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«29»\_\_\_\_\_мая\_\_2020г.

«\_\_\_».\_\_\_\_\_\_\_\_\_.20\_\_\_ г.

**Комплект**

**контрольно-оценочных средств**

**по дисциплине**

«Иностранный язык»

программы подготовки специалистов среднего звена (ППССЗ) по специальности СПО

49.02.01 Физическая культура

Чита 2020 г.

**Разработчики:**

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**1.Паспорт комплекта контрольно-оценочных средств**

**1.1 Область применения**

Комплект контрольно-оценочных средств, предназначен для проверки результатов освоения дисциплины иностранный язык программы подготовки специалистов среднего звена (далее ППССЗ) по специальности СПО 49.02.01 Физическая культура

**Комплект контрольно-оценочных средств позволяет оценивать:**

Приобретённые умения:

У1 общаться (устно и письменно) на иностранном языке на профессиональные и повседневные темы;

У2 переводить (со словарем) иностранные тексты профессиональной направленности;

У3 самостоятельно совершенствовать устную и письменную речь, пополнять словарный запас.

Освоенные знания:

З1 лексический (1200-1400 лексических единиц) и грамматический минимум, необходимый для чтения и перевода (со словарем) иностранных текстов профессиональной направленности.

В результате освоения дисциплины должны формироваться следующие компетенции:

ОК 1. понимать сущность и социальную значимость своей будущей профессии, проявлять к ней устойчивый интерес;

ОК 2. организовать собственную деятельность, определять методы решения профессиональных задач, оценивать их эффективность и качество;

ОК 3. оценивать риски и принимать решения в нестандартных ситуациях;

ОК 4. осуществлять поиск, анализ и оценку информации, необходимой для постановки и решения профессиональных задач, профессионального и личностного развития;

ОК 5. Использовать информационно-коммуникативные технологии для совершенствования профессиональной деятельности;

ОК 6. работать в коллективе и команде, взаимодействовать с коллегами и социальными партнерами;

ОК 7. Ставить цели, мотивировать деятельность занимающихся физической культурой и спортом, организовывать и контролировать их работу с принятием на себя физкультурно-спортивных мероприятий и занятий.

ОК 8. Самостоятельно определять задачи профессионального и личностного развития, заниматься самообразованием, осознанно планировать повышение квалификации;

ОК 9. Осуществлять профессиональную деятельность в условиях обновления ее целей, содержания и смены технологий.

ОК 11. Строить профессиональную деятельность с соблюдением правовых норм, ее регулирующих;

ПК 1.1. Определять цели и задачи, планировать учебно-тренировочные занятия;

ПК 1.3. Руководить соревновательной деятельностью спортсменов;

ПК 2.1 Определять цели, задачи и планировать физкультурно-спортивные мероприятия и занятия с различными возрастными группами населения;

ПК.2.3Организовывать и проводить физкультурно-спортивные мероприятия и занятия;

ПК 3.3 Систематизировать педагогический опыт в области физической культуры и спорта на основе изучения профессиональной литературы, самоанализа и анализа деятельности других педагогов.

ПК 3.4 Оформлять методические разработки в виде отчетов, рефератов, выступлений;

ПК 3.5 Участвовать в исследовательской и проектной деятельности в области образования, физической культуры и спорта

## 1.2. Система контроля и оценки освоения программы дисциплины

### 1.2.1. Формы промежуточной аттестации по ППССЗ при освоении программы дисциплины

|  |  |
| --- | --- |
| **Наименование дисциплины** | **Формы промежуточного контроля и итоговой аттестации** |
| **1** | **2** |
| Иностранный язык | Зачёт |

### 1.2.2. Организация контроля и оценки освоения программы дисциплины

Оценка качества освоения дисциплины включает текущий контроль знаний и умений, а также промежуточную аттестацию обучающихся.

