are required to wear a variety of protective equipment in order to compete, including ski suits, bindings, boots and helmets. Nordic Combined has been a constant presence at the Olympics since 1924, and Norway is currently the leading nation in the world with a total of thirty medals.

***Short Track Speed Skating*** is a competitive sport that involves racing across an area of ice. A rink is set up specifically for the event, with participants competing over a truncated track area that is smaller than the one performed upon in traditional speed skating competitions. Participants wear protective clothing and use their limbs to balance themselves and control their speed whilst circling the track.

***Skeleton*** is a winter sport that involves riding a sled down an ice track whilst lying face down and head first. Skeleton is a sport reserved for individuals rather than teams, and like Bobsleigh or Luge, participants are required to angle their bodies at the right times in certain ways to control the direction and speed of their sled. Skeleton has appeared at the Olympics on several occasions, including the last four games.

***Ski Jumping*** is a skiing sport where athletes ski at high speeds towards a takeoff ramp and jump off as far as they can. The further away participators land from their takeoff ramp, the more points they are awarded. Judges also score athletes points on style whilst airborne and landing technique. Ski Jumping has been a part of the Olympics since 1924, and remains a very popular sport in the winter games.

***Snowboarding*** is a winter sport whereby athletes stand on boards and slide down snow-covered inclines. Snowboarding made its debut at the Olympic games in 1998 and has continued to feature ever since. There are as many as ten different types of Snowboarding events contested at the games, and all involve participators tackling tracks with alternate terrain, including pipe races and time-trial competitions.

***Speed Skating*** is a winter sport that involves several participants competing against one another in a race across ice, with the skater who reaches the finish line first declared the official winner. Speed Skating is contested by both individuals and teams, with a number events being held at the Olympics across various lengths of track. It has been an ever-present discipline at the games since 1924.

**Задание 2.** Выпишите в тетрадь незнакомую лексику, переведите и выучите ее.

**Задание 3.** Письменно переведите абзацы ***Biathlon, Short Track, Speed Skating, Luge***, ***Snowboarding.***

**Задание 4.** Поставьте по 2 вопроса разного типа к каждому абзацу текста.

**Задание 5**. Вставьте пропущенное слово.

1. All these sports are \_\_\_\_ in the Olympic Games.

2. Since 1994, the Winter Olympic Games have been held \_\_\_\_from the Summer Olympics.

3. The first winter Olympics were devoted to sports that were typical \_\_\_ .

4. Every participant \_\_\_\_ protective gear and goggles.

5. Biathlon incorporates two separate sporting disciplines \_\_\_ skiing and \_\_\_ shooting.

6. Cross Country Skiing is a competitive \_\_\_ event.

7. Figure Skating is a sport that involves artistic \_\_\_\_ on ice.

8. In Freestyle Skiing participants will display a wide \_\_\_\_ of moves.

9. Luge is a winter \_\_\_\_ sport.

10. In Short Track Speed Skating participants compete over a \_\_\_\_ track area.

11. Skeleton is a sport \_\_\_\_ for individuals rather than teams.

12. Judges also score athletes points on style whilst \_\_\_\_ technique.

13. Snowboarding involve participators tackling tracks with alternate \_\_\_ .

14. It has been an \_\_\_\_ discipline at the games since 1924.

**Задание 6.** Найдите в интернете фильм или фрагмент фильма по теме «Олимпийские игры в Сочи» на 5-7 минут и напишите кратко, о чем идет речь (12-20 предложений).

**Задание 7**. Поговорите со своим партнером об одном из зимних олимпийских видах спорта**.**

**Grammar revision exercises**

***Past Perfect Continuous*** – это эквивалент Present Perfect Continuous в прошлом, то есть это время выполняет все те же задачи, что и Present Perfect Continuous, только в прошлом.

Past Perfect Continuous употребляется, если действие началось в прошлом и продолжалось до определенного момента в прошлом. Этот момент обозначается другим действием и специальными словами: ***for*** (в течение), ***since*** (с тех пор как), ***by the time*** (к тому времени как), ***before*** (перед тем как), ***after*** (после того как).

She had been cooking a lemon pie for an hour before I came. – Она готовила лимонный пирог в течение часа перед тем, как я пришел. (я пришел – момент в прошлом, до этого момента она один час готовила пирог)

By the time she woke up, her husband had been fixing the car for 2 hours. – К моменту, когда она проснулась, ее муж чинил машину два часа.

Past Perfect Continuous показывает действие, которое длилось в течение какого-то времени в прошлом и результат которого был виден в прошлом. Очень часто в таких предложениях указывается продолжительность действия.

There were puddles in the street. It had been raining at night. – На улицах были лужи. Ночью шел дождь. (мы не застали момент, когда дождь шел, но мы видели результат – лужи)

I had been talking on the phone for half an hour when he entered the room. – Я разговаривал по телефону в течение получаса, когда он вошел в комнату.

*Как образуется Past Perfect Continuous*

В утвердительном предложении используется вспомогательный глагол to be во времени Past Perfect – had been. К основному глаголу добавится окончание -ing.

I **had been** ***wait*ing.** – Я ждал.

He **had been** ***sing*ing**. – Он пел.

She **had been** ***walk*ing**. – Она гулял

В отрицательном предложении отрицательная частица not ставится между had и been.

I **had** *not* **been waiting**. – Я не ждал.

He **had** *not* **been singing**. – Он не пел.

В вопросе на первом месте будет  had, после него подлежащее, затем been и основной глагол.

Had I been waiting? – Я ждал?

Had he been singing? – Он пел?

Past Perfect Continuous не используется с глаголами состояния ([keep,](https://engblog.ru/goto/https:/engblog.ru/stative-verbs) hear, feel, see, look etc.), даже если мы хотим подчеркнуть длительность действия. Также Past Perfect Continuous редко встречается в отрицательных предложениях. В обоих случаях это время заменяется на Past Perfect. При этом смысл предложения остается прежним.

He had admired her talent for all his life. – Он восхищался ее талантом всю жизнь.

He hadn’t been riding a bike since he was a child. = He hadn’t ridden a bike since he was a child. – Он не ездил на велосипеде с тех пор, как был ребенком.

**1**. Опираясь на образец, дополните предложения в ***Past Perfect Continuous Tense.***

Образец: … before we came from the supermarket. Liz/ to clean/the flat/for two hours.

- Liz had been cleaning the flat for two hours before we came from the supermarket.

1. … before Tom came to the court. Helen/to play/tennis/for an hour and a half.
2. … before he retired. Mr Black/to work/as a lawyer/for twenty-five years.
3. … when the bus arrived. We/ to wait/for forty minutes.
4. Sheila looked tired because She/to sew/a dress/for her little daughter/all day.
5. Before Jack got to level four …. Не/to play/the same game/for three hours.
6. Mike’s neighbours were angry because …. Не/to listen/to loud music/for four hours/yesterday evening.
7. Everybody was very hungry because …. They/to work/all day/without/а break for lunch.
8. … when suddenly the car broke down. We/ to drive/for five hours.
9. … before the plane landed in the airport late in the evening yesterday. They/to fly/for six hours.
10. … since Easter. Alex and Den/to prepare/for the exams.

**2**. Поставьте глаголы в скобках в ***Past Perfect Continuous Tense***.

1. My sister … (to practise) for two months before that concert.
2. The boys … (to fish) for three hours before Tom caught the first fish.
3. We … (to discuss) that problem for more than an hour before we found the right solution.
4. Henry … (to wait) for half an hour before he saw his girlfriend getting off the tram.
5. Driving to the hospital was difficult as it … (to snow) all night.
6. Polly … (to study) economy since she entered university.
7. Ron’s collection of coins was valuable as he … (to collect) them since he was a schoolboy.
8. When Sam returned home we … (to watch) that TV programme for a quarter of an hour already.
9. Bill’s coat and mittens were wet because he … (to play) snowballs with his friends in the yard.
10. David was irritated because the police inspector … (to ask) him questions for more than an hour.

**3**. Сделайте предложения отрицательными и вопросительными.

1. Brian had been trying to find a better job for three weeks.
2. Little Johny had been riding his new bike all day yesterday.
3. Robert and Frank had been fixing that computer for two hours yesterday.
4. Julia had been typing the report all the morning yesterday.
5. It had been raining all night last Tuesday.
6. The Smiths had been building their house for four years.
7. We had been skating for three hours yesterday.
8. You had been decorating the classroom for more than two hours last Saturday.
9. The twins had been fighting in the backyard when their mother saw them.

10. Molly had been speaking on the phone for an hour and a half yesterday evening.

**Lesson 3**

**Non-Olympic sports**

**Задание 1.** Прочтите текст.

There are *twice* as many sports in the world as those listed in the Olympic program. People play Rugby, do Sambo and bandy, and do many other sports. All these are non-Olympic sports, the list of which looks very impressive. Why some of them are Olympic ones, and others are not?

There are many reasons for this. Let's say Rugby - what is wrong with this sport? Not too popular? In Russia, yes. But, for example, in England, Rugby matches *consistently* attract entire stadiums of *fans*. And so it is in many other countries. In this case, this is not the reason. As you know, the Olympic Games in summer last no more than 15 days. It takes a lot more time *to draw* an Olympic championship, for example, in Rugby. The fact is that Rugby is a contact sport. It is very *labor-intensive*, and the players *give their all*. After each match, they need additional time to *recover*, more than, for example, football players.

Another reason is that many games can be attributed to sports with *a serious stretch.* Are you personally aware that bowling and billiards are also considered sports? Most people in everyday life consider these activities only *fun leisure*; they will not even think that it is also non-Olympic sports. The list of them includes chess - and the vast majority refers to them only as a highly intellectual game that develops the brain, but not as a sports activity.

The mentioned types have been *repeatedly* tried to be included in the program of the Olympic Games in different years. This may happen in the future. But they are not yet. Apparently, they are not *spectacular* enough. After all, the Olympic Games are primarily mass events. It is difficult to imagine how a full stadium of spectators will hold their breath and watch a match between two chess players. Of course, all these *criteria* are quite subjective. For example, Curling was recognized as an Olympic sport in 1998. It is not clear to the average spectator what makes Curling better or more spectacular than bowling?

Representatives of the Federation of non-Olympic sports continue to fight hard to be included in the program of the Olympics. To include any sport in the program, you will have to *exclude* something else. Such non-Olympic sports as tug of war (перетягивание каната), cricket and croquet, and Polo, which were present in the first half of the last century, were excluded from the program. In this century, baseball and softball have been excluded from the program, and Boxing is *on the verge of* being excluded.

**Задание 2.** Найдите в тексте выделенные курсивом слова, выпишите их в тетрадь и объясните на русском языке, что они обозначают.

**Задание 3.** Выпишите в тетрадь незнакомую лексику, переведите и выучите ее.

**Задание 4.** Письменно переведите абзацы 2 и 4.

**Задание 5.** Вставьте пропущенное слово.

1) Rugby matches *\_\_\_\_* attract entire stadiums of fans.

2) It takes a lot more time *\_\_\_\_* an Olympic championship.

3) It is very *\_\_\_\_*, and the players give their all.

4) Many games can be \_\_\_\_ to sports with a serious stretch.

5) The vast majority refers to them only as a \_\_\_\_ game.

6) Of course, all these *\_\_\_\_* are quite subjective.

7) To include any sport in the program, you will have \_\_\_\_ something else.

8) Boxing is *\_\_\_\_* being excluded.

**Задание 6**. Дайте русские эквиваленты следующим словосочетаниям:

twice as many; do many other sports; very impressive; what is wrong with; stadiums of fans; this is not the reason; contact sport; to recover; be attributed to; the vast majority; develop the brain.

**Задание 7.** Дайте английские эквиваленты следующим словосочетаниям:

упомянутые виды; включать в программу; недостаточно зрелищны; прежде всего; массовые мероприятия; затаить дыхание; достаточно субъективны; упорно бороться; исключить что-то другое; присутствовавшие в первой половине прошлого века; на грани исключения.

**Задание 8.** Поставьте по 2 вопроса разного типа к каждому абзацу текста.

**Задание 9.** Кратко перескажите текст «Неолимпийские виды спорта».

**Grammar revision exercises**

У ***Future Perfect Continuous*** (будущее совершенное длительное время) всего одна функция, и оно редко встречается в речи. Носители английского языка обычно обходятся Future Simple, Future Continuous и другими [способами выражения будущих действий](https://engblog.ru/goto/https:/engblog.ru/ways-of-expressing-future-action).

Время Future Perfect Continuous показывает действие, которое начнется ранее другого будущего действия и будет продолжаться в этот момент. С помощью этого времени делается акцент на том, что действие будет длиться.

В таких предложениях предлог ***for*** (в течение) показывает, сколько времени будет продолжаться действие, и указывает момент в будущем, в который действие будет длиться, с помощью слов: ***by***... (к какому-то времени/моменту), ***next year*** (в следующем году), ***when*** (когда) и т. д.

We will have been living together for 12 years by next year. – Мы будем жить вместе в течение 12 лет к следующему году.

By the end of this month they will have been carrying out a project for a year. – К концу этого месяца они будут работать над проектом год.

После **by**, **when** и других временных союзов ***не*** используется будущее время. В этом случае его заменяет настоящее.

We are leaving for London in May. **When** you come there in August, we will have been staying in England for three months. – Мы уезжаем в Лондон в мае. **Когда** ты приедешь туда в августе, мы уже пробудем в Англии три месяца.

**B**y the time we join him, he will have been painting the room for an hour. – **К** тому моменту, когда мы к нему присоединимся, он будет красить комнату в течение часа.

В утвердительном предложении Future Perfect Continuous  используется вспомогательный глагол to be во времени Future Perfect (will have been) и основной глагол, к которому добавляется окончание -ing.

I **will have been** ***play*ing**. – Я буду играть.

He **will have been *read*ing**. – Он будет читать.

В отрицательном предложении частица  **not** ставится между will и have been.

I will ***not*** have been playing. – Я не буду играть.

He will ***not*** have been reading. – Он не будет читать.

В качестве сокращенных форм используется  ‘**ll** для утвердительных предложений и **won’t** для отрицательных:

He***’ll*** have been reading.

It ***won’t*** have been showing.

В вопросительных предложениях will выносится на первое место , затем ставится подлежащее, после него have been и основной глагол.

Will I have been playing? – Я буду играть?

Will he have been reading? – Он будет читать?

**1.** Составьте предложения, используя ***Future Perfect Continuous Tense***.

1. By the beginning of April/my father/to work as the General Manager of this corporation/for fifteen years.
2. By 8 o’clock/we/ to surf the Net/for five hours.
3. By the end of next month/we/ to live/in this city/for ten years.
4. By the end of this day/Dolly/ not to design/this fancy dress/for seven hours.
5. Ted/to work/ as an attorney/for twenty years/by the end of March?
6. Jack and Alison/to build/their house/for a year by Easter?
7. My parents/ to run/this cafe/for six years/by next September.
8. By 4 o’clock/ they/to play volleyball/for three hours.
9. By 3 o’clock/the students/to write/the test for two hours and a half.
10. By next Friday/Henry/to train/for the competition/for ten months.

