

## The aims for the lesson

1. To improve our vocabulary «Sport»

- 2. To train our speaking skills
- 3. To know the grammar of Present Perfect
- 4. To complete the tasks

# What should we do and what we shouldn't do to be healthy

1.get up and go to bed ear	dy 3. smoke
2. wash your hands before	ore eating 5.go in for sports
4. watch TV too long	6.sleep enough
7.take a cool shower	e. spend much time indoors
8.eat too much sweets	10.eat between meals

We should do	We shouldn't do

# test yourself "Are you healthy?"

- 1.Do you eat fruits and vegetables every day?
- 2. Do you go in for sports?
- 3. Do you watch TV for more than an hour a day?
- 4. Do you eat sweets every day?
- 5. Do you sleep 8-10 hours a night?
- 6. Do you think about your health?

  Put one point for each "Yes" answer

# My total score is \_\_\_\_\_

What does your score tell about?

0-2 – Forget about chips and sweet. You need

fruits and vegetables



5-6 – You keep fit. Well done!!!

# Watch small Video and try to remember all the names of sport.



#### make a list of sports that you have just remembered

archery	стрельба из лука	yoga	йога
badminton	бадминтон	horseracing	скачки
cricket	крикет	cycling	езда на велосипеде
bowling	боулинг	running	бег
boxing	бокс	surfing	серфинг
curling	керлинг	fishing	рыбная ловля
basketball	баскетбол	judo	дзюдо
бейсбол	бейсбол	climbing	скалолазание
rugby	регби	fencing	фехтование
wresling	борьб	fitness	фитнес
high jumping	прыжки в высоту	gymnastics	гимнастика
hang gliding	дельтапланеризм	karate	карате
tennis	теннис	volleyball	волейбол
skateboarding	скейтбординг	weightlifting	тяжелая атлетика
hockey	хоккей	golf	гольф
figure skating	фигурное катание	football, soccer	футбол
table tennis	настольный теннис	car racing	автомобильные гонки

### let's think and answer

Modern life is impossible without sports.

Is that true? Why?

Do you like sport?

Do you prefer going in for sports or watching it on TV?

What kinds of sports are popular in Russia?

What national English sports do you know?

#### Divide the sports into two columns

Basketball Karate Cycling Baseball Running
Snowboarding Tennis Rugby Golf Swimming

**Football** Gymnastics

Sports, which you play with a ball	Sports, which you play without a ball

### Reading

Sport is very important in our life. It is popular among young and old people. Many people do morning exercises, jog in the morning and train themselves in clubs, in different sections and take part in sport competitions. Other people like sports too, but they only watch sports games, listen to sports news. They prefer reading interesting stories about sportsmen. But they don't go in for sports. Physical training is an important subject at college. Boys and girls play volleyball and basketball at the lessons. There is the sports ground near our college and students go in for sports in the open air. A lot of different competition are held at college, a great number of students take part in them. All participants try to get good results and become winners.

Sport helps people to keep in good health. If you go in for sports you have good health and don't catch cold. There are some popular kinds of sports in our country: football, volleyball, hockey, gymnastics, skiing, skating. Athletics is one of the most popular kinds of sports. It includes such kinds of sports as: running, jumping and others. There are summer and winter sports. Everybody may choose the sport he (or she) is interested in.

# **Post-reading exercise**

Fill wo	rds swimming sport boxing skiing summer
hockey	football cycling in:
	makes people healthy. There are
	_ and winter kinds of sport. In winter
people	like and skating. It is great fun to
play _	too. Summer sports are tennis,
basket	ball, volleyball. My favourite summer sport
is	I can swim in the river. In winter
I go to	the swimming-pool. My friend Alex is very
brave a	and strong. He goes in for

#### **Present Perfect**

#### When?



Present Perfect употребляется для описания завершенных действий, у которых есть результат в настоящем.

#### We have lost the keys.

We don't know when it happened

It's important that we can't get home right now



# Present Perfect употребляется для описания жизненного опыта

#### He has visited London twice.

We don't know when it was, and it doesn't matter. It is important that today he has such a life experience. And today he can tell us about it.



Present Perfect употребляется для описания действия, которое началось в прошлом, продолжается в настоящий момент, и скорее всего продолжится в будущем.