Контроль и оценка результатов освоения программы осуществляется через систему практических заданий, а также тестовой формы, а также другие оценочные материалы, предусмотренные табл. 4 рабочей программы (методика устного опроса, конспекты, аннотированные списки, опорные схемы-конспекты, аналитические таблицы, словари-справочники, дискуссии и др. задания). Каждое оценочное средство обеспечивает проверку усвоения конкретных элементов учебного материала.

Для закрепления теоретических и практических знаний предусмотрено выполнение практических работ при изучении соответствующей темы. Защита результатов практических работ осуществляется в конце занятия. При проведении практических занятий особо уделяется внимание изучению, пониманию и анализу студентами доступного источникового материала, работе с литературой. Важным элементом работы с источником является критическое отношение к содержащейся в нём информации. Обязательным в ходе практических занятий является подготовка и озвучивание студентами небольших устных сообщений, докладов по наиболее актуальным вопросам изучаемого периода, выполнение индивидуальных заданий исследовательского и творческого характера.

Для текущего контроля знаний и умений обучающихся по очной форме используются:

* контрольные вопросы
* тестовые задания
* контроль лабораторно-практических занятий
* самостоятельная работа

Оценка устных ответов и лабораторно-практических занятий производится по пятибалльной шкале:

«**5**» (отлично) – за глубокое и полное овладение содержанием учебного материала, в котором студент свободно и уверенно ориентируется; за умение практически применять теоретические знания, высказывать и обосновывать свои суждения.

«**4**» (хорошо) – если студент полно освоил учебный материал, ориентируется в изученном материале, осознанно применяет теоретические знания на практике, грамотно излагает ответ, но содержание и форма ответа имеют отдельные неточности.

«**3**» (удовлетворительно) – если студент обнаруживает знание и понимание основных положений учебного материала, но излагает его неполно, непоследовательно, допускает неточности в определении понятий, в применении теоретических знаний при ответе на практико-ориентированные вопросы; не умеет доказательно обосновать собственные суждения.

«**2**» (неудовлетворительно) – если студент имеет разрозненные, бессистемные знания, допускает ошибки в определении базовых понятий, искажает их смысл; не может практически применять теоретические знания.

Оценка самостоятельной работы дается в виде оценки, которая заносится в ведомость оценки самостоятельной работы по дисциплине.Тестовые задания оцениваются 10 баллами за каждый правильный ответ, определяется процент результативности и выставляется оценка по пятибалльной шкале.

Шкала перевода баллов в отметки по пятибалльной системе

|  |  |  |
| --- | --- | --- |
| **Процент результативности (правильных ответов)** | **Качественная оценка индивидуальных образовательных достижений** | |
| **балл (отметка)** | **вербальный аналог** |
| 91 ÷ 100 | 5 | отлично |
| 80 ÷ 90 | 4 | хорошо |
| 60 ÷ 79 | 3 | удовлетворительно |
| менее 60 | 2 | не удовлетворительно |

|  |  |  |
| --- | --- | --- |
| **Освоенные умения, усвоенные знания**  **(У,З)** | **Профессиональные и общие компетенции** | **№№ заданий**  **для проверки**  *Задания для проверки умений и знаний нумеруются следующим образом: Задание Зд1, Зд2, Здn...* |
| **1** | **2** | **3** |
| **У1-3** | **ОК 1-9; ОК 11**  **ПК 1.1; ПК 1.3**  **ПК 2.1; ПК 2.3**  **ПК 3.3-3.5** | **Практические занятия (190 час);**  **Контрольная точка к разделам в форме тестирования, семестровой контрольной работы** |
| **З 1** | **ОК 1-9; ОК 11**  **ПК 1.1; ПК 1.3**  **ПК 2.1; ПК 2.3**  **ПК 3.3-3.5** | **Практические занятия (190 час);**  **Контрольная точка к разделам в форме тестирования, семестровой контрольной работы** |