**2**. Поставьте глаголы в скобках в ***Future Perfect  Continuous Tense***.

1. By the 25th of December she … (to work) on this project for six months.
2. By Saturday, Fred … (to paint) this picture for two weeks.
3. We … (to study) marketing for a year by the end of the academic year.
4. By tomorrow morning Laura … (to sleep) for twelve hours.
5. … they … (to work) together for ten years by the end of May? — Yes, they ….
6. … Nick … (to train) for four hours by 6 o’clock? — No, he ….
7. By 5 o’clock Jessica … (to sit) at the dentist’s for three hours.
8. By 12 o’clock the children … (to swim) for two hours.
9. By the end of the day the workers … (to paint) this house for nine hours.

10. By 6 o’clock in the evening we … (to wait) for his message for five hours.

**3**. Выберите правильный вариант ответа.

1. By 6 o’clock Jimmy will be playing/will have been playing computer games for four hours.
2. At 3 o’clock tomorrow we will be watching/will have watched a film.
3. Will you be shopping/ will you have been shopping a bit later today? Can you buy me a bottle of milk?
4. By the beginning of February I will have attended/will have been attending computer courses for four months.
5. Don’t call Henry. I will have seen/will be seeing him in the office later, so I’ll tell him about the seminar.
6. This time next week they will be cruising/will have been cruising round South America.
7. The postman will be delivering/will have delivered all the newspapers by 4 o’clock.
8. By the end of next month Mrs Wilson will have taught /will have been teaching for thirty years.
9. Will you be using/will you have been using the printer for long? I need to print the article.

10. By 5 o’clock tomorrow Fred will be receiving/will have received your telegram.

**Lesson 4**

**New sports**

**Задание 1.** Прочтите текст. Скажите одним предложением, о чём в нём говорится.

Footbag net is a [sport](https://en.wikipedia.org/wiki/Sport) in which players kick a [footbag](https://en.wikipedia.org/wiki/Footbag) over a five-foot-high net. Players may use only the feet. Any contact knee or above is a foul. The game is played individually and as doubles.

Footbag net combines elements of [tennis](https://en.wikipedia.org/wiki/Tennis), [badminton](https://en.wikipedia.org/wiki/Badminton), and [volleyball](https://en.wikipedia.org/wiki/Volleyball). Specifically, the court dimensions and layout are similar to those of doubles badminton; the scoring is sideout scoring (you must be serving to score); and serves must be diagonal, as in tennis. Footbag net games can be played to eleven or fifteen points, although the winners must win by at least two points.

Now in our country, two main types of footbag are developing: net game and freestyle. Net game - a two-on-two (or one-on-one) game through a low-hanging net. Freestyle is performed solo, for two minutes, to music. In it the artistry, cleanliness of performing tricks and the number of losses of the tag is evaluated.

Cheerleading is an activity performed to motivate sports teams, to entertain the audience, or for competition. Competitive routines typically range from one to three minutes, and contain components of [tumbling](https://en.wikipedia.org/wiki/Tumbling_(gymnastics)), [dance](https://en.wikipedia.org/wiki/Dance), [jumps](https://en.wikipedia.org/wiki/List_of_cheerleading_jumps), [cheers](https://en.wikipedia.org/wiki/Cheering), and [stunting](https://en.wikipedia.org/wiki/List_of_cheerleading_stunts).

Cheerleading combines fragments of shows, gymnastic exercises with acrobatic elements, as well as rearrangements with dance movements, fervent chants and pyramids. To engage in this sport is especially recommended for young girls: it does not give exhausting loads, but allows you to form a good figure and maintain muscle tone.

 Frisbee is a gliding toy or sporting item that is generally made of  plastic and roughly 20 to 25 cm in diameter with a pronounced lip. It is used recreationally and competitively for throwing and catching, as in [flying disc games](https://en.wikipedia.org/wiki/Flying_disc_games). The shape of the disc allows it to fly by generating lift as it moves through the air. The sports gear itself was created in the middle of the last century on the wave of interest in UFOs. There are a lot of games with disk, but the most popular, gambling and dynamic - ultimate Frisbee. What athletes do with the disc is indescribable: they jump, fall, somersault and perform a lot of dizzying tricks. In the US, every University has its own team, there are schools for beginners and in general this is a favorite and popular type of spot.

Parkour is a sports subculture, developed in France initially as a training system for soldiers.

This is the newest, but already popular and actively developing discipline in Russia, which is rapidly acquiring the features of an independent sport. Training provides excellent physical fitness, pushing the boundaries of human capabilities. The meaning of parkour is to use only the capabilities of your body to overcome obstacles, moving as quickly as possible over any rough terrain, but most often – in the city. This activity is spectacular, using elements of acrobatics and therefore very popular in movies and on television. The three main requirements that separate parkour from other extreme forms of self - expression are safety, efficiency, and simplicity.

**Задание 2.** Выпишите из текста незнакомые слова и переведите их на русский язык.

**Задание 3.** Выпишите из текста названия новых видов спорта и составьте с ними свои предложения.

**Задание 4.** Озаглавьте каждый абзац текста.

**Задание 5.** Поставьте 10 вопросов разного типа ко всему тексту.

**Задание 6**. Переведите текст письменно.

**Задание 7**. Кратко перескажите текст, используя вопросы в качестве плана и клише для аннотирования и реферирования.

**Задание 8**. Найдите в интернете информацию на английском языке и напишите сообщение на страницу А-4 о новых и необычных видах спорта.

**Grammar revision exercises**

***Прямая и косвенная речь.***

Прямая речь представляет собой самостоятельное предложение. Косвенная речь является дополнительным придаточным предложением, причем главным предложением являются слова, вводящие прямую речь. После слов, вводящих прямую речь, в отличие от русского языка, обычно ставится запятая. Однако перед длинным текстом прямой речи ставится, как и в русском языке, двоеточие.

При обращении прямой речи в косвенную соблюдаются следующие правила.

**I.** Обращение повествовательного предложения прямой речи в косвенную.

При обращении повествовательного предложения из прямой речи в косвенную производятся следующие изменения:

1. Запятая, стоящая после слов, вводящих прямую речь, а также кавычки, в которые включена прямая речь, опускаются. Косвенная речь вводится союзом ***that*** *что,* который тоже часто опускается:

|  |  |
| --- | --- |
| *Прямая речь*  *Не says, « The boxer will win». Он говорит: «Этот боксер победит».* | *Косвенная речь*  Не says (that) the boxer will win. Он говорит, что этот боксер победит |

2. Если в словах, вводящих прямую речь, употреблен глагол ***to say*** без дополнения, указывающего на лицо, к которому обращаются с речью, то ***to say*** сохраняется. Если же после глагола ***to say*** имеется такое дополнение, то ***to say*** заменяется глаголом ***to tell:***

|  |  |
| --- | --- |
| *Прямая речь*  *Не says, «The match will begin in the evening».*  *- Он говорит: «Матч начнется вечером».*  *Не has said to те, «I participate in the Olympic Games» .*  *— Он сказал мне: « Я принимаю участие в Олимпийских играх».* | *Косвенная речь*  Не ***says*** that the match will begin in the evening.  — Он говорит, что матч начнется вечером.  Не ***has told me*** that he participated in the Olympic Games.  — Он сказал мне, что принимает участие в Олимпийских играх. |

3. Личные и притяжательные местоимения прямой речи заменяются по смыслу, как и в русском языке:

|  |  |
| --- | --- |
| *Прямая речь*  *Our coach has said, «I shall come at five o’clock». — Наш тренер сказал: «Я приду в пять часов».* | *Косвенная речь*  **Our** coach has said that **he** will come at five o’clock. — Наш тренер сказал, что **он** придет в пять часов. |

4. Если глагол в главном предложении стоит в Past Indefinite, Past Continuous или Past Perfect, то время глагола прямой речи заменяется в косвенной речи (придаточном предложении) другим временем, в соответствии с правилом согласования времен.

|  |  |
| --- | --- |
| *Прямая речь*  *Не said, «I am watching ап interesting match». — Он сказал: «Я смотрю интересный матч».*  *Не said, «I have spoken to the referee about the rules of the game». — Он сказал: «Я поговорил с судьей о правилах игры».*  *Не said, «I have been waiting for you at the stadium since five o’clock». — Он сказал: «Я жду вас у стадиона с пяти часов».*  *Не said, «I will be a member of the national team». — Он сказал: «Я буду членом сборной команды страны».* | *Косвенная речь*  Не ***said*** that he ***was watching*** an interesting match. - Он сказал, что он смотрит интересный матч.  Не ***said*** that he ***had spoken*** tothe referee about the rules of the game. - Он сказал, что он поговорил с судьей о правилах игры.  Не ***said*** that ***he had been waiting*** for me at the stadium since five o’clock. - Он сказал, что он ждет меня у стадиона с пяти часов.  Не ***said*** that he ***would be*** a member of the national team. - Он сказал, что он будет членом сборной команды страны. |

**1.** Передайте следующие повествовательные предложения в косвенной речи.

1. Masha said, “I usually spend my holidays in the south.” 2. She said, “I spent my holidays in the Crimea last year.” 3. Boris said, “I go to the south every year.” 4. He said, “I am going to a health resort tomorrow.” 5. Ann said to us, “They haven’t yet come.” 6. She said to us, “They arrived in St. Petersburg yesterday.” 7. I said, “I have been in London for a fortnight’s holiday. My friends in London sometimes invite me to spend my leisure time with them.” 8. Nick said, “I have never been to London. I think I shall go there next year.” 9. He said, “I shall not stay with my friends too long.” 10. He said to me, “They are staying at the Grand Hotel Europe.” 11. He said, “They are leaving next Monday.” 12. The clerk said to them, “You can leave the key with the maid upstairs.”

**2**. Передайте следующие повествовательные предложения в косвенной речи.

1. The mother said, “The children are in the nursery, doctor.” 2. “I have no time for lunch today,” said the boy to his mother. 3. “You speak English very well,” said the woman to me. 4. My brother said to me, “I am going to become a doctor.” 5. My uncle said to us, “I buy several newspapers every day.” 6. The teacher said to the pupils, “Next year we shall have six hours of English a week.” 7. He said to me, “I want to see you today.” 8. She said, “I am free tonight”. 9. Mother said to me, “I feel bad today.”

**Lesson 5**

**National sports**

**Задание 1**. Прочитайте и письменно переведите текст.

**Popular Games in Old Russia**

Being very popular from earlier times - and ones which still have considerable support among Russians even today - were Russian folk games with various sized balls, sticks, bones and stones, including the following:

*gorodki -* a game in which a 50-cm stick is hurled at a square containing wooden pegs, the aim being to knock, successively, various configurations of pegs out of the square;

*lapta -* a game similar to rounder or baseball;

*lunki -* a game in which a ball is rolled along the ground to a hole some distance away;

*shariki -* a game similar to marbles;

*babki -* a game using bones, one bone is used to knock two or more configurations of bones out of a circle, some 40 versions of the game are currently practised in Russia;

*svaika -* a game in which a spear is thrown to land in the middle of a metal ring lying in the ground some distance away;

*kila —* on the left-hand side of a yard, 8 or 9 men play kila which is a leather hair-filled ball, the size of a man’s head. The two sides come together «wall-to-wall», one player kicks the ball and tries not to lose it to the other side ... the aim being to force the ball into a *gorod* (town) marked by a line. Anyone who breaks the rules has his neck «soaped». Players shout *kila* «when the *gorod* is taken». This game was evidently a primitive version of football; it was played both in summer and in winter (on ice).

**Задание 2**. Найдите в тексте два предложения, начинающиеся следующими словами, и дайте письменный перевод этих предложений:

1. Being very popular from earlier times ....
2. The two sides come together «wall-to-wall» ....

**Задание 3.** Дайте русский эквивалент следующим словам:

considerable, folk games, sticks, bones, hurled, wooden pegs, rounder, rolled along, marbles, currently, spear, leather, hair-filled, «soaped», evidently

**Задание 4.** Задайте 10 вопросов разных типов ко всему тексту.

**Задание 5**. Назовите игру. Расскажите по-английски правила игры. Ваш друг должен сказать, как эта игра называется. Используйте информацию, полученную из текста. Например:

— It’s a game similar to baseball.

— 1 think it is lapta.

— Yes, it’s true.

**Задание 6.** Найдите в интернете информацию и напишите эссе о других малоизвестных национальных видах спорта.

**Grammar revision exercises**

***Обращение вопросительного предложения прямой речи в косвенную.***

Если прямая речь является вопросительным предложением (прямым вопросом), то при обращении в косвенную, она становится дополнительным придаточным предложением (косвенным вопросом). Cуществует два типа прямых вопросов:

1. Вопросы, начинающиеся с вопросительного слова или группы слов: *who, which, whose, when, why, how many, how much, how long*и т. д. (специальные вопросы).

2. Вопросы, начинающиеся со вспомогательного или модального глагола (общие вопросы).

Когда прямой вопрос начинается с вопросительного слова или группы слов, то при обращении его в косвенный вопрос производятся следующие изменения.

Вопросительный знак опускается, и вопросительный порядок слов в прямом вопросе заменяется порядком слов повествовательного предложения, т. е. сказуемое (как вспомогательный или модальный, так и смысловой глагол) ставится после подлежащего.

Вопросительное слово (или группа слов, стоящая в начале вопроса) служит для присоединения косвенного вопроса к главному предложению. Далее производятся те же изменения, как и при обращении в косвенную речь повествовательных предложений:

|  |  |
| --- | --- |
| *Прямая речь*  *Не asked те, « Where do you train?» — Он спросил меня: «Где вы тренируетесь?»*  *Не asked те, « Why have you come to the stadium so late?» — Он спросил меня: «Почему вы пришли на стадион так поздно?»*  *Не asked те, « Where were you yesterday?» — Он спросил меня: «Где вы были вчера?»* | *Косвенная речь*  Не asked me where ***I trained*. —** Он спросил меня, где я тренируюсь  Не asked me why ***I had come to the stadium*** so late. — Он спросил меня, почему я пришел на стадион так поздно.  Не asked me ***where I had been*** the day before. — Он спросил меня, где я был накануне. |

Если, однако, в прямом вопросе, относящемся к подлежащему или именной части сказуемого, имеется глагол - связка **to be,** то в косвенном вопросе может применяться как порядок слов вопросительного, так и повествовательного предложения:

|  |  |
| --- | --- |
| *Прямая речь*  *Не asked те, «What is the price of this yacht?» — Он спросил меня: «Какова цена этой яхты?»* | *Косвенная речь*   1. Не asked me ***what was*** the price of this yacht. 2. He asked me ***what*** the price of this yacht ***was***. — Он спросил меня, какова цена этой яхты. |

Когда прямой вопрос начинается со вспомогательного или модального глагола, то косвенный вопрос присоединяется к главному предложению при помощи союзов ***whether*** или ***if*,** имеющих значение частицы *ли***:**

|  |  |
| --- | --- |
| *Прямая речь*  *Не asked те, «Have you set the world record?» — Он спросил меня: «Вы установили мировой рекорд?»* | *Косвенная речь*  Не asked me ***whether*** (if) I had ***set*** the world record. — Он спросил меня, установил ли я мировой рекорд. |

При обращении в косвенную речь ответов на общие вопросы ***yes*** и ***nо*** опускаются (как и слова *да* и *нет в* русском языке).

|  |  |
| --- | --- |
| *Прямая речь*  *Не asked her «Do you want to see the new match?»*  *She answered: «Yes, I do». «No, I don’t».*  *- Он спросил ее: «Вы хотите посмотреть новый матч?». Она ответила: «Да, хочу». «Нет, не хочу».* | *Косвенная речь*  Не asked her whether she wanted to see the new match. She answered ***that she did / she didn’t*.**  - Он спросил ее, хочет ли она посмотреть новый матч. Она ответила, что хочет / что не хочет. |

**1**. Передайте следующие общие вопросы в косвенной речи, начиная каждое предложение со слов, данных в скобках.

1. Have they sold the picture? (I did not know...)
2. Do they know anything about it? (I wondered...)
3. Has Jack given you his telephone number? (She asked me...)
4. Is he coming back today? (I was not sure...)
5. Have you found the book? (She asked me...)
6. Are there any more books here? (The man asked...)
7. Did she go shopping yesterday? (I wanted to know...)
8. Has she bought the dictionary? (He did not ask her...)
9. Does she know the name of the man? (I doubted...)
10. Did Boris see the man this morning? (I asked...)