#### She has known Peter since childhood.

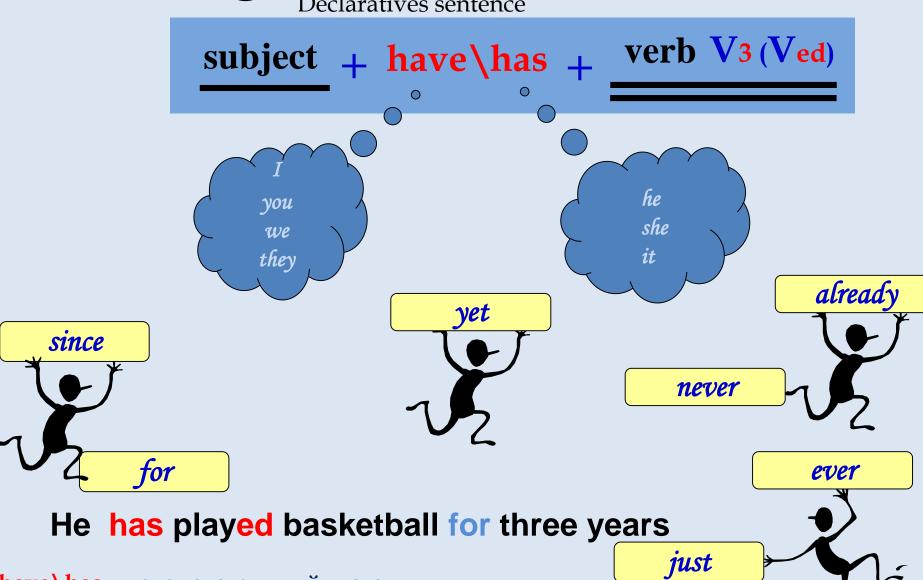
She met him as a child, knows him now and most likely she will continue to communicate with Peter in the future.





#### Утвердительное предложение

Declaratives sentence



have \has - вспомогательный глагол auxiliary verb



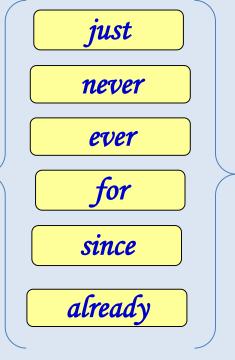
Have \has - вспомогательный глагол auxiliary verb