**2. Комплект материалов для оценки уровня освоения умений и знаний**

**Практические занятия по разделу: Лексические единицы, необходимые для чтения текстов профессиональной направленности (повседневные темы)**

**Практические занятия по разделу: Обращение на иностранном языке (устное и письменное) на профессиональные темы. Работа со словарем.**

**Практические занятия по разделу: Совершенствование устной и письменной речи, с использованием лексических единиц профессиональной направленности**

**Выполнение тренировочных упражнений. Чтение дополнительных текстов. Языковой и речевой материал.**

**Unit 1**

**What sports do you do?**

**1.1 Read and translate the text.**

**1.2 Practise in reading and give Russian equivalents of the following words.**

Acher, athlete, first-year student, be keen on sports, biathlete, biathlon, bicycle, boxing, bronze medal, coach, compete, competition, cycling, cyclist, dive, diving, figure-skater, Greco-Roman wrestling, gym, gymnast, gymnastics, health, ice hockey, judo, lose, national team, opponent, participant, participate, prize winner, racer, skiing, stadium, sports club, swim, swimming pool, train, victor, win, winter games, wrestle, wrestler.

**ABOUT MYSELF**

Let me introduce myself. My first name is … . My surname is … . I was born in St Petersburg (Moscow, Chita) on the 2nd of May, 1983. Now I’m a first-year student of the Lesgaft State University of Physical Education. My sport (kind of sport) is … . I have been doing it for 10 years. I’m a Candidate of Master of Sports. My coach’s name is … . He is a Merited Master of Sports of International Level. I train 6 times a week in the stadium or in the gym. I participated in district (city, zone, Russia) competitions, European and World Tournaments (championships) and some other events. Sometimes won the titles (I have never won the titles). My hobbies are: reading, watching TV (listening to the music, going to the theatres, museums, discos and clubs, cooking, sewing, knitting). In summer I like playing football (volleyball, basketball, badminton). Tennis is also one of my favourite sports. Besides, I’m fond of swimming and sunbathing. In winter I usually practice skiing and skating. I am a great figure-skating fan. Sometimes I’m engaged in shaping (boxing, aerobics, bodybuilding) and I always enjoy riding a bike and going to the swimming pool. After graduating from Lesgaft University I’m going to become a coach or a physical education teacher.

**1.3 Answer the questions about you.**

1. What is your name?

2. Where and when were you born?

3. How old are you?

4. Where do you live?

5. Have you got a family? How large is your family?

6. What is your favourite subject at the college?

7. Do you go in for sport?

8. What sport do you go in for?

**1.4 Read the questions and answers (work in pairs).**

1. Are you engaged / involved in sport? – Yes, I am.

2. Are you an athlete? – Yes, I am. I am an athlete.

3. Are you a swimmer? – Yes, I am. / No, I am not.

4. Have you a coach? – Yes, I have.

5. What is your sports level? – I am a Candidate of Master of Sports. / I have the first grade.

6. Is your coach a Merited Master of Sports? – Yes, he is. / No, he is not.

7. Where do you train? – I train in the swimming pool / at the stadium / on the court / on the track / on the ground.

8. Do you participate in the competition? – Yes, I do. / No, I don’t.

9. Do you win prizes? – Yes, I do. / No, I don’t.

10. Are you a skier / a gymnast / a skater / a rower? – Yes, I am. / No, I am not.

11. What is your sport specialization? – I am a boxer.

**1.5 Complete the sentences.**

I practice … . 2. My event is … . 3. I am a … . 4. My coach is … . 5. I train in the … . 6. I began practice … . 7. I take part in the … competitions. 8. The tournament took place in … . 9. My favourite sport is … but I also like …, … and …

**1.6 Translate into Russian.**

athlete; coach; compete; event; practice; competitions; participate; win prizes; referee; perform; judge; performance; be good at