**2**. Передайте следующие вопросительные предложения в косвенной речи.

1. Kate said, “Mike, do you like my dress?” 2. Grandfather said to Mary, “What mark did you get at school?” 3. My sister said to me, “Will you take me to the theatre with you tomorrow?” 4. Mother asked me, “Did you play with your friends yesterday?” 5. “Why don’t you play with your friends, Kate?” said her mother. 6. “Do you like chocolates?” said my little sister to me. 7. “Did you see your granny yesterday, Lena?” asked Mr. Brown. 8. The doctor asked Nick, “Do you wash your face and hands every morning?” 9. The teacher said to Mike, “Does your father work at a factory?” 10. Mother said to us, “What are you doing here?” 11. Father said to Nick, “Have you done your homework?” 12. Tom said, “Ann, where are your friends?”

3. Восстановите прямую речь в следующих предложениях.

1. I asked where she came from. 2. I asked her if she was married. 3. She asked me why I wanted to know. 4. I asked her if she came from Scotland. 5. She asked me if it was any of my business. 6. I asked her when she had arrived from Scotland. 7. She asked me where I had learned English. 8. I asked her if she would be staying long. 9. She asked me if I always bothered strange women. 10. I asked her if she would like to go ice-skating. 11. She asked me if I would like to jump in the lake.

**Lesson 6**

**Extreme Sport**

**Задание 1.**  Прочтите внимательно текст.

Extreme sports are nontraditional sports and activities that require participants to combine athletic skill with pronounced risk.

Many people today go in for extreme sports. Perhaps, they find ordinary sports too boring and unexciting. It is also known that extreme sports help to build character and form a strong personality.

An extreme sport is a popular term for certain activities which have a high level of danger. These activities often involve speed, height, a high level of physical training. We can call many kinds of sports extreme ones.

There are many extreme sports that take place in air, land, and water. There are different types of extreme sports, for example, rock climbing, rafting, scuba diving, surfing, snowboarding, parachuting, hang-gliding, bungee jumping, sky flying, indoor climbing, BMX (bicycle motocross), mountain biking, mountain boarding, skateboarding, snowboarding, powerboat racing, whitewater kayaking, windsurfing etc. Extreme sports are rarely sanctioned by schools.

All these sports need to have special equipment and glasses. For surfing we need a surfboard and swimming kits. For snowboarding we need a snowboard and special boots to fix them on the board and a suit and also sunglasses that help to look at the snow and a helmet. For BMX sport you need a special not high bike with small wheels. Sportsmen can dress fashionably, usually in shorts and a T-shirt, trainers; if they want they wear a cap.

However, all these sports become more and more popular even among the beginners. Doing such sports people learn how to overcome difficult situations and how to survive in an emergency. It also develops patience and self-control, and helps to control your fear. More importantly, it gives the sense of achievement.

Usually athletes don't have a coach or may hire him later. People in extreme sports complete not only against each other, but also against weather and difficulties and conditions of exact kind of extreme sport.

Nowadays, many young people find these activities entertaining and spend their free time paragliding or surfing.

At the same time most adults think that there are safer sports, which also help to build your character, for example, swimming, football, ice hockey, skiing and some others.

We can be sure that many new extreme sports will appear soon. Every year more and more people are interested in extreme sports and take active part in them.

**Задание 2.** Пронумеруйте абзацы.

**Задание 3**. Найдите в каждом абзаце предложение, выражающее основную мысль.

**Задание 4**. Озаглавьте каждый абзац.

**Задание 5**. Прочтите текст ещё раз, составьте план.

**Задание 6**. Сократите до минимума каждый абзац.

**Задание 7**. Обобщите полученную информацию в единый связный текст.

**Задание 8**. Письменно переведите получившийся текст.

**Задание 9.** Расскажите о своём любимом экстремальном виде спорта.

**Grammar revision exercises**

***Обращение повелительного предложения*** прямой речи в косвенную. Когда прямая речь представляет собой повелительное предложение, то при обращении ее в косвенную речь производятся следующие изменения:

1. Если прямая речь выражает приказание**,** то глагол ***to say*** *сказать* в словах, вводящих прямую речь, заменяется глаголом ***to tell*** *велеть, сказать* или ***to order*** *приказывать.* Если же прямая речь выражает просьбу, то глагол ***to say*** заменяется глаголом ***to ask*** *просить.*

|  |  |
| --- | --- |
| *Прямая речь*  *She said to him, «Соте to the pool at five o’clock». — Она сказала ему: «Приходите в бассейн в пять часов».*  *I said to her, «Please bring me new hockey sticks».*  *- Я сказал ей: «Принеси мне, пожалуйста, новые хоккейные клюшки».* | *Косвенная речь*  She ***told*** him ***to come*** to the pool at five o’clock. — Она велела ему прийти в бассейн в пять часов.  I ***asked*** her ***to bring*** me new hockey sticks. — Я попросил ее принести мне новые хоккейные клюшки. |

2. Повелительное наклонение заменяется в косвенной речи ***инфинитивом*.** Отрицательная форма повелительного наклонения заменяется инфинитивом с частицей ***not*.**

|  |  |
| --- | --- |
| *Прямая речь*  *Не said to те, «Don’t run».*  *- Он сказал мне: «Не бегай».*  *She said to him, «Jump higher». - Она сказала ему: «Прыгай выше».* | *Косвенная речь*  Не told me ***not to run*.** — Он велел мне не бегать.  She told him ***to jump*** higher. - Она сказала ему прыгать выше. |

Личные, притяжательные и указательные местоимения, а также наречия времени и места заменяются по смыслу.

**1**. Передайте следующие предложения, используя косвенную речь по образцу.

Образец: Feed the cat.

She told me to feed the cat.

1. Come home straight after school.
2. Warm up your dinner.
3. Wash up the dishes after the dinner.
4. Buy bread, milk and sugar.
5. Start doing your homework before I come.
6. Take the dog for a walk.
7. Clean your room.
8. Wait for me at home.

**2**. Переделайте следующие предложения по образцу, используя косвенную речь.

Образец: Don’t be late for the lesson.

- She told us not to be late for the lesson.

1. Don’t stay outside after the bell comes.
2. Don’t run along the corridor.
3. Don’t make noise.
4. Don’t look into your neighbor’s exercise-book.
5. Don’t lie on your desk.
6. Don’t ask me silly questions.
7. Don’t waste time at the lesson.
8. Listen to me attentively.
9. Write down the rule into your exercise-books.
10. Get down to work.

**Unit 4.5**

**Sports and health**

**Lessons 1-2**

**Food and nutrition. Healthy diet.**

**Задание 1.** Прочтите текст и устно переведите его.

People these days are becoming more conscious about their health, because there is so much fat and other harmful things in what we eat. A growing number of people suffer from obesity.

Our eating habits affect our health. If a person has no breakfast, or poor breakfast he feels tired or cross and hungry till lunch. Food is a form of fuel. It gives us energy, helps us to grow, resist disease and form strong teeth and bones. Different foods do different things for the body. If a person wants to be in good health he must be careful about his meals and diet.

Health professionals advise to reduce the intake of fattening products, sugar and salt. Our body needs more vitamins and minerals, but not cholesterol. So, it would be a good idea to eat more fresh fruit and vegetables, instead of cookies and cakes. Various seeds and nuts in moderation can be also good for people.

Diet should contain everything sufficient to supply the needs of the body. People of physical work need more food than people of mental work. It is important to know that a diet must consist of proteins, carbohydrates, fats, minerals, water and vitamins.

In the hospital the doctor usually prescribes the diet for every patient. A person with high temperature and poor appetite needs caloric diet. You can treat many diseases by diet.

***vocabulary***

1. habit - привычка
2. to feel tired or cross - чувствовать себя усталым и раздраженным
3. fuel - топливо
4. sufficient - достаточный
5. to supply - снабжать, поставлять

**Задание 2 .** Найдите английские эквиваленты.

Влиять на здоровье; сопротивляться болезни; содержать все необходимое, чтобы обеспечить потребности тела; умственная работа; углеводы; плохой аппетит.

**Задание 3**. Найдите русские эквиваленты:

a form of fuel; form strong teeth and bones; must consist of proteins, carbohydrates, fats, minerals, water and vitamins.

**Задание 4.** Ответьте на вопросы**.**

1. What will happen if we have no breakfast?
2. Why do we say that food is a form of fuel?
3. Why must a person be careful about meals and diet?
4. Do people of mental work need more food?
5. What diet does a person with high temperature and poor appetite need?

**Задание 5**. Прочтите внимательно текст *The athlete's nutrition.*

**The athlete's nutrition**

Athletes often push their bodies to the limit during training and competition. And, in order to fuel the physical demands of exercise, proper sports nutrition is essential. While the basics of good nutrition are important for everyone, athletes, in particular, need to keep the following guidelines in mind as they plan their daily diets.

It’s a good idea to eat a balanced diet every day. To exercise consistently, you need to provide a good supply of high-quality energy to your working muscles. The easiest way to do this is to eat a balanced breakfast and continue eating a variety of high-quality foods throughout the day.

In general, each meal should contain a varied combination of carbohydrates (углеводы), proteins, and fats. Athletes may also require a diet slightly [higher in B vitamins](https://www.verywellfit.com/should-athletes-take-b-vitamins-supplements-3120660) and iron than their not-as-active peers. A [balanced diet](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/) generally consists of plenty of fruits and vegetables (especially green leafy vegetables), high-quality proteins such as lean (нежирное) meats, fish, eggs, nuts and seeds, and legumes [ˈlegjuːmz] (бобовые), adequate fiber, whole grains, and essential fats. Plenty of pure water is also the drink of choice for athletes.

## Athletes should know what to eat several hours before a workout. The [pre-exercise meal](https://www.verywellfit.com/what-to-eat-before-exercise-3120662) will vary depending upon your exercise style. If you work out in the evening, lunch should include easily digestible foods high in complex [carbohydrates](https://www.verywellhealth.com/simple-and-complex-carbohydrates-and-diabetes-1087570), such as pasta, breads, fruits, and vegetables. If you exercise first thing in the morning, you'll probably feel best if you eat a light breakfast of fruit, toast, or an egg. Regardless of what you choose to eat, you should drink plenty of water before and during a workout

## How to hydrate after a workout?After your workout, the general rule is simple - [drink enough water](https://www.verywellfit.com/drink-more-water-during-hot-weather-2506918) to replace water lost through sweat. The best way to determine this is by weighing yourself before and after exercise. For every pound of body weight lost, you'll need to consume about three cups of fluid.

## What to eat after a workout is also an important question.Your [post-exercise meal](https://www.verywellfit.com/the-best-foods-to-eat-after-a-workout-3121369) should be consumed within two hours after a long or intense workout. Research shows that getting 100 to 200 grams of carbohydrates within two hours of endurance exercise helps you replenish adequate [glycogen](https://www.verywellfit.com/what-is-glycogen-2242008) stores. But adding a combination of carbohydrates and protein seems to be an even better option.

Although solid foods can work just as well as a sports or recovery drink, liquids may be easier to digest, making it easier to get the right ratio and meet the two-hour window.

These tips will be helpful for most athletes. However, what each individual athlete needs to eat to fuel their activity is highly dependent upon their unique needs, lifestyle, sport, and personal preferences. It's a good idea for any athlete consult with a certified nutritionist or dietitian who works with athletes for specific advice and recommendations.

**Задание 6**. Пронумеруйте абзацы.

**Задание 7.** Найдите в каждом абзаце предложение, выражающее основную мысль.

**Задание 8**. Озаглавьте каждый абзац.

**Задание 9**. Прочтите текст ещё раз, составьте план.

**Задание 10.** Сократите до минимума каждый абзац.

**Задание 11.** Обобщите полученную информацию в единый связный текст.

**Задание 12**. Письменно переведите получившийся текст.

**Grammar revision exercises**

***Модальные глаголы*** выражают способность, возможность или необходимость совершения какого-либо действия.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Значение** | **Present** | **Past** | **Future** |
| **can** | *Способность, умение выполнить  определённое действие.* | can | could |  |
| **may** | *Возможность или вероятность (разрешение)* | may | might |  |
| **must** | *Выражает необходимость, строгое обязательство.* | must | - | --- |
| **ought (to)** | *Выражает моральный долг, желательность действия* | ought (to) |  | --- |
| **could** | *Выражает возможность действия* |  | could |  |
| **need** | *Выражает необходимость совершения какого-либо действия* | need | --- | --- |
| **should** | *Выражает совет, пожелание.* | **should** | - | --- |

**1.** Вставьте подходящий модальный глагол (***can / may***)

1. \_\_\_\_\_\_ you see anything in this dark room?
2. \_\_\_\_\_\_ I borrow your rubber, please? Yes, of course you \_\_\_\_\_\_.
3. Kate\_\_\_\_\_\_ speak English.
4. Mike has got many books so he\_\_\_\_\_\_ read them.
5. \_\_\_\_\_\_ I borrow your pen?
6. Only a person who knows the language very well \_\_\_\_\_\_ answer such a question.
7. Most children\_\_\_\_\_\_ slide on the ice very well.
8. You \_\_\_\_\_\_find any kind of information on the Internet.
9. British Parliament \_\_\_\_\_\_issue laws and form the budget.
10. \_\_\_\_\_\_ I try on this coat?
11. You \_\_\_\_\_\_not talk loudly in libraries.
12. He \_\_\_\_\_\_read and write in English.