not - отрицательная частица negative particle

subject + have\has + not + 
$$\frac{V_3(V_{ed})}{}$$

#### I have never won a race.

yet



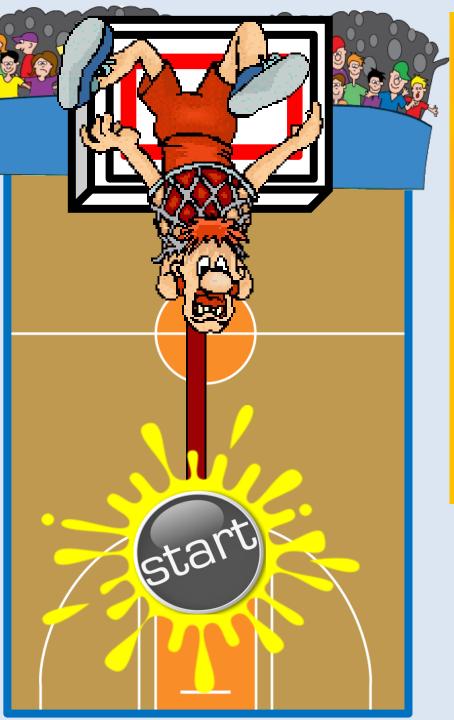


- в конце предложения



#### Have you ever taken part in competitions?









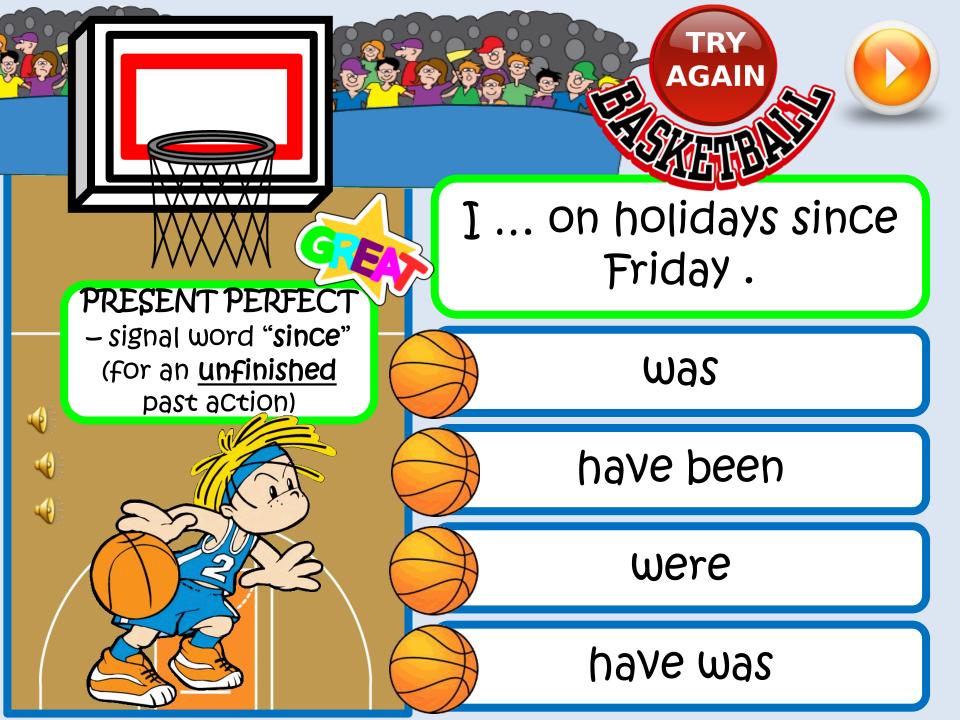




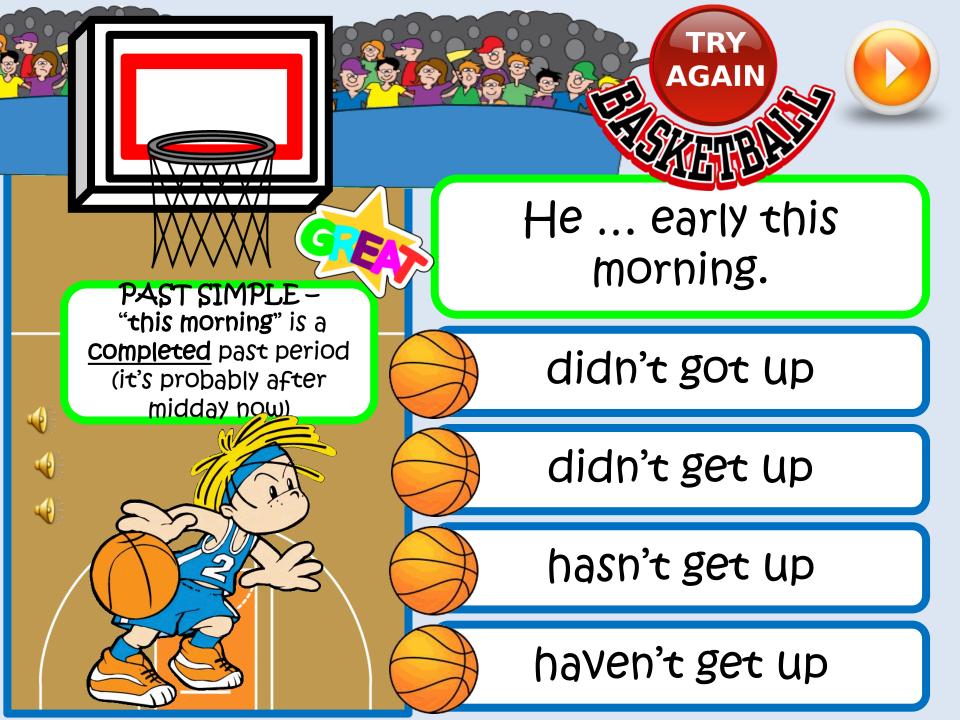


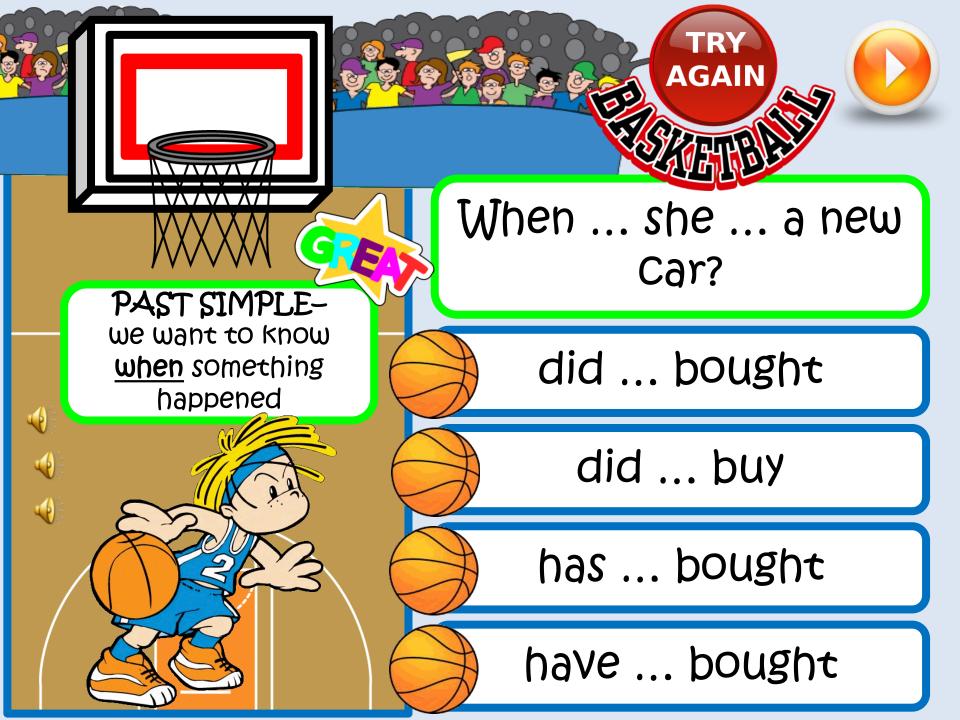