**1.7 Answer the questions using the words in brackets.**

1. Where do gymnasts train? (in the hall, in the gym, on the sports ground)

2. What events do athletes practice? (fencing, cycling, track-and-field)

3. What sports grade does this athlete have? (the first grade, the second grade)

4. In what competitions do athletes participate? (swimming, cycling, boxing)

**1.8 Make up the text about yourself using the words from the text 1.1**

**1.9 Make up the text about your friend. What kind of sports does he/she go in for?**

**1.10 Find 10 words (kinds of sports)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| d | f | a | v | o | u | r | i | t | e |
| a | s | r | u | p | l | u | b | r | c |
| c | e | w | j | n | o | n | d | a | u |
| o | c | q | i | w | i | n | l | i | e |
| a | z | g | y | m | u | o | p | n | d |
| c | a | b | b | o | x | i | n | g | u |
| h | z | s | t | t | a | e | p | o | r |
| x | c | o | m | p | e | t | i | o | n |
| a | g | j | r | a | c | e | r | i | k |
| m | p | k | m | u | e | r | u | m | c |

**Grammar**

**2.1 Fill in the gaps with I, you, he, she, it, we, they.**

1. Are\_\_\_\_ a student ? Yes, \_\_\_\_am.

2. \_\_\_\_ are a good friend.

3. \_\_\_\_ am fine.

4. \_\_\_\_ is a sporty girl.

5.Where are Lisa and Kate?\_\_\_\_are at college.

6. \_\_\_\_ makes people more self-organized.

7. We are married. \_\_\_\_have a little child.

**2.2 Fill in the gaps with my, your, his, her, its, our, their.**

1. Mr. and Mrs. Brown have two children. Both \_\_\_\_children are boys. 2. Miss Smith is a teacher. \_\_\_\_ students are German. 3. We are French. \_\_\_\_friends are English. 4. You are in Bristol but \_\_\_ family in York. 5. My friends are football fans. \_\_\_\_ favourite team is Arsenal.

**2.3 Choose the correct question word *how, where, what, whose, who, why***

1. \_\_\_\_ much is that bag?

2. \_\_\_\_ time is dinner?

3.\_\_\_\_\_ many people live in your house?

4. \_\_\_\_\_ is the Effel Tower? Paris or Rome?

5. \_\_\_\_\_ are their names?

6. \_\_\_\_\_ books are there?

7. \_\_\_\_\_ studies at the university?

8. \_\_\_\_\_ are you late?

**2.4 Write the plural form of these nouns.**

1. boy 7. child

2. day 8. person

3. city 9. fish

4. sandwich 10. woman

5. address 11. watch

6. story 12. potato.

**2.5 Write the plural form of these word combinations.**

This magazine, that sticker, this man, this book, that answer, that comedy, that window, this family, this foot, that sandwich, this child, hat picture.

**2.6 Complete the sentences with *a, an, the* or *nothing.***

1. I am \_\_\_\_ sport lover. 2. She broke \_\_\_\_school record. Skateboarding is one \_\_\_\_ most popular sports for teens. 3. How much are driving classes? – Twenty five pounds \_\_\_\_ hour. 4. \_\_\_\_Football is \_\_\_\_national British sport. 5. Don’t forget to do \_\_\_\_morning classes. 6. What \_\_\_\_ fine day! 7. What is \_\_\_ sportsman? 8. My \_\_\_\_favourite sport is basketball. 9. \_\_\_\_Olympic Games are held every four years. 10.\_\_\_\_ lecture begins at \_\_\_\_ 9 o’ clock in \_\_\_\_ morning.

**2.7 Put *much, many, little, few* before the nouns.**

1. I am busy now. I have\_\_\_\_time. 2. There is some food but not \_\_\_ drink. 3. There is not\_\_\_\_milk in the fridge. 4. I do not think \_\_\_\_ students will come tonight. 5. Does she read \_\_\_\_? 6. I am not very busy today. I have not got \_\_\_ to do. 7. There is \_\_\_\_ light in that room, because there are \_\_\_\_ windows. 8. Is there \_\_\_\_ or \_\_\_\_ furniture in your flat? 9. Most of the town is modern. There are \_\_\_ old buildings. 10. We only have \_\_\_\_ petrol left.