**2**. Дополните предложения, используя  ***must, mustn't***, или ***don't have to***.

I \_\_\_ (1) go to school from Monday to Friday. We \_\_\_\_ (2) wear a uniform, so I normally wear sports clothes. We \_\_\_\_ (3) arrive late, and we \_\_\_ (4)   go to every class. In class, we \_\_\_ (5)  shout, play or sing. We \_\_\_ (6)  have lunch at school, so I sometimes go home. When school finishes, I \_\_\_ (7)  look after my little sister. When my parents come home I \_\_\_ (8) stay in, so I usually go out with my friends. When I get home, I \_\_\_ (9) do my homework. I \_\_\_ (10) go to bed late, except on Fridays, when I \_\_\_ (11)  go to bed before midnight.

**Lesson 3**

**Injuries of athletes**

**Задание 1.** Прочтите внимательно текст. Выпишите незнакомые слова и переведите их.

Sports injuries account for 3-5% of all types of *injuries*. Most often, joints, bones, ligaments, muscles, and tendons are damaged. Sports injuries occur not only in professional sports, but also in *Amateur* sports, especially if safety precautions are not observed.

You can get injured not only after a blow or fall, this can happen because of various nuances. The Institute of Sports Injury has identified several causes that lead to injuries during physical activity:

* Non-compliance with the rules of medical control: admission to classes without a doctor's permission, registration in a group without taking into account physical fitness, early training after injuries and illnesses;
* Unsatisfactory condition of gyms, *playgrounds*, equipment, clothing and shoes. Many sports leg injuries can be prevented by buying the right and high-quality shoes;
* Incorrect organization of classes. This includes the absence or lack of professionalism of the coach, a large number of students, a small room etc;
* An imperfect *methodology* for conducting the training.;
* Unfavourable weather for sports and competitions;
* Violation of discipline and security measures. Lack of warm-up, use of prohibited techniques;
* Overwork of the athlete.

According to the severity of injuries, the Sports Injury Department distinguishes 3 types of them:

* Minor injuries, such as scratch mark, flesh wound, or slight bruises. In such cases restrictions from sports *loads* do not exceed 10 days;
  + Moderate. In this case, already significant changes in the body are diagnosed, which may take up to 30 days to recover;
  + Heavy. In this case, the person needs to be hospitalized for at least 30 days and long-term treatment by a traumatologist-orthopedist or other specialist is needed.

Sports injuries differ in severity, so *first aid* depends on the type of damage that the injured person received.

To reduce the risk of sports injuries in training, it is not enough to be careful. Other factors are also important:

* Create and follow a training method. Perfectly matched clothing and shoes that do not restrict movement and do not interfere with the performance of exercises is needed;
* Do a high-quality *warm-up* and warm-up your muscles, as well as do not forget to do a hitch and stretch;
* Follow the safety rules that are important in your chosen sport;
* Use correct technique for performing exercises, especially for those tasks that you perform for the first time;
  + Work with a qualified trainer - statistics show that in such cases the risk of injury is significantly reduced;
  + The correct *flow of energy* is needed. Do not attend a workout if your health does not allow it or you are very tired the day before;
  + If you have had damage, it is better to wait for training or reduce the load on the damaged area as much as possible;
* Maintaining a proper diet and water balance will make you not only healthier, but also more resilient and active.

**Задание 2.** Найдите в тексте выделенные курсивом слова, выпишите их в тетрадь и объясните на русском языке, что они обозначают.

**Задание 3.** Выпишите в тетрадь незнакомую лексику, переведите и выучите ее.

**Задание 4**. Найдите английские эквиваленты:

суставы, кости, связки, мышцы, сухожилия, меры предосторожности, несоблюдение, неудовлетворительный, оборудование, несовершенный, нарушение, запрещенные приемы, переутомление.

**Задание 5**. Найдите русские эквиваленты:

severity of injuries, scratch mark, wound, bruise, recover, long-term treatment, differ in severity, matched clothing, restrict, interfere, hitch, resilient.

**Задание 6.** Письменно переведите абзац, который начинается словами *Sports injuries differ in severity…* до конца текста.

**Задание 7.** Вставьте пропущенное слово.

1. Most often, joints, bones, ligaments\_\_\_\_ are damaged.

2. Sports injuries occur not only in professional sports, but also in \_\_\_\_ sports.

3. This can happen because of various \_\_\_\_.

4. Many sports leg injuries can be prevented by buying the right and \_\_\_ shoes.

5. This includes the absence or lack of \_\_\_\_ of the coach.

6. In such cases \_\_\_\_ from sports loads do not exceed 10 days.

7. In this case, the person needs \_\_\_\_ for at least 30 days.

8. Long-term treatment by a \_\_\_\_ or other specialist is needed.

9. Sports injuries differ in \_\_\_\_, so first aid depends on the type of damage.

10. Maintaining a proper diet and \_\_\_\_ will make you healthier.

**Задание 8**. Ответьте на следующие вопросы.

1. What are the most often damaged organs and parts of the body?

2. How often do sports injuries take place?

3. How can you get injured?

4. What are the causes that lead to injuries during physical activity?

5. How can you describe an incorrect organization of classes?

6. How is the severity of injuries distinguished?

7. What does the first aid depend on?

8. What factors are important in reducing the risk of sports injuries in training?

**Задание 9.** Кратко перескажите текст, используя вопросы в качестве плана и клише для аннотирования и реферирования.

**Grammar revision exercises**

Просмотрите таблицу и вспомните ***эквиваленты модальных глаголов.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Эквивалент  модального глагола | что выражает | Present | Past | Future |
| (Can)  to be able (to) | Способность совершить действие | am/is/are able (to) могу, умею | was/were able (to) мог, умел | shall be/ will be able(to) сможет, сумеет |
| (May)  to be allowed (to) | Разрешение, просьба | am/is/are allowed (to) можете, можно | was/were allowed (to) разрешили | shall be/ will be allowed (to) |
| (Must)  to have  ( to) | Необходимость совершения действия в зависимости от обстоятельств | to have ( to)/ has ( to) - приходится | had ( to) - пришлось | shall have (to)/ will have ( to) - придется |
| to be (to) | Необходимость совершения действия, заранее запланированного | am (to)/ is (to)/ are (to) - должен, обязан | was ( to) / were (to) - должен был | -- |
| should | Рекомендацию к действию, совет | should - должен, следует, рекомендуется | -- | -- |
| would | Повторность действия в прошлом, просьбу, намерение, желание | would - могли ли, хотели | -- | -- |
| |  |  |  | | --- | --- | --- | | need |  | need | | |  | | --- | | Необходимость  совершения  действия | | need - нужно, надо |  |  |

**1**. Переведите на русский язык.

1. I have to work late today.
2. She had to stay at home because she did not feel well.
3. Peter will have to stay at home because it will be very cold.
4. Mike had to write this exercise at school because he had not done it at home.
5. They had to call the doctor because the grandmother had fallen ill.
6. Why did you have to stay at home yesterday? — Because my parents were not at home and I had to look after my little sister.
7. It is Sunday tomorrow, so he won’t have to go at work, but he will have to do a lot at home.
8. I haven’t written my essay, so I will have to write it on Sunday.
9. Why do you have to get up early every day?
10. Will you have to get up early tomorrow?

**2.** Перепишите каждое предложение дважды: в прошедшем и в будущем времени. Заменяйте модальный глагол ***must*** его эквивалентом.

1. You must read the text several times.
2. The doctor must examine the child.
3. You must take part in the work.
4. She must go if she doesn’t want to be late.
5. They must get ready for exams.
6. He must do it on time.
7. I must ask my parents.

**3.** Переведите на русский язык.

1. I am able to do it.
2. She will be able to get to the airport in time.
3. He was able to swim across the river.
4. They were able to finish the work on time.
5. Will you be able to help me about the house?
6. He isn’t able to buy a new car.
7. They won’t be able to arrange everything by themselves.

**4.** Вставьте в предложения положительную или отрицательную формы модального глагола ***can***или его эквивалента ***be able to*** в зависимости от времени.

1. What is your favourite sport? — Swimming. I \_\_\_\_swim when I was four.
2. Do you like Maths? — Maths is my worst subject. I \_\_\_\_\_to do sums.
3. I need your help with English. — Ok, \_\_\_you \_\_\_\_to come to my place tomorrow?
4. Why did you buy a new computer? — The old computer was very slow. I \_\_\_ play games on it.
5. I think the box is heavy. — No, it’s OK. I \_\_\_ carry it.
6. Did you go out on Saturday? — No, I didn’t. I \_\_\_go out because I was ill.
7. They \_\_\_\_to speak English two years ago.
8. Kate \_\_\_\_to come to the party tomorrow.
9. He is lazy. I think he \_\_\_to get a good job.

10. She didn’t study hard and \_\_\_to enter a university.

**5.** Переведите на русский язык.

1. I am allowed to stay late at night.
2. He is allowed to invite his friends to his place.
3. She isn’t allowed to come home late.
4. They are allowed to have a disco party at school.
5. They are allowed to wear casual clothes at the office.
6. It is not allowed to park cars here.
7. It is not allowed to turn left here.

**6.** Переведите на русский язык.

1. I need not go to work today.
2. You need not translate this difficult text.
3. You need not do everything by yourself.
4. She need not buy bread.
5. They need not wait for him.
6. Need I cook the dinner?
7. Shall I cook the dinner?

**7**. Переведите на русский язык.

1. You should apologize if you are wrong.
2. Parents should know how to encourage your child.
3. She should pay attention to his words.
4. He should play less and work more.
5. Parents shouldn’t quarrel in the presence of their child.
6. You shouldn’t drink cold milk if you are ill.
7. They shouldn’t give their child everything he wants.

**Lesson 4**

**The problem of drug in sport**

**Задание 1.** Прочитайте текст, переведите его на русский язык и выпишите из него все незнакомые слова.

То compete in the modern Olympic Games, to win gold, to stand on the rostrum as the flag is raised and the national anthem played is the dream of many. But it will come true for only a few. Only the gifted, only the dedicated, only the best will win.

Sport teaches us honest endeavor [ɪnˈdevə](стремление), commitment and fair play. True winners are those who achieve their goals through talent, skill, training, motivation and rising to all the challenges their sports present.

When you’re watching sports on television, you have no idea if what you are seeing is the athlete’s true abilities or steroids in effect. A program of random drug tests, education, treatment, and discipline would cost one million dollars annually. But one million dollars may be a small price to pay for fair play and good health. That’s why random drug tests would be extremely effective if taken by the athletes, not only throughout the season, but throughout the rest of the year as well. Drugs shouldn’t be tolerated in any team, in any sport.

Athletes today seem to find no moral problem with using performance-enhancing drugs, or in other words cheating. Also many of them feel that because they are «stars» there should be no repercussions for their illegal activity.

Today, drug use in sport has reached enormous proportions in society and is destroying athletics from the ground up. Steroids and other performance-enhancing drugs have many health risks. Risks with steroids include heart disease, liver tumors, and edema ['idi:mә] (abnormal fluid accumulation in body tissues). Drug use has led to an increased number of deaths and suspensions of athletes. The athletes should ask themselves, “Is this really worth my life?”

In 1960, during the Olympic Games in Rome, different sources confirm that a cyclist died as a result of taking amphetamines. Since then there have been numerous doping suspicions and claims. In 1964, at the Olympic Games in Tokyo, some doping controls were set up. However, doping in sport has not diminished but, on the contrary, has expanded at a breathtaking pace in professional and elite sports circles.

Because athletes face increasing pressure from sponsors, fans, coaches, themselves, and other athletes to perform at a higher level of competition, many turn to performance enhancing drugs (PEDs) in order to meet the exceedingly high expectations. As major sport organizations continue to face problems with steroid usage among its top players, the problems seem to be trickling down (просачиваться вниз) into younger athletes. Despite the seemingly bleak picture, many organizations are working to fight the problem and inform athletes about the dangers of PED usage. These organizations are helping athletes to see that athletic performance should be based on hard work and dedication rather than the use of supplements and drugs.

**Задание 2.** Дайте русский эквивалент следующих слов и словосочетаний.

Increasing pressure, high expectations, to set up, steroid usage, bleak picture, to win gold, the national anthem, in body tissues, suspensions of athletes, fair play, challenges, edema, to raise, to tolerate, fluid, random drug tests, taking amphetamines, claims, performance-enhancing drugs, from the ground up, to diminish, to confirm, liver tumors, doping suspicions, a breathtaking pace, elite sports circles.

**Задание 3.** Найдите в тексте эквиваленты следующих слов и слово­сочетаний.

Употребление, приостановка, огромный, сбываться, обязательство, последствия, доводить до, уменьшаться, устанавливать, одаренный, позволять, болезнь сердца, претензии, сталкиваться, обман, цена жизни, подтверждать, расширяться, трибуна, обращаться к, опасность, тяжелая работа, самоотверженность, гимн, разрушать, лечение, допинг-контроль, старания, преданный.

**Задание 4.** Используя материал текста, составьте словосочетания и переведите их на русский язык.

Modern ...; national...; true ...; good ...; enormous...; heart...; increased ...; high ...; steroid ...; health ...; abnormal ...; major...; bleak ...; fair ...; random ...; illegal ...; numerous ...; breathtaking....

**Задание 5.** Заполните пропуски словами, данными ниже.

disease, endeavor, edema, tolerated, set up, diminished, face, liver tumors, enormous, commitment, performance-enhancing, fair, expanded

1. Athletes... increasing pressure from sponsors, fans and trainers.
2. Today, drug use in sport has reached... proportions in society.
3. Risks with steroids include heart, and ....
4. Athletes seem to find no moral problem with using … drugs.
5. Drugs shouldn’t be ... in any team, in any sport.
6. Sport teaches us about honest....... and ... play.
7. In 1964, at the Olympic Games in Tokyo, some doping controls were ... .
8. Doping in sport has not ... but, on the contrary, has ... at a breathtaking pace in professional and elite sports circles.

**Задание 6.** Дайте ответы на следующие вопросы.

1. What does sport teach us?
2. Why are steroids so dangerous?
3. When were doping controls set up?
4. Do athletes face increasing pressure from sponsors, fans and trainers?

5. How are many organizations working to fight the problem of PED usage?

6. How much does a program of random drug test cost?

7. What health risks do steroids and other performance-enhancing drugs have?

8. Has drug use in sport reached enormous proportions in society?

**Задание 7.** Скажите, являются ли следующие утверждения верными (true) или неверными (false) согласно содержанию текста. Приведите верный вариант.

1. Sport teaches us endurance and will power.
2. A program of random drug tests, education, treatment and discipline would cost three million dollars annually.
3. Athletes seem to find no moral problem with using perform­ance-enhancing drugs.
4. Drug use in sport can destroy athletics from the ground up.
5. Athletes don’t face increasing pressure from sponsors and trainers.
6. Drug use has led to an increased number of deaths and suspensions of athletes.
7. The problems with steroid usage are among top players and young athletes.