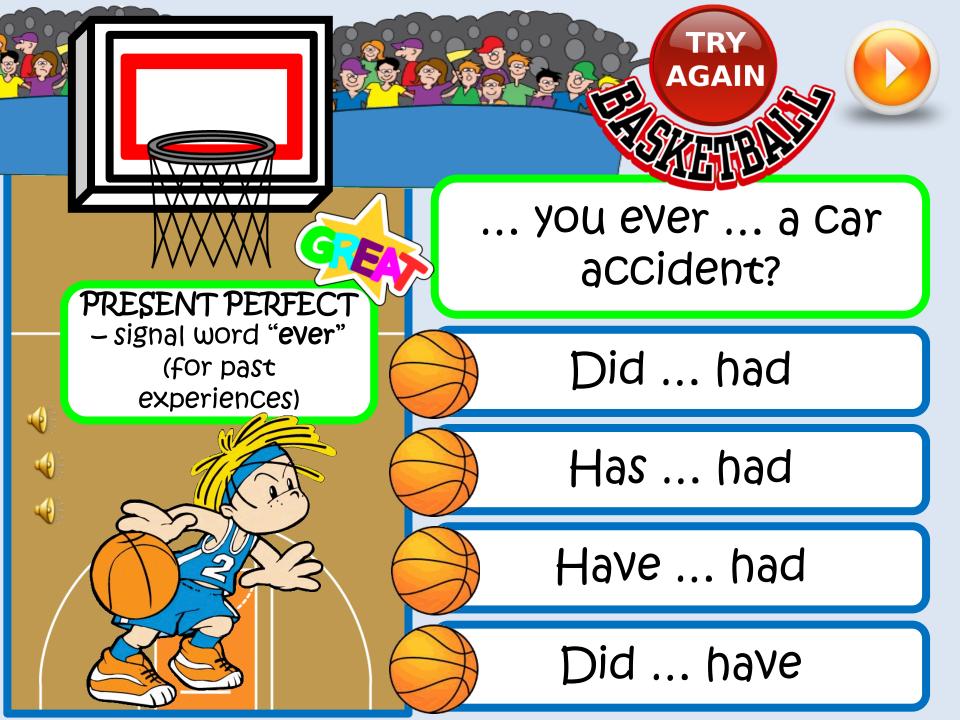














# reflection

Can you now?



name sports

write the names of sports

read the texts about sport

translate the texts about sport

use grammar rules of Present Perfect talk about sports

#### home task

1. Write down an essay about the influence of sport for our health

2. Learn the learn the rules of Present Perfect

# Thanks for your attention! goodbye!