**2.8 Put *few, little, a little, a few.***

1. I can lend you \_\_\_\_ money until tomorrow. 2. We have \_\_\_\_ relatives only a grandmother and an uncle. 3. He speaks Chinese \_\_\_\_ and knows \_\_\_\_ words In Japanese. 4. Wait \_\_\_. 5. Would you like some ice cream? \_\_\_I am try to lose weight. 6. There is \_\_\_\_ light in the kitchen. It is dark. 7. There is \_\_\_\_ time before dinner. 8. There are \_\_\_\_ buildings in this street. 9. I know \_\_\_\_ people who likes to stay at home. 10. Has she got many English books? – No, only \_\_\_\_.

**2.9 Complete the sentences with some or any.**

1. I have not got \_\_\_\_\_ paper. 2. I will buy \_\_\_\_\_ paper when I go to the shops. 3. I bought \_\_\_\_ fruit but they did not have \_\_\_\_ vegetables. 4. I need \_\_\_\_ help with my homework. 5. I do not have \_\_\_\_ free time today. 6. Would you like to listen to \_\_\_\_ music? I have a new CD. 7. Is there \_\_\_\_ pen on the table? 8. Do you have \_\_\_\_ brothers or sisters?

**2.10 Complete the questions with How much…? How many…?, then answer them**.

1. \_\_\_\_ money does she earn?

2. \_\_\_\_ children does she have?

3. \_\_\_\_languages do you speak?

4. \_\_\_\_ students are there in your group?

5. \_\_\_\_mistakes are there in your dictation?

6. \_\_\_\_ tea do you drink a day?

7. \_\_\_\_ homework do you get every day?

8. \_\_\_\_ English books are there on your bookshelf?

**2.11 Fill in the gaps with am, is, are.**

1. My brother and I \_\_\_\_ good tennis players.

2. Ann\_\_\_\_good at gymnastics.

3. He \_\_\_\_ a Master of Sports.

4. They \_\_\_\_ record – holders.

5. My running shoes \_\_\_\_ dirty.

6. I\_\_\_\_ a first – year student.

7. These skis \_\_\_\_ very expensive.

8. The gym \_\_\_\_\_ not open today.

9. I \_\_\_\_ an athlete.

10. You \_\_\_\_ interested in hockey.

**2.12 Make up questions using is, are.**

1. (the athletes / at the stadium).....?

2. (he / a boxer)…..?

3. (the reading-room / open today)…..?

4. (you / busy now)…..?

5. (what / your sport level)…..?

6. (how much / these running shoes)…..?

7. (we / late)…..?

8. (where / your coach from)…..?

9. (what colour / his T-shirt)…..?

10. (you / coach)…..?

**2.13 Put the words in the correct order.**

1. I well very am

2. from England You are

3. She student is a

4. from? Are you Where

5. name? What your is

6. in It Paris is

**2.14 Match the columns.**

1. Are a first-year student? a. He is 35.

2. Is it dark now? b. I am from Italy.

3. Where are you from? c. Yes, I am.

4. How old is your coach? d. No, it is not

5. Are they interested in anatomy? e. Yes, they are

**2.15 Put was / wasn’t / were / weren’t.**

1. Tom began to practice wrestling when he \_\_\_\_ 14 years old. 2. He \_\_\_\_ in the University because he \_\_\_\_ill. 3. “Why \_\_\_\_ you absent yesterday?” “ I \_\_\_\_ in the city. I took part in regional competitions. 4. “ \_\_\_\_ you the winner ?” “ No, I \_\_\_\_ the winner. 5. Where \_\_\_\_ the athletes yesterday morning?