**Задание 8.** Соедините слова в пары синонимов.

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | to raise | a | devoted |
| 2 | gifted | b | to permit |
| 3 | random | c | to crush |
| 4 | to tolerate | d | gigantic |
| 5 | dedicated | e | value |
| 6 | cheating | f | to hoist |
| 7 | to destroy | g | fraud |
| 8 | enormous | h | talented |
| 9 | worth | i | unplanned |
|  |  |  |  |

**Задание 9.** Найдите определения следующих слов.

|  |  |
| --- | --- |
| 1. rostrum  2. treatment  3. disease  4. suspension  5. usage  6 to expand  7. to diminish  8. expectation  9. danger | 1. a belief without sure proof, esp. that   something is wrong   1. to make or become greater 2. any platform, stage on which public   speakers stand to address an audience   1. to make or become smaller 2. the state of being vulnerable to injury,   loss, or evil; risk   1. something looked forward to 2. the application of medicines to a patient   or to a disease or symptom   1. any impairment of normal physiological function affecting all or part of an organism 2. the act or a manner of using |

**Задание 10.** Переведите следующие предложения на английский язык.

1. Прием стероидов разрушает здоровье спортсменов.
2. В 1964 году на Олимпийских играх в Токио был установлен допинг-контроль.
3. Несмотря на мрачную картину, многие организации борются с проблемой допинга и информируют спортсменов об опасности его использования.
4. С проблемой допинга сталкиваются как знаменитые спортсмены, так и молодежь.
5. Прием допинга приводит к возрастающему числу смертей среди спортсменов.
6. Прием допинга в спорте не только не уменьшился, но и, наоборот, увеличился.
7. Многие из спортсменов из-за давления на них тренеров, спонсоров и фанатов обращаются к приему допинга, чтобы оправдать чрезвычайно высокие ожидания.

**Задание 11.** Расскажите о своем отношении к допингу. Обменяйтесь информацией, составьте диалог.

**Задание 12.** Найдите информацию о спортсменах, использующих допинг в своей спортивной карьере. Какие это имело последствия ?

**Grammar revision exercises**

***Герундий* —** это одна из неличных форм глагола, которая имеет признаки существительного и глагола. Герундий образуется от основы глагола при помощи суффикса -***ing*** и, таким образом, по своей форме он совпадает с Participle I (причастием настоящего времени).

Герундий имеет следующие временные и залоговые формы:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Active** | **Passive** | **Значение** |
| **Simple** | performing | being performed | действие, одновременное с действием, выраженным глаго­лом-сказуемым |
| **Perfect** | having performed | having been performed | действие, выражающее значение предшествования |

Наряду с глагольными, герундий может иметь свойства, сближающие его с существительным.

1. Герундию может предшествовать:

а) предлог;

б) притяжательное местоимение или существительное в притяжательном падеже;

в) отрицательное местоимение «no».

2. Герундий в предложении может выполнять функцию подлежащего и дополнения.

***Функции герундия:***

1) **Подлежащее:**

***Swimming*** *is pleasant.* **- *Плавать*** (плаванье) приятно.

2) **Дополнение:**

* **без предлога:**

*I like* ***skating.* -** Ялюблю ***катание на коньках*** (кататься на коньках).

*I remember* ***having been shown*** *this match.* **-** Япомню, что мне ***уже показывали*** этот матч.

* **с предлогом:**

*He is fond* ***of playing*** *chess.-*  Он увлекается **игрой** в шахматы.

*They are interested* ***in getting a gold medal.*** - Они заинтересованы ***в* *получении*** золотой медали.

**3. Обстоятельство** (всегда с предлогом):

*You cannot learn English* ***without*** ***speaking*** *it. -* Вы не можете выучить английский, ***не разговаривая*** на нем.

**4. Определение** (всегда с предлогом):

*It was his idea* ***of taking*** *part in* *this contest.*- Это была его идея, ***принять*** участие в этом состязании.

Герундий в сочетании с предшествующим ему притяжательным местоимением или существительным в притяжательном падеже образует герундиальный оборот,который переводится на русский язык придаточным предложением:

*I hope you don’t mind* ***his coming.*** Надеюсь, ты не возражаешь, что ***он придет.***

***This athlete’s having been sent*** *to the world championship was unexpected. -*

***То, что этого спортсмена послали*** на чемпионат мира, было неожиданным.

Герундий может переводиться на русский язык именем существительным, инфинитивом, деепричастием или глаголом в личной форме в придаточном предложении.

**1**. Определите функцию герундия в следующих предложениях. Переведите их на русский язык.

1. Не finished running and began jumping. 2. Stop resting and start training. 3. Jogging is very useful. 4. I had no hope of winning medals. 5. He insisted on her joining his sports club. 6. Our Academy began preparing specialists in sports management. 7. On seeing his sportsmen the coach shouted. 8. He is thinking of going to the European championship. 9. The sportsmen can improve their results by training hard. 10. Her being ill did not prevent her from taking part in this tournament.

**2.**Переведите следующие предложения, обращая внимание на время и залог герундия.

1. The regional competition has resulted in winning many gold, silver and bronze medals. 2. Skiing is our hobby. 3. His being sent to the world championship was very useful for mastering his skills. 4. I knew nothing of your having set a new record. 5. I remember having been shown round the new sports complex. 6. We don’t like being asked about our results in chosen sport. 7. In spite of being tired these athletes continued training. 8. This gymnast succeeded in mastering his specialty. 9. The new swimming pool is worth seeing.

**3.** Закончите предложения, употребив герундий.

1. Go on (плавать).
2. Stop (стрелять).
3. This championship is worth (посетить).
4. Do you have the opportunity of (посмотреть бейсбольный матч)?
5. (Кататься на лыжах) in such weather is unpleasant.
6. They are fond of (смотреть фигурное катание).
7. He says he is busy (подготовкой к важному состязанию).
8. We are interested in (чтобы остаться на этом стадионе).

**Unit 4.6**

**Great athletes of the world**

**Lesson 1**

**Задание 1**. Прочтите внимательно текст.

**10 greatest athletes of the 20th century**

Sport is an integral part of the life of many people from different parts of the World. Some people play sports professionally, while others like to watch sports events on TV. Each sport has its own leaders who have made history. We will tell you about the 10 greatest athletes who have made a huge contribution to the development of sports. There are no first and second places in our list, because each athlete is unique in its own way and each of the ten is an unsurpassed leader.

***Michael Jordan*** is not only the greatest basketball player, but also the most famous person that even people who are far from sports know about. At the time, Michael Jordan made basketball a very popular sport. We can say that in the 1980s, basketball surpassed football in the number of fans, and all thanks to this athlete.

He can be called the most famous athlete in the world. It is difficult to count all his achievements. While playing with the Chicago Bulls, Michael won six NBA titles. Also, he received the same number of awards that were given to the best player. He participated in NBA all-star Games 14 times! Another important achievement is two gold medals at the Olympic Games.

In 1999, the athlete was named “the Greatest North American athlete of the twentieth century". Not a little money brings Jordan his own NBA club. He became the first basketball player to buy out his own club. And Michael Jordan even managed to be an actor. He played himself in the movie ”Space jam".

***Mohammed Ali*** is the most famous boxer of the 20th century, who was called the "King of Boxing". He was the best in his time! He became the absolute world champion in his weight class, won the Olympic Games, received the title of “boxer of the year" six times, and many well-known sports publications called him the" athlete of the century”. He participated in fights in the heavyweight division, in which he won the title of world Champion many times.

In addition to sporting achievements, Ali has other merits. He was the greatest speaker, fought racism, and motivated a huge number of people to go after their goal no matter what. At one time, he was a goodwill Ambassador and actively engaged in charity work. In the *Rocky* movies, the character Apollo Creed is his prototype.

***Michael Schumacher*** is the star of Formula 1, he has no equal. Probably, everyone has heard the name of this great athlete. The German racing driver became world Champion seven times. He won five championship titles in a row, and won 91 Formula 1 victories. Set a world record for completing 77 laps. Even in the 21st century, there are no racing drivers who could compare with Schumacher. Unfortunately, the athlete was seriously injured while on vacation at a ski resort. After it, Schumacher fell into a coma for many years. His wife and family have not commented on the driver's health for a long time. There is an opinion that he will not be able to recover.

We cannot miss the famous striker of the Brazilian football player, who is known by the nickname ***Pele***. He is a Brazilian professional [footballer](https://en.wikipedia.org/wiki/Association_football) who played as a [forward](https://en.wikipedia.org/wiki/Forward_(association_football)). He is widely regarded as one of the greatest players of all time. In 1999, he was voted [World Player of the Century](https://en.wikipedia.org/wiki/FIFA_Player_of_the_Century#IFFHS) by the [International Federation of Football History & Statistics](https://en.wikipedia.org/wiki/International_Federation_of_Football_History_%26_Statistics) (IFFHS). According to the FIFA Commission, he became the best footballer of the 20th century. During his career, he scored more than a thousand goals!

***Diego Maradona*,** Argentine football player, is recognized as the best in the twentieth century. The athlete performed brilliantly at the world Cup in 1986 and became a world Champion. Also, he became the Champion of Argentina and twice the champion of Italy. Some of his hits in the goal were called "the goal of the century” and “the most controversial shot”. He became the first winner of the Golden ball.

According to many well-known sports magazines, Maradona has always been ranked first or second in popularity. He was the best of the best many times. On the official FIFA website, 56.5% of people voted for it.

If we talk about Boxing, we cannot miss the name of ***Mike Tyson***. Of course, we have already talked about Muhammad Ali, but these two athletes deserve to be included in the list of the best in the same sport. Tyson is a legendary boxer with a hard fate. Apparently, it was a difficult childhood that helped him reach such heights.

Mike competed in the heavyweight category. He became the Absolute world champion. Received the title of "most promising boxer".

The main achievement is that the boxer is twice listed in the Guinness Book of Records. He received a certificate for a huge number of quick knockouts, as well as for becoming the youngest world Champion in his weight class.

The modern generation may not even have heard of ***Larisa Latynina*** the greatest athlete of the 20th century. Nevertheless, this Soviet gymnast has received many titles. Her athletic feats have not yet been repeated by modern athletes. Larisa Latynina was born in Kherson, but she became a world and European champion several times.

The main achievement of the gymnast is 18 Olympic medals, nine of them gold. She is the most titled sportswoman on the planet. She received the title of Honored coach of the USSR, as well as Honored Master of Sports. By the way, in 1957 at the European Championships, she won all the gold medals.

***Fedor Emelianenko*** is aUkrainian athlete-fighter. Four times became the world Champion in MMA. He was able to prove himself in various martial arts, this is the main feature of the athlete. For example, he became an Honored Master of Sports in Sambo. He is a Master of Sports in judo. Nine times he became the champion of Russia in combat Sambo.

For a decade, no one was able to reach his heights in MMA. Therefore, this surname must appear in the list.

***Sergey Bubka*** is a Ukrainian and Soviet track and field athlete who was very popular in the twentieth century. He represented the [Soviet Union](https://en.wikipedia.org/wiki/Soviet_Union) until its dissolution in 1991. Bubka was twice named [Athlete](https://en.wikipedia.org/wiki/Athlete) of the Year. Bubka won six consecutive IAAF World Championships, an Olympic gold medal and broke the [world record for men's pole vault](https://en.wikipedia.org/wiki/Men%27s_pole_vault_world_record_progression) 35 times. He was the first pole vaulter to clear 6.0 metres and 6.10 metres. He held the indoor world record of 6.15 meters, set on 21 February 1993 in [Donetsk](https://en.wikipedia.org/wiki/Donetsk), Ukraine  for almost 21 years until France's [Renaud Lavillenie](https://en.wikipedia.org/wiki/Renaud_Lavillenie" \o "Renaud Lavillenie) cleared 6.16 metres on 15 February 2014 at the [same meet](https://en.wikipedia.org/wiki/Pole_Vault_Stars) in the [same arena](https://en.wikipedia.org/wiki/Druzhba_Arena). He is the current outdoor world record holder at 6.14 meters, a record he has held since 31 July 1994.

**Задание 2.** Пронумеруйте абзацы.

**Задание 3**. Найдите в каждом абзаце предложение, выражающее основную мысль.

**Задание 4**. Озаглавьте каждый абзац.

**Задание 5**. Прочтите текст ещё раз, составьте план.

**Задание 6**. Сократите до минимума каждый абзац.

**Задание** 7. Обобщите полученную информацию в единый связный текст.

**Задание 8**. Письменно переведите получившийся текст.

**Grammar revision exercises**

***Причастие I,*** или причастие настоящего времени, образуется от инфинитива глагола путем добавления суффикса **-ing.**

**Participle I:**

**V+-ing**

В русском языке ему соответствуют причастие настоящего времени и деепричастие:

**to jump - jumping** «прыгающий», «прыгая».

Причастие I может выполнять в предложении функции определения и обстоятельства.

1. Определение:

*The athlete* ***standing*** *at the window is my friend.* - Спортсменка, ***стоящая*** у окна, моя подруга.

2. Обстоятельство*:*

***Standing*** *at the stadium he watched the children play.* **- *Стоя*** у стадиона, он наблюдал, как играют дети.

Причастие I может иметь наряду с вышеуказанной простой формой также сложные формы:

Perfect (having + V3/-ed)

*She smiled having received the prize. —* Она улыбнулась, ***получив*** приз.

Passive (being +V3/-ed)

*She smiled being given the prize.* — Она улыбнулась, ***когда ей вручали*** приз.

Perfect Passive (having been+ V3/-ed).

*She smiled having been given the prize. —* Она улыбнулась, ***когда ей вручили*** приз.

**1**. Объедините два предложения в одно, используя причастие I.

Например:  He was jumping down the stairs. He broke his leg.

– He broke his leg jumping down the stairs. (Он сломал ногу, прыгая вниз по лестнице.)

1. Tom was watching the film. He fell asleep.
2. The pupils opened their textbooks. They looked for the answer.
3. Julia was training to be a designer. She lived in Milan for 3 years.
4. They are vegetarians. They don’t eat meat.
5. Jane was tidying up her bedroom. She found some old letters.

**2**. Объедините два предложения в одно, используя перфектное причастие I.

Например:  He handed in his test. He had written all the exercises.

– Having written all the exercises, he handed in his test. (Написав все упражнения, он передал свою контрольную.)

1. She went to her car and drove off. She had closed the door of the house.
2. I sent him an SMS. I had tried phoning him many times.
3. We moved to Florida. We had sold our cottage.
4. His head was aching at night. He had studied all day.
5. He knew all the goals by heart. He had seen that match several times.

**3**. Переведите предложения, обращая внимание на форму причастия:

1. A person bringing good news is always welcome.
2. While skating yesterday he fell and hurt himself.
3. Having lived in this town all his life, he knew it very well.
4. Being told of his arrival I went to see him.
5. Many problems being discussed at the conference are of great importance.
6. The leaves lying on the ground reminded me of autumn.
7. Having arranged everything he went home.

**Lesson 2**

**Great athletes of world history**

**Задание 1**. Прочтите внимательно текст.

**Paavo Nurmi** was a [Finnish](https://en.wikipedia.org/wiki/Finland) [*middle-distance*](https://en.wikipedia.org/wiki/Middle-distance_running) and [*long-distance runner*](https://en.wikipedia.org/wiki/Long-distance_running). He was called the "[Flying Finn](https://en.wikipedia.org/wiki/Flying_Finn)" or the "Phantom Finn", as he dominated distance running in the early 20th century. Throughout his 14-year career Nurmi set 22 official [world records](https://en.wikipedia.org/wiki/List_of_world_records_in_athletics) at distances between [1500 metres](https://en.wikipedia.org/wiki/1500_metres) and 20 kilometres, and won nine [gold](https://en.wikipedia.org/wiki/Gold_medal) and three [silver](https://en.wikipedia.org/wiki/Silver_medal) medals in his twelve *events* in the [Olympic Games](https://en.wikipedia.org/wiki/Olympic_Games). At his peak, Nurmi was *undefeated* for 121 races at distances from [800 m](https://en.wikipedia.org/wiki/800_m) upwards.

Nurmi started to *flourish* during his [military service](https://en.wikipedia.org/wiki/Military_service#Finland), setting [national records](https://en.wikipedia.org/wiki/Finnish_records_in_athletics) *en route* to his international debut at the [1920 Summer Olympics](https://en.wikipedia.org/wiki/1920_Summer_Olympics). After winning a silver medal in the [5000 m](https://en.wikipedia.org/wiki/5000_m), he took gold in the 10,000 m and the [*cross country*](https://en.wikipedia.org/wiki/Cross_country_running)*events*. In 1923, Nurmi became the first runner to hold *simultaneous* world records in the [mile](https://en.wikipedia.org/wiki/Mile_run), the 5000 m and the 10,000 m races, a feat which has never since been repeated. In 1952, he was the [lighter of the Olympic Flame](https://en.wikipedia.org/wiki/List_of_people_who_have_lit_the_Olympic_Cauldron) at the [Summer Olympics](https://en.wikipedia.org/wiki/1952_Summer_Olympics) in Helsinki.

**Abebe Bikila** was an Ethiopian [marathon](https://en.wikipedia.org/wiki/Marathon) runner who was a *back-to-back* [Olympic marathon](https://en.wikipedia.org/wiki/Marathons_at_the_Olympics) champion. He is the first sub-Saharan African Olympic gold medallist. He won the first gold medal at the [1960 Summer Olympics](https://en.wikipedia.org/wiki/1960_Summer_Olympics) in Rome while running *barefoot*. Forty days before the [1964 Summer Olympics](https://en.wikipedia.org/wiki/1964_Summer_Olympics) in Tokyo, Abebe began to feel pain while training in [Debre Zeit](https://en.wikipedia.org/wiki/Bishoftu" \o "Bishoftu). He was brought to the hospital and diagnosed with acute [appendicitis](https://en.wikipedia.org/wiki/Appendicitis), and had an [appendectomy](https://en.wikipedia.org/wiki/Appendectomy) on September 16. Back on his feet in a few days, Abebe left the hospital within a week and took part in the competitions.

At the [1964 Tokyo Olympics](https://en.wikipedia.org/wiki/1964_Summer_Olympics), he won his second gold medal. In turn, he became the first athlete to successfully defend an Olympic marathon title. In both victories, he ran in [world record](https://en.wikipedia.org/wiki/Marathon_world_record_progression) time.

He was a pioneer in [long-distance running](https://en.wikipedia.org/wiki/Long-distance_running).  Abebe participated in a total of sixteen marathons, winning twelve and finishing fifth in the 1963 [Boston Marathon](https://en.wikipedia.org/wiki/Boston_Marathon).

On March 22, 1969, Abebe was *paralysed* due to a car accident. He regained some upper-body mobility, but he never walked again. While he was receiving medical treatment in England, Abebe competed in *archery* and table tennis at the 1970 [Stoke Mandeville Games](https://en.wikipedia.org/wiki/IWAS_World_Games) in London. Those Games were an early *predecessor* of the [Paralympic Games](https://en.wikipedia.org/wiki/Paralympic_Games). He competed in both sports at a 1971 competition for the disabled in Norway and won its cross-country [*sleigh-riding*](https://en.wikipedia.org/wiki/Sled_dog)event.

**Gordon (Gordie) Howe** was a Canadian professional [ice hockey](https://en.wikipedia.org/wiki/Ice_hockey) player. From 1946 to 1980, he played twenty-six seasons in the [National Hockey League](https://en.wikipedia.org/wiki/National_Hockey_League) (NHL) and six seasons in the [World Hockey Association](https://en.wikipedia.org/wiki/World_Hockey_Association) (WHA); his first 25 seasons were spent with the [Detroit Red Wings](https://en.wikipedia.org/wiki/Detroit_Red_Wings). *Nicknamed* "Mr. Hockey", Howe is often considered the most complete player to ever play the game and one of the greatest of all time. At his *retirement*, his 801 goals, 1049 assists, and 1850 total points were all NHL records that stood until they were broken by [Wayne Gretzky](https://en.wikipedia.org/wiki/Wayne_Gretzky), who himself has been a major champion of Howe's *legacy*. Howe still holds the NHL records for most games and seasons played. In 2017, Howe was named one of the "[100 Greatest NHL Players](https://en.wikipedia.org/wiki/100_Greatest_NHL_Players)". Howe was most famous for his scoring *prowess*, physical strength and career *longevity*, and redefined the ideal qualities of a [forward](https://en.wikipedia.org/wiki/Ice_hockey_forward). He is the only player to have competed in the NHL in five different [decades](https://en.wikipedia.org/wiki/Decade#Distinctions) (1940s through 1980s). He became the *namesake* of the "[Gordie Howe hat trick](https://en.wikipedia.org/wiki/Gordie_Howe_hat_trick" \o "Gordie Howe hat trick)": a goal, an assist and a [fight](https://en.wikipedia.org/wiki/Fighting_in_ice_hockey) in the same game, though he only recorded two such games in his career. He is the oldest player to play in NHL: 52 years, 11 days (no other player has played past the age of 48)

**Ivan Poddubny** was one of the greatest Russian wrestlers. He was born in a small village in 1871. His parents were farmers. Ivan had to work hard. It helped him to become a strong man.

When he was 17 years old he left his village and went to Sevastopol. There he worked in a port. One day in 1896 Ivan and his friends went to the circus. There, for the first time in his life, he saw wrestlers. Ivan wanted to become a wrestler, too. After some training he became a wrestler in a Russian circus. As a sportsman he went to Europe, Asia, America and Africa. He fought with the strongest men of the world and almost always won. That is why people called him “The Champion of Champions”. He is a well-known sports hero in Russia.  In 1922 he joined the Moscow circus. He *toured* Europe and the United States several times. In 1927 he was even *proclaimed* “the Champion of America”. Promoters in New York City were trying hard to make him stay in the United States for good. But Poddubny stood firm – he wanted to return to his family. More than a thousand people came to see him for his farewell dinner in the Big Apple.

When he returned, he bought a house in the city of Eisk on the Azov Sea. But he never stopped touring around the country. In November 1939 he was given the title of “Honored Artist of the Russian Soviet Federative Socialist Republic” and the order of the Red Banner. He held his last fight in 1941 at the age of 70 – three months before Nazis attacked the Soviet Union.

During WWII he lived in *poverty*. To *make ends meet*, he had to work as a keeper in the local billiards room in Eisk, as the city was occupied by the Nazis at that time. After the war, he was not forgotten. In 1945 he was awarded with the title of the “Honored Master of Sports”, the highest title for athletes in the USSR. In 1947 he organized special performances called “50 years in the circus”. Unfortunately, his health was *deteriorating*. He died in August 1949 in Eisk after a heart attack. Every year after his death, Moscow becomes the venue for the “Poddubny Memorial” a tournament that brings together all the stars of Greek and Roman wrestling. It is a tribute to the champion who was never defeated.

**Valery Kharlamov**  - an outstanding [Russia](https://to-name.ru/english/historical-events/russia.htm) [ice hockey](https://sportsmena.ru/ice-hockey/) player, Honored Master of Sports, two-time Olympic champion, played for [CSKA Moscow](https://en.wikipedia.org/wiki/HC_CSKA_Moscow) in the [Soviet League](https://en.wikipedia.org/wiki/Soviet_Championship_League) from 1967 until his death in 1981.

At the age of 7 Valery Kharlamov first started skating with his father and went to the ice rink.

Although small in *stature*, Kharlamov was *speedy*, intelligent and skilled and a dominant player, being named the [Soviet Championship League](https://en.wikipedia.org/wiki/Soviet_Championship_League) most valuable player in 1972 and 1973. An offensive player, who was considered very creative and intelligent on the ice, he also led the league in scoring in 1972. He was also a *gifted* skater who was able to make plays at top speed. Kharlamov was considered one of the best players of his era, as well as one of the greatest players of all time.

In international play, Kharlamov represented the [Soviet Union](https://en.wikipedia.org/wiki/Soviet_Union_men%27s_national_ice_hockey_team) at 11 [World Championships](https://en.wikipedia.org/wiki/IIHF_Men%27s_World_Championship), winning 8 gold medals, 2 silvers and 1 bronze. He participated in three Olympics, [1972](https://en.wikipedia.org/wiki/1972_Winter_Olympics), [1976](https://en.wikipedia.org/wiki/1976_Winter_Olympics) and [1980](https://en.wikipedia.org/wiki/1980_Winter_Olympics), finishing with two gold medals and a silver, and participated in the 1972 [*Summit Series*](https://en.wikipedia.org/wiki/Summit_Series)against [Canada](https://en.wikipedia.org/wiki/Canada_men%27s_national_ice_hockey_team). He spent most of his career playing on a [line](https://en.wikipedia.org/wiki/Line_(ice_hockey)) with [Vladimir Petrov](https://en.wikipedia.org/wiki/Vladimir_Petrov_(ice_hockey)) and [Boris Mikhailov](https://en.wikipedia.org/wiki/Boris_Mikhailov_(ice_hockey)), and this trio is considered one of the best in the history of hockey.

Kharlamov was killed in a car accident in 1981. After his death, Kharlamov was elected to the [International Ice Hockey Federation Hall of Fame](https://en.wikipedia.org/wiki/International_Ice_Hockey_Federation_Hall_of_Fame), the [Hockey Hall of Fame](https://en.wikipedia.org/wiki/Hockey_Hall_of_Fame), the [Russian Hockey Hall of Fame](https://en.wikipedia.org/wiki/Russian_Hockey_Hall_of_Fame) and was selected as one of the forwards on the [IIHF Centennial All-Star Team](https://en.wikipedia.org/wiki/IIHF_Centennial_All-Star_Team).

**Задание 2.** Выпишите слова, выделенные курсивом, и переведите их на русский язык.

**Задание 3.** Переведите письменно заглавие и микротексты ***Paavo Nurmi*** и ***Abebe Bikila.***

**Задание 4**. Поставьте 5 вопросов разного типа к микротексту ***Gordon (Gordie) Howe.***

**Задание 5.** Найдите в тексте информацию и выпишите в тетрадь:

а) когда Иван Поддубный уехал в Севастополь

б) как он начал заниматься борьбой

в) каким титулом его наградили в Америке

г) какие звания были присвоены ему в Советском Союзе.

**Задание 6.** Задайте по одному вопросу к содержанию абзацев микротекста ***Valery Kharlamov***. Перескажите раздел на основе этих вопросов*.*

**Задание 7.** Найдите в интернете информацию на английском языке и напишите сообщение на страницу А-4 о других выдающихся спортсменах мировой истории.

**Grammar revision exercises**

***Причастие II,*** или причастие прошедшего времени, образуется от инфинитива глагола путем добавления -ed, если глагол правильный, и изменением основы, если глагол неправильный.

**Participle II:**

**V+-ed/V3**

В русском языке ему соответствуют причастия, оканчивающиеся на

***-нный, -тый, -мый*** и др.;

to take — taken «взятый»;

to discuss — discussed «обсуждаемый», «обсужденный», «обсуждавшийся».

Причастие II может выступать в предложении как определение и обстоятельство.

1.Определение*:*

*The match* ***played*** *yesterday was more difficult. -* Матч, ***сыгранный*** вчера, был труднее.

*2.* Обстоятельство*:*

*When* ***recognized*** *by the IOC one should obey its rules. -* ***Став*** членом МОК, необходимо следовать его правилам.

**1**. Переведите на русский язык, обращая внимание на причастие прошедшего времени.

1. He doesn’t like boiled milk.

2. I remember well his words said at the meeting.

3. We don’t like the book bought last week.

4. The stolen things were returned to the owner.

5. Asked about this event, he replied nothing.

6. The explanation given was not complete.

7. When burnt, coal produces heat.

8. The results received were of great importance for the further work.

9. When reconstructed the theatre looked more beautiful than before.

10. She showed us a list of the newly published books.

**2.** Раскройте скобки, употребив причастие прошедшего времени. Переведите.

1. The letter (to write) by him was very long.

2. We are interested in the goods (to produce) by this factory.

3. She didn’t understand the word (to say) by him.

4. He didn’t see the things (to keep) in her box.

5. I don’t like the video (to buy) yesterday.

6. This is the house (to build) many years ago.

7. The question (to put) to the professor was important.

8. When (to offer) to work abroad, he refused.

9. The article on agriculture (to publish) in this magazine was written by Smith.

10. You can get the book (to recommend) by our teacher in the library.

11. When (to use) for building purposes, concrete is very important.

12. When (to complete) the new building will accommodate 3000 students.

**3**. Определите формы и функции причастий. Переведите предложения на русский язык.

1. The game played is full of violations.
2. While training the athlete used his elbow pads.
3. Having covered the distance the runner became the winner.
4. The boxer wearing blue shorts is a national champion.
5. Having been discussed the rules of the game were given to the referee.
6. While talking to this javelin thrower she remembered that she had met him before.

**Lesson 3**

**Best athletes of the Soviet Union and Russia**

**Задание 1.** Прочтите внимательно текст.

**Best athletes of the USSR**

From its first appearance in an Olympic games in 1952 to its final appearance in 1988, the Soviet Union was a *dominating* force in the international sporting world. In 6 of the 8 Summer Olympics they competed in, the Soviet Union was at the top of the *medal count*. Even though the Soviet Union stopped competing in the Olympics in 1992, to this day they only *trail* the United States for the most Olympic medals of all time.

***Lev Yashin*** was a Russian football player often considered to be the greatest *goalkeeper* in the history of football. Over the course of his *illustrious* career, he had appeared in four World Cups. Yashin was very well known for his positioning, stature, and acrobatic reflex saves. He was born in Moscow, Russia. At the age of 18, he began working in a military factory and also played for the factory football team. A very good player, he was *spotted* while playing for the factory team and was invited to join the Dynamo Moscow team. During his career with the team, he led them to win the USSR football championship five times and the USSR cup three times. He also played for the Russian national team, helping them win the Summer Olympics in 1956 and the European Championship in 1960.

One of the best matches in his career was the 1963 England v (против) *Rest of the World* football match. He played brilliantly and made a number of *spectacular* saves. This match cemented his position as one of the best goalkeepers in the international history of the game. The same year, he was honored with the Golden Ball becoming the only goalkeeper ever to receive the award. In recognition of his contribution to football, he was presented with several awards and honors, such as the Order of Lenin (1967), FIFA Order of Merit (1988) and FIFA goalkeeper of the century (2000).