**2.16 Form the 3rd person of singular of the following verbs.**

Play, go, take, watch, pass, practise, run, jump, регfоrm, participate.

**2.17 Put the verb in the Present Simple.**

1. She's аn athlete. She (have) tгаining sessions 5 times а week. 2. They аге swimmers. They (swim) in the swimming pool. 3. Не (study) at the Lesgaft State Univеrsitу of Physical Education. 4. We often (рlау) basketball. 5. Every year 1 (take) part in competitions. 6. The swimming рооl (ореn) at 8.30 т the morning. 7. Sometimes she (win) prizes. 8. Не has got mаnу books. Не (read) а lot. 9. She (practice) gymnastics. 10. Jack is а coach. Не (train) young football players.

**2.18 Make the following sentences negative.**

**Model:** I play basketball еvеry day. - I don't play basketball еvеrу day.

1. Не does his morning exercises every day. 2. They play tennis а lot. 3. She works very hard. 4. Не scores а lot of goals. 5. 1 drink а lot of coffee. 6. I study at the medical institute. 6. She cooks every day. 7. Не buys things everу week. 8. I lеаvе home at 7 o'clock. 9. They practise sport. 10. А long jumреr does the high jump.

**2.19 Make up the sentences with opposites meaning (negative or give right information).**

**Model 1:** We don't train in the gym. - We train in the gym.

**Model 2:** Не lives in Moscow. - Не doesn't live in Moscow.

1. They participate in competitions. 2. She doesn't win prizes. 3. I practise yachting. 4. Не goes in for swimming. 5. Не doesn't like to watch football matches. 6. She doesn't like reading. 7. We practice swimming еvегу day. 8. Не trains under а coach. 9. She drinks а lot of coffee. 10. Не doesn't drive а car very often.

**2.20 Make up the sentences using the verb practise.**

**Model:** Тот practises weightlifting. Jane doesn't practise weightlifting.

Kate and Jack don't practise weightlifting.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Do you practice ... | Dima | Olga | Kate and Ann | You |
| weight1ifting? | yes | nо | nо | ? |
| curling? | nо | yes | nо | ? |
| figure-skating? | nо | nо | yes | ? |
| skiing? | yes | yes | nо | ? |

**2.21 Make the following sentences negative using don't / doesn't + ride, read, train, speak, play, visit, hаvе, work, eat, wear, use.**

1. His performance isn't very good because he ... very hard. 2. She likes cooking, but she ... much. 3. Тhеу are very lazy. They ... very much. 4. Не has а bike, but he ... it very often. 5. They have mаnу books, but they ... very much. 6. She goes to England very often, but she ... English well. 7. She likes tennis, but she …very often. 8. We have а niсе house т the country, but we ... it very often. 9. She has а beautiful dress, but she ... it. 10. They have а computer, but they ... it. 11. I like dancing, but I ... much time to go to the disco.

**2.22 Put the verb in the Present Progressive.**

**Model:** I (read) for the ехаm. - 7 I'm reading for the ехаm.

1."Whel'e is Тоm?" "In the hall. Не (wait) fог somebody." 2. They (have) а training session now. 3. "Yоu (sit) оп mу place." "Oh, I am sorry." 4. We (have) English classes now. 5. "Where is Jane?" "In the kitchen. She (make) coffee." 6. Тurn off the radio. The children (sleep). 7. Jack (dribble) the bаll at the moment. 8. They (have) dinner now. 9. She (perform) а vегу difficult exercise. 10. She (cook) а meal.

2. What are you doing now? What is happening now?

**Model 1:** (I / eat) - I am поt eating.

**Model 2:** (it / rain) - It is raining.

1. (I/ have / а training session) 2. (I / гun) .... 3. (I/ learn / English) .... 4. (I / sit) .... 5. (I/ speak) 6. (the sun / shine) .... 7. (I/ wear / shoes) 8. (I/ swim) 9. (it / snow) .... 10. (I / take part / in competitions) 11. (I / read) 12. (I/ speak / оn the phone) ....