***Ludmilla Tourischeva*** , is a former Russian [gymnast](https://en.wikipedia.org/wiki/Gymnastics) and a nine-time Olympic medalist for the [Soviet Union](https://en.wikipedia.org/wiki/Soviet_Union).

Tourischeva began gymnastics in 1965, at age 13, and began competing for the Soviet team in 1967. She represented the Soviet Union at the [1968 Summer Olympics](https://en.wikiredia.com/wiki/1968_Summer_Olympics), just after her 16th birthday. She won the gold medal with the team and placed 24th in the *all-around*.

Two years later, Tourischeva became the leader of the Soviet team. From 1970 to 1974, she *dominated* almost every major international competition, winning the World Championships all-around gold in [1970](https://en.wikiredia.com/wiki/1970_World_Artistic_Gymnastics_Championships) and [1974](https://en.wikiredia.com/wiki/1974_World_Artistic_Gymnastics_Championships), the European Championships in 1971 and 1973, and the World Cup in 1975. She was considered to *embody* the classic Soviet style: grace, elegance, *impeccable form*, and strong technique.

Tourischeva was one of the first female gymnasts to use two separate pieces of music for her *floor routines* at an international competition.

After struggling with a back injury, Tourischeva competed in her third Olympics, the [1976 Summer Games](https://en.wikiredia.com/wiki/1976_Summer_Olympics) in [Montreal](https://en.wikiredia.com/wiki/Montreal), where she won her third team gold with the Soviet squad.

Tourischeva was known for her calm *demeanor* [dɪˈmiːnə](манера поведения) in competition. Tourischeva is one of only two women, the other being [Yelena Shushunova](https://en.wikipedia.org/wiki/Yelena_Shushunova), who have won the *“grand slam”* of all-around titles: Olympics, World Championships, World Cup, and European Championships. She is also one of only two women to win four gold medals at a single World Championships (in 1974).

***Valery Borzov* is a** Soviet athlete who won five Olympic medals, including two gold medals. A master of all aspects of [running](https://www.britannica.com/sports/running-athletics), with a strong, *smooth* style, Borzov was the greatest Soviet sprinter. As a graduate student at the Kiev Institute of Physical [Culture](https://www.merriam-webster.com/dictionary/Culture), Borzov studied films of great sprinters to *determine* optimal sprinting techniques such as the best *push-off angle* and the most effective body *incline* at the *breakaway*. He won the European 100-metre [sprint](https://www.britannica.com/sports/sprint-running) championship in 1969, 1971, and 1974; the 200-metre European championship in 1971; and seven European indoor titles. At the [1972 Olympic Games in Munich](https://www.britannica.com/event/Munich-1972-Olympic-Games), after his two chief American *challengers* missed their qualifying races, Borzov won a gold medal in the 100-metre dash in 10.14 seconds. In the 200-metre he won a second gold medal, in 20.0 seconds. He also anchored the Soviet team that won a silver medal in the 4 × 100-metre [relay](https://www.britannica.com/sports/relay-race).

At the [1976 Olympics in Montreal](https://www.britannica.com/event/Montreal-1976-Olympic-Games), Borzov again ran the 100-metre sprint in 10.14, but this time he won only a bronze medal; he also ran in the 4 × 100-metre *relay*, in which the Soviet team won a bronze medal. Borzov became a member of the [International Olympic Committee](https://www.britannica.com/topic/International-Olympic-Committee) in 1994, and he served in the Ukrainian parliament from 1998 to 2006.

***Irina Rodnina****,* is a Soviet [figure skater](https://www.britannica.com/sports/figure-skating) who, with her partners, (first Alexey Ulanov and later [Aleksandr Zaytsev](https://www.britannica.com/biography/Aleksandr-Zaytsev)), won 10 *successive* world championships (1969–78) and three successive Olympic gold medals. She graduated from the Central Institute of Physical [Culture](https://www.merriam-webster.com/dictionary/Culture) in Moscow and taught as well as skated.

After winning the gold medal in the [1972 Winter Olympic Games in Sapporo, Japan](https://www.britannica.com/event/Sapporo-1972-Olympic-Winter-Games), the Rodnina-Ulanov *partnership*, which had begun in 1968, broke up because her partner married another pair’s skater. Rodnina chose Zaytsev as her new partner after Soviet [skating](https://www.britannica.com/sports/skating) officials had conducted a nationwide search.

They won gold medals in the [1976 Winter Olympics in Innsbruck, Austria](https://www.britannica.com/event/Innsbruck-1976-Olympic-Winter-Games), and again in [1980 in Lake Placid](https://www.britannica.com/event/Lake-Placid-1980-Olympic-Winter-Games), New York, which thus gave Rodnina three gold medals for three successive Olympics.

The Rodnina-Zaytsev team introduced *side-by-side* jumps consisting of double axels. They emphasized speed and strength and were considered more athletic than lyrical – in contrast to their *predecessors* the [Protopopovs](https://www.britannica.com/biography/the-Protopopovs). Rodnina *retired* in 1980 and began a coaching career. She taught several Soviet pairs and moved to the United States to coach in 1990. She later returned to Russia and entered politics, becoming a member of Pres. [Vladimir Putin](https://www.britannica.com/biography/Vladimir-Putin)’s United Russia party.

***Lyudmila Pakhomova and Alexander Gorshkov*** for many years have been idols among skaters. They are original, fast, technical, and, most importantly, first and *unique*! At the beginning of their careers, both skaters were considered *hopeless*. Coaches did not see in them a talent. But, apparently, both of them were destined to remain in figure skating, moreover — to become a pair, in which Elena Anatolievna Tchaikovskaya believed and later became their coach (and, as it turns out, it was not in vain).

Pakhomova and Gorshkov opened the world to Ice Dance in a different way. Their programs were bright and emotional, but at the same time they were technically *complicated* and included complex steps. Their dances were based on the traditions of the Russian *ballet school*, as well as Russian classical and folk music, so they differed favorably from other pairs, and, *considering* the technique, their ice dances were close to perfect choreographic art!

Thanks to these figure skaters, Ice Dance as sports was included in the Olympic Games. From 1973 to 1975, the pair won only the first places. In 1974, at the World Championships, the judges put them 8 scores of 6.0! In 1976, Lyudmila Pakhomova and Alexander Gorshkov became the first Soviet Olympic champions in Ice Dance. For 9 years — from 1967 to 1976, they became six-time European champions and six-time world champions. In Ice Dance, this success has not been achieved by any other skaters. Their achievement is recorded in the Guinness Book of Records!

For development of Ice Dance and sporting achievements in 1988, Lyudmila Pakhomova and Alexander Gorshkov became *honorary* members of the World Figure Skating Museum and Hall of Fame.

**Задание 2.** Выпишите слова, выделенные курсивом и перведите их на русский язык.

**Задание 3.** Переведите письменно заглавие и абзацы ***Lev Yashin*** и ***Lyudmila Pakhomova and Alexander Gorshkov.***

**Задание 4**. Поставьте 5 вопросов разного типа к микротексту ***Ludmilla Tourischeva.***

**Задание5.** Найдите в тексте информацию и выпишите в тетрадь:

а) сколько медалей завоевал Валерий Борзов

б) что он делал для улучшения своей техники

в) когда он выиграл чемнионаты Европы

г) каков его лучший результат в спринте

**Задание 6**. Задайте по одному вопросу к содержанию абзацев микротекста ***Irina Rodnina***. Перескажите раздел на основе этих вопросов.

**Задание 7.** а) Прочтите и озаглавьте текст

Yelena Isinbayeva is a Russian former [pole vaulter](https://en.wikipedia.org/wiki/Pole_vault). She is a two-time [Olympic](https://en.wikipedia.org/wiki/Summer_Olympics) [gold medalist](https://en.wikipedia.org/wiki/Gold_medal) (2004 and 2008), a three-time World Champion (2005, 2007 and 2013). Isinbayeva isa current [world record](https://en.wikipedia.org/wiki/List_of_world_records_in_athletics) holder in the event, and is widely considered the greatest female pole-vaulter of all time. Isinbayeva was banned from the 2016 Rio Olympics after the appearance of an independent [report](https://en.wikipedia.org/wiki/McLaren_Report) about an extensive [state-sponsored doping program in Russia](https://en.wikipedia.org/wiki/Doping_in_Russia), thus dashing her hopes of a grand retirement winning the Olympic gold medal. She retired from athletics in August 2016 after being elected to serve an 8-year term on the [IOC](https://en.wikipedia.org/wiki/IOC)’s [Athletes’ Commission](https://en.wikipedia.org/wiki/Athletes%27_Commission).

Isinbayeva has been a major champion on nine occasions (Olympic, World outdoor and indoor champion and European outdoor and indoor champion). She was also the jackpot winner of the [IAAF Golden League](https://en.wikipedia.org/wiki/IAAF_Golden_League) series in 2007 and 2009. After poor performances at the world championships in 2009 and 2010, she took a year-long break from the sport.

She became the first woman to clear the five-metre barrier in 2005. Her current world record is 5.06 m outdoors, set in [Zurich](https://en.wikipedia.org/wiki/Zurich) in August 2009.Her 5.01 m indoors was the world record for just over a year.  The latter was Isinbayeva’s twenty-eighth [pole vault world record](https://en.wikipedia.org/wiki/Women%27s_pole_vault_world_record_progression). On 2 March 2013, [Jenn Suhr](https://en.wikipedia.org/wiki/Jenn_Suhr" \o "Jenn Suhr) joined Isinbayeva as the only women who have cleared 5 metres. In the process, Suhr took Isinbayeva’s indoor world record.

Isinbayeva was named [Female Athlete of the Year](https://en.wikipedia.org/wiki/IAAF_World_Athlete_of_the_Year) by the [IAAF](https://en.wikipedia.org/wiki/IAAF) in 2004, 2005 and 2008, and [World Sportswoman of the Year](https://en.wikipedia.org/wiki/Laureus_World_Sports_Awards) by [Laureus](https://en.wikipedia.org/wiki/Laureus" \o "Laureus) in 2007 and 2009. In 2007 she entered in the [FICTS](https://en.wikipedia.org/wiki/FICTS_(F%C3%A9d%C3%A9ration_Internationale_Cin%C3%A9ma_T%C3%A9l%C3%A9vision_Sportifs)) “Hall of Fame” and was awarded with “[Excellence Guirlande D’Honneur](https://en.wikipedia.org/wiki/Sport_Movies_%26_TV_-_Milano_International_FICTS_Fest)”. She was given the [Prince of Asturias Award](https://en.wikipedia.org/wiki/Prince_of_Asturias_Award) for Sports in 2009. She is one of only nine athletes (along with [Valerie Adams](https://en.wikipedia.org/wiki/Valerie_Adams), [Usain Bolt](https://en.wikipedia.org/wiki/Usain_Bolt" \o "Usain Bolt), [Veronica Campbell-Brown](https://en.wikipedia.org/wiki/Veronica_Campbell-Brown), [Jacques Freitag](https://en.wikipedia.org/wiki/Jacques_Freitag), [Kirani James](https://en.wikipedia.org/wiki/Kirani_James" \o "Kirani James), [Jana Pittman](https://en.wikipedia.org/wiki/Jana_Pittman), [Dani Samuels](https://en.wikipedia.org/wiki/Dani_Samuels" \o "Dani Samuels), and [David Storl](https://en.wikipedia.org/wiki/David_Storl)) to win world championships at the [youth](https://en.wikipedia.org/wiki/Youth_(athletics)), [junior](https://en.wikipedia.org/wiki/Junior_(athletics)), and senior level of an athletic event.

б) озаглавьте абзацы и перепишите в виде плана к тексту в тетрадь.

в) письменно переведите текст.

г) на основании лексики и вашего плана подробно перескажите текст.

**Задание 8.** Найдите в интернете информацию на английском языке и напишите сообщение на страницу А-4 о выдающихся спортсменах России.

**Grammar revision exercises**

***Союзы*** в английском языке - это части речи, служащие для соединения слов словосочетаний и предложений.

В английском языке союзы могут состоять:

* из одного слова: and, by, as, because yet, etc.
* из нескольких слов (in case, as soon as, on condition (that), in spite of, so that, etc.),
* а также употребляться в пape (both … and, neither… nor, as… as, etc.) – это так называемые парные союзы.

В зависимости от характера синтаксической связи союзы в английском языке подразделяются на:

* сочинительные союзы (coordinate conjunctions) — соединяют однородные члены простого предложения или части сложносочинённого предложения, а также отдельные предложения;
* подчинительные союзы (subordinate conjunctions) — соединяют главное предложение с придаточным в сложноподчинённом предложении и указывают на тип придаточного: времени, причины, характера действия и пр.

К ***сочинительным*** союзам относятся and, but, or, both ... and, neither ... nor, either … or, yet. nevertheless, besides, however, therefore, so, moreover, nor и т.д.

***Придаточные времени*** вводятся следующими союзами: after, as soon as, as, before, as long as, before, till, when, whenever, while.

***Придаточные услови****я* вводятся следующими союзами: if, in case, unless, provided, once.

***Придаточные причины****/* ***цели*** вводятся следующими союзами: in order that, as, because, since, for.

**1**. Составьте сложные предложения, используя правильные союзы из данных в скобках.

1. His job is very hard, (yet / therefore) his salary is low.
2. I’m sorry I opened your handbook, (however / but) I mistook it for mine.
3. Alex lost his job a year ago, (however / or) he soon managed to find another one.
4. I know she’s hard to deal with, (and / nevertheless) you ought not to be rude to her.
5. I’ve been living here for many years, (but / and) I don’t know the place very well.
6. Her life is very peaceful, (or / yet) she is always complaining.
7. We haven’t got much in common, (moreover / but) we get on with each other fairly well.
8. Тоm is 17 (or / and) he is studying at college.
9. The rent is reasonable, (moreover / but) the location is perfect.
10. My mum dislikes pets, (nevertheless / and) she bought a puppy for us.
11. You can take a horse to water (and / but) you can’t make him drink.
12. She was rushing to the office, (therefore / but) she couldn’t talk to me.

13. A lot of novels are published every year, (therefore / however) very few of them become bestsellers.

14. I didn’t talk to the Director (or / but) I talked to the Manager.

15. Sam sat down on the bench (but / and) Lucy sat besides him.

**2.** Cоставьте сложные предложения, используя правильные подчинительные союзы.

1. ***Since / Just*** ***as*** there’s too much work to do, we won’t go on holiday.
2. I’d better take an umbrella ***in саse /whether*** it rains.
3. Just keep an eye on the baby ***while / whereas*** I cook the supper, will you?
4. Many of the children feel more confident ***if / though*** they work in groups.
5. ***Although / in order*** that he hasn’t said anything, he seems to be upset about it.
6. You must be careful ***while / unless*** you wash this delicate silk blouse.
7. I’d like to find out ***when / even if*** the classes begin.

8. ***By / as long as*** the time you receive this letter, I’ll have left for Japan.