**2.23. Make up sentences using what / where / why.**

**Model:** Не is making something. What ... ? - What is hе making?

1. They аге running. Where ... ? 2. Не is reading. What ... ? 3. Не is eating. What ... ? 4. She is waiting fог somebody. Who ... fог? 5. Не is carrying something. What ... ? 6. She is speaking to somebody. Who ... to? 7. Не is watching something. What ... ? 8. l'm looking fог something. What ... fог? 9. She is eating something. What ... ?

**2.24Answer the following questions and make up sentences in the Future Simple.**

1. Will there be as many people as there are now in 100 years’ time?

2. Will people smoke cigarettes?

3. Will you speak English better than you do now in five years’ time?

4. Will you be a Candidate of Master of Sports in five years’ time? ( a coach?)

5. Will you be married in five years’ time?

**2.25 Use Present or Future Indefenite.**

1. I (to hope) he (to be) at the college tomorrow. 2. When you (to give) me back my textbook? 3. I (to be) sure you (to like) this match. 4. Where we (to meet)? 5. How long it (to take) us to get to the swimming pool? 5. At this time tomorrow we (to be) far from here.

**2.26 Match the sentences.**

|  |  |
| --- | --- |
| 1. We are having a party on Saturday. | A. Would you like to come? |
| 2. Kim’going to study medicine. | B. I hate living in the town centre. |
| 3. I am going to look for a new flat. | C. She really enjoys learning languages. |
| 4. Kate English is fantastic. | D. She wants to be a doctor. |
| 5. Sue’s getting married in the spring. | E. He decided to stop this morning. |
| 6. Ron’s going to give up smoking. | F. She’s invited me to the wedding. |

**2.27 Fill in the gaps with *on, in* or *into.***

1. Where is the book? – It is \_\_\_the table. 2. Put these flowers \_\_\_\_windowsill. 3. The teacher hung a picture \_\_\_\_blackboard. 4. I like to sit \_\_\_\_the sofa \_\_\_my room. 5. Put the book \_\_\_\_the bag.

**2.28 Fill in the gaps with  *in* or *to.***

1. In winter I usually go \_\_\_\_bed at ten o’clock. 2. We didn’t stay \_\_\_town on such a hot day, so we went \_\_\_\_ the country. 3. In summer I live \_\_\_\_the country. 4. It was \_\_\_\_ spring. 5. It is clear \_\_\_me that you don’t know tour lesson.

**2.29 Fill in the gaps with *at or on.***

1. I get up \_\_\_\_ seven o’clock or \_\_\_\_a quarter past seven. 2. My birthday is \_\_\_\_ the tenth of July. 3. \_\_\_\_Wednesday I usually have a lot of homework. 4. Our lessons are over \_\_\_\_ twenty to two. 5. I began doing my homework \_\_\_eight o’clock and finished only \_\_\_midnight.

**2.30 Fill in the gaps with *at, in, of, on, up, from, over, above, behind.***

1. The temperature is \_\_\_\_zero. 2. He stopped \_\_\_the door. 3. We live \_\_\_\_ Moscow. 4. Some \_\_\_\_my friends often come to see me off. 5. He ran\_\_\_\_ the stairs. 6. A lamp is hanging \_\_\_\_the table. 7. There several pencils in the box. 8. Put the magazine \_\_\_\_the table. 9. I looked \_\_\_\_up and saw him. 9. This is a letter \_\_\_\_Mary. 10. He sat \_\_\_\_me.

**2.31 Do the crossword**.

**Remember the names of different things which are used in sport and games and write them down. Then you’ll able to read the key word.**

1. шайба; 2. воланчик; 3. шахматы; 4. клюшка; 5. коньки; 6. мяч; 7. перчатки для бокса; 8. ракетка; 9. кольцо для баскетбола; 10. шашки