9. At last, ***after / as long as*** he had tried three times, he passed his exam.

10.The manager didn’t offer him the job ***because / although*** his appearance was very untidy.

11. ***Even if / When*** there are small children around, it’s better to put breakable ornaments out of their reach.

12***. Unless / Until*** you hurry, you won’t catch the bus.

13***.*** I couldn’t resist having another slice of cake ***in case / even though*** I was supposed to be losing some weight.

14. Leave the cake in the oven***until / because*** it turns brown.

**3.** Укажите правильный союз.

1. Mark can’t leave his job ... he has found another one. (A as soon as / В until / C when)
2. My son’s hair got darker ... he got older. (A as / В if / C as long as)
3. I’ll lend you this book ... I have finished reading it. (A unless / В in case  / C when)
4. … I lived farther from the school than any other pupil, I was often the last to arrive. (A Although / В Despite /C Since)
5. I stood on a chair ... I could reach the upper shelf. (A because / В so that /C as)

**Lesson 4**

**Olympic records**

**Задание 1.** Прочтите и скажите одним предложеним, о чём говорится в тексте.

1. Olympic records are the best performances in a specific event in that event's history in either the [Summer Olympic Games](https://en.wikipedia.org/wiki/Summer_Olympic_Games) or the [Winter Olympic Games](https://en.wikipedia.org/wiki/Winter_Olympic_Games). If an athlete scores above the world record at the Olympic Games, this result is considered both an Olympic and world record. The record is an important achievement for any athlete, since the Olympic Games are held every four years.

2. The international Olympic Committee recognizes records in the following sports: archery, athletics, cycling, shooting, short track, skating sport, swimming, weightlifting.

3. Unfortunately, the international Olympic Committee does not recognize records in other sports. But those who were interested in the suitable in their childhood and achieved outstanding success in their homeland have every chance to write off their name in the history of the Olympic Games not just by being present at them. Due to the large number of disciplines, it is easier to do this for track-and-field athletes, and therefore there are always more of them in the corresponding lists.

4. There are three sports in the Olympic program that allow athletes to demonstrate true universalism and thus win a large number of medals. These are gymnastics, swimming and athletics. They gave the history of Olympic Games four Olympians-record holders, nine-time Champions of the Games. The absolute record belongs to Soviet gymnast Larisa Latynina who won eighteen medals medals at three Olympic games (in 1956, 1960, and 1964), half of which were gold.

5. "Flying Finn" Paavo Nurmi. At three Olympic Games (in 1920, 1924, and 1928) he was the best middle-and long-distance runner of his era. He participated in twelve starts, of which he won nine and won the silver medal in three.

6. Carl Lewis, a talented American track and field athlete won the 100m and 200m races, the 4x100m relay and the long jump in Los Angeles Games. By the end of his career, Lewis was the owner of ten Olympic medals (to add nine gold medals, we will add a silver from Seoul in the 200-meter).

7. There is another record in the history of the Olympics - the number of awards won at a single Game. It was established in 1980 in Moscow by the Soviet gymnast Alexander Dityatin, who won prizes in all eight types of the program. He became a three - time champion in the absolute superiority, in the exercise on rings and in the team, four-time silver medalist in the vault, at the bar, on horseback and on the uneven bars, and bronze in the floor exercise. In total, the representative of the Leningrad "Dynamo" has ten medals (he won two silver medals four years earlier in Montreal).

**Задание 2**. Переведите письменно заглавие и абзацы 1, 2, 4, 7.

**Задание 3.** Поставьте 10 вопросов разного типа ко всему тексту.

**Задание 4.** Изучите внимательно таблицу. Расскажите на основе данных таблицы, когда и где проводились летние олимпийские игры, сколько стран и спортсменов в них участвовало.

Летние олимпийские игры

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | year | Place | Countries | Athletes | Sport |
| 1. | 1896 | Athens | 13 | 311 | 10 |
| II. | 1900 | Paris | 22 | 1344 | 18 |
| III. | 1904 | St.Louis | 12 | 629 | 18 |
| IY. | 1908 | London | 23 | 2056 | 23 |
| Y. | 1912 | Stockholm | 28 | 2546 | 17 |
| YII. | 1920 | Antwerp | 29 | 2692 | 23 |
| YIII. | 1924 | Paris | 44 | 3083 | 19 |
| IX. | 1928 | Amsterdam | 46 | 3014 | 16 |
| X. | 1932 | Los Angeles | 37 | 1408 | 16 |
| XI | 1936 | Berlin | 49 | 4065 | 20 |
| XIY. | 1948 | London | 59 | 4099 | 19 |
| XY. | 1952 | Helsinki | 69 | 4925 | 18 |
| XYI. | 1956 | Melbourne | 67 | 3184 | 18 |
| XYII. | 1960 | Rome | 83 | 5348 | 18 |
| XYIII. | 1964 | Tokio | 93 | 5140 | 19 |
| XIX. | 1968 | Mexico City | 112 | 5531 | 19 |
| XX. | 1972 | Munich | 122 | 7147 | 24 |
| XXI | 1976 | Montreal | [92 | [6085 | 23 |
| XXII. | 1980 | Moscow | 81 | 5353 | 23 |
| XXIII. | 1984 | Los Angeles | 140 | 6735 | 25 |
| XXIY. | 1988 | Seoul | 160 | 9594 | 23 |
| XXY. | 1992 | Barcelona | 169 | 9362 | 23 |
| XXYI. | 1996 | Atlanta | 197 | 10700 | 36 |
| XXYII. | 2000 | Sydney | 199 | 40200 | 38 |

The 1916, 1940 and 1944 summer Olympics were not held due to the war

**Задание 5.** Используя клише и вопросы, кратко перескажите текст.

**Задание 6**. Найдите информацию в интернете и напишите на английском языке о результатах последней зимней/летней олимпиады (объем 1000 знаков).

**Grammar revision exercises**

***Союзные слова*** употребляются для связи придаточных предложений с главным.

Союзными словами могут служить относительные местоимения (who - кто, который; whose - чей, которого; what - что; which, that - который) и наречия (when - когда; how - как; why -почему).

В отличие от союзов, союзные слова не только связывают предложения, но и входят в состав придаточного предложения в качестве одного из его членов:

I don ‘t know ***when*** our coach will return. - Я не знаю, ***когда*** наш тренер вернется.

(***When*** связывает придаточное предложение с главным и служит в придаточном предложении обстоятельством времени.)

I know the athlete ***who*** set this world record. - Я знаю спортсмена, ***который*** установил этот мировой рекорд.

(***Who*** связывает придаточное предложение с главным и служит подлежащим придаточного предложения.)

**1.** Составьте из двух предложений одно, используя ***who /that / which***:

1. A book was written 5 years ago. It is very popular.
2. There is a book on the table. Take it.
3. He paid for the house 100,000$. It is now worth 150,000$.
4. A policeman stopped our car. He wasn’t very friendly.
5. A boy broke the window. He ran away.
6. I met a woman. She can speak six languages.
7. What’s the name of the river? The river goes through the town.
8. A coffee-maker is a machine. The machine makes coffee.
9. Ann took some photographs. Have you seen them?
10. I gave you some money. Where is it?
11. You have bought some oranges. How much are they?
12. We met some people. They were very nice.
13. They invited the Browns to dinner. They didn’t come.
14. Linda is dancing with a man. What is his name?
15. John works in a factory. The factory is the biggest in town.

**2**. Заполните пропуски нужными союзами и союзными словами.

1. The pirates ... had hidden the treasure on the island went back again ... they thought ... they could now remove it with safety.

2. Richard, ... he had not previously answered any question ... the teacher asked him, now said ... he knew the answer to it, ... it was in the lesson ... he had just read.

3. ... the teacher asked ... part of speech word was, John said, “I can tell you the answer, ... you give me a sentence in ... the word is used”.

4. The boy, ... was crying as ... his heart would break, said, ... I spoke to him, ... he was hungry, ... he had no food for two days.

**3**. Заполните пропуски, используя ***while*** или ***when***.

1. I was waiting for the school bus ... I saw Nathan.

2. My mum was preparing dinner ... telephone rang.

3. Paul and Mary finished their work ... Granny was making tea.

4. The vase fell from the book-case ... I was watching TV.

5. I was driving along ... a dog ran onto the Dad.

6. My sister was washing her hair ... she was listening to the radio.

**Lesson 5**

**My favourite athlete**

**Задание 1. а) Прочтите и переведите текст.**

**Sports do not build character.They reveal it.**

Heywood Broun

I really like this saying. It says we all have qualities that many think they don’t. Sport is a good way to try yourself and learn something new. People can understand whether they are leaders or good performers, if they like working in a team or prefer individual tasks. Fortunately, there are a lot of sports to choose. You can go in for football, basketball, volleyball or hockey under the condition you enjoy team sport. Start going running or doing athletics when you prefer fast activities. If jogging is not what you like, you would like to train your thinking skills - there is chess, draughts or cyber sports. The range of activities is great.

As for me, there is nothing better than figure skating. I love watching figure skating competitions on TV. It's not just a sport, it's a real show. Skaters perform to the music in beautiful outfits. I always root for Alina Zagitova. She moves gracefully and performs very difficult jumps.

Alina Zagitova is a young Russian figure skater. She has already won many competitions. In 2018 she received a silver medal at the winter Olympics.

Alina was born in Izhevsk. She started skating at the age of 4. At the age of 13 she moved to Moscow with her grandmother to be trained by Eteri Tutberidze. It must be hard to leave a hometown at such a young age. Her parents and younger sister stayed there.

But now Alina has become a real figure skating star. She makes headlines in the international press. She works for well-known companies, such as Puma, and probably earns well. She is a very inspiring person for me. Her example shows that hard work pays off.

As far as I know, Alina loves animals. She has four pets: two chinchillas, a cat and a dog.

Alina Zagitova is my favorite athlete. I hope that we will enjoy her successful performances for many years.

**б) Скажите, как вы понимаете эпиграф.**

**Задание 2.** Пронумеруйте абзацы.

**Задание 3**. Найдите в каждом абзаце предложение, выражающее основную мысль.

**Задание 4.** Озаглавьте каждый абзац.

**Задание 5**. Поставьте 6 - 10 вопросов к содержанию всего текста.

**Задание 6.** Используя клише и вопросы, кратко перескажите текст.

**Задание 7.** Поговорите со своим партнером о спортивных достижениях вашего любимого спортсмена, использя информацию из различных источников.

**Grammar revision exercises**

***Инфинитив*** - часто называется начальной или исходной формой глагола, которая  выражает процесс, при этом, не указывая лицо или число. Инфинитив отвечает на вопрос «что делать?», «что сделать?»:

to draw – рисовать/нарисовать, to come– идти/придти.

Основные формы инфинитива.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Active | Passive |  |
| Present | to write -  писать (вообще) | to be written-  быть написанным | Действие происходит одновременно со сказуемым или в будущем по отношению к сказуемому |
| Continuous | To be writing - писать  (в определенный момент) | ---- | Выражает длительное действие, происходящее одновременно с действием глагола - сказуемого. |
| Perfect | to have written - ( уже) написать | to have been written - (уже) быть написанным | Действие предшествовало действию глагола - сказуемого |

Формальным признаком инфинитива является частица «***to***».

I like to read books. - Я люблю читать книги.

Но существуют исключения, когда инфинитив употребляется без частицы «to».

1. в сочетании с модальными глаголами:

You can get this book in the library.

- Вы можете получить эту книгу в библиотеке.

2. с глаголом ***to let*** (позволять, допускать):

Let me say a few words.

- Позвольте мне сказать несколько слов.

3. с глаголами ***to see, to hear, to watch, to feel***:

I saw him fall.

- Я видел, как он упал.

4. после глагола ***make*** в значении « заставлять » :

He made us wait three hours.

- Он заставил нас ждать 3 часа.

5. после глагола ***to help***:

She helped me translate the letter.

- Она помогла мне перевести письмо.

|  |  |  |
| --- | --- | --- |
| Полный инфинитив | Инфинитив  ***без*** частицы “***to***” | Инфинитив с окончанием ***-ing*** |
| would love  would like  would prefer  advise  agree  angry  appear  decide  expect  glad + to V1  happy  hope  learn  manage  offer  promise  refuse  seem  teach  want etc**.** | Modal verbs  (can,  could,  may)  feel +to V1  hear  make  let | love  like  dislike  enjoy  prefer  mind  suggest  hate  enjoy  start +to V ing  begin  finish  stop  risk  spend  hear  see  feel  avoid  admit  deny etc |

Ex.: Не teaches me to swim.

Он учит меня плавать.

He made me do it.

Он заставил меня сделать это.

I don’t mind studying Chinese.

Я не против изучения китайского (языка).

Глаголы begin, hate, like, love, prefer, start etc. могут употребляться как с частицей to, так и с -ing без изменения смысла.

**1**. Заполните пропуски, выбрав правильный вариант из данных ниже.

1. My father didn't mind \_\_\_\_ my bike.

a) mending c) to mend

b) mend d) to mending

2. I stopped \_\_\_\_\_\_\_\_ for the bank twenty years ago.

a) to worked c) working

b) to working d) work

3. My jeans need \_\_\_\_\_\_.

a) wash b) washing c) to wash d) washed

4. I wasn't allowed \_\_\_\_\_\_ out unless my parents knew, where I was going.

a) going b) to go c) go d) to going

5. We enjoy \_\_\_\_\_ shopping.

a) to going b) to go c) go d) going

6. Don't forget \_\_\_\_\_ me up before you leave.

a) wake b) waking c) to wake d) to waking

7. You're not allowed \_\_\_\_\_ here.

a) parking c) park

b) to park d) to parking

8. I don't mind \_\_\_\_\_\_ after the baby for you.

a) looking c) to look

b) look d) to looking

9. I hate \_\_\_\_\_\_ for exams.

a) to be preparing c) prepare

b) preparing d) to have prepared

10. They went on \_\_\_\_\_ though it was late.

a) to work c) working

b) to have worked d) to working

**2**. Вставьте частицу ***to*** перед инфинитивом, где необходимо.

1. I like ... dance. 2. I'd like ... dance. 3. I shall do all I can ... help you. 4. She made me ... repeat my words several times. 5. I saw him ... enter the room. 6. She did not let her mother ... go away 7. Do you like ... listen to good music? 8. Would you like ... listen to good music? 9. That funny scene made me ... laugh. 10. I like ... play the guitar. 11. My brother can ... speak French. 12. We had ... put on our overcoats because it was cold. 13. They wanted ... cross the river. 14. It is high time for you … go to bed. 15. May I ... use your telephone? 16. They heard the girl … cry out with joy. 17. I would rather ... stay at home today. 18. He did not want ... play in the yard any more. 19. Would you like ... go to England? 20. You look tired. You had better ... go home. 21. I wanted ... speak to Nick, but could not ... find his telephone number. 22. It is time ... get up. 23. Let me … help you with your homework. 24. I was planning ... do a lot of things yesterday. 25. I'd like … speak to you. 26. I think I shall be able ... solve this problem. 27. What makes you ... think you are right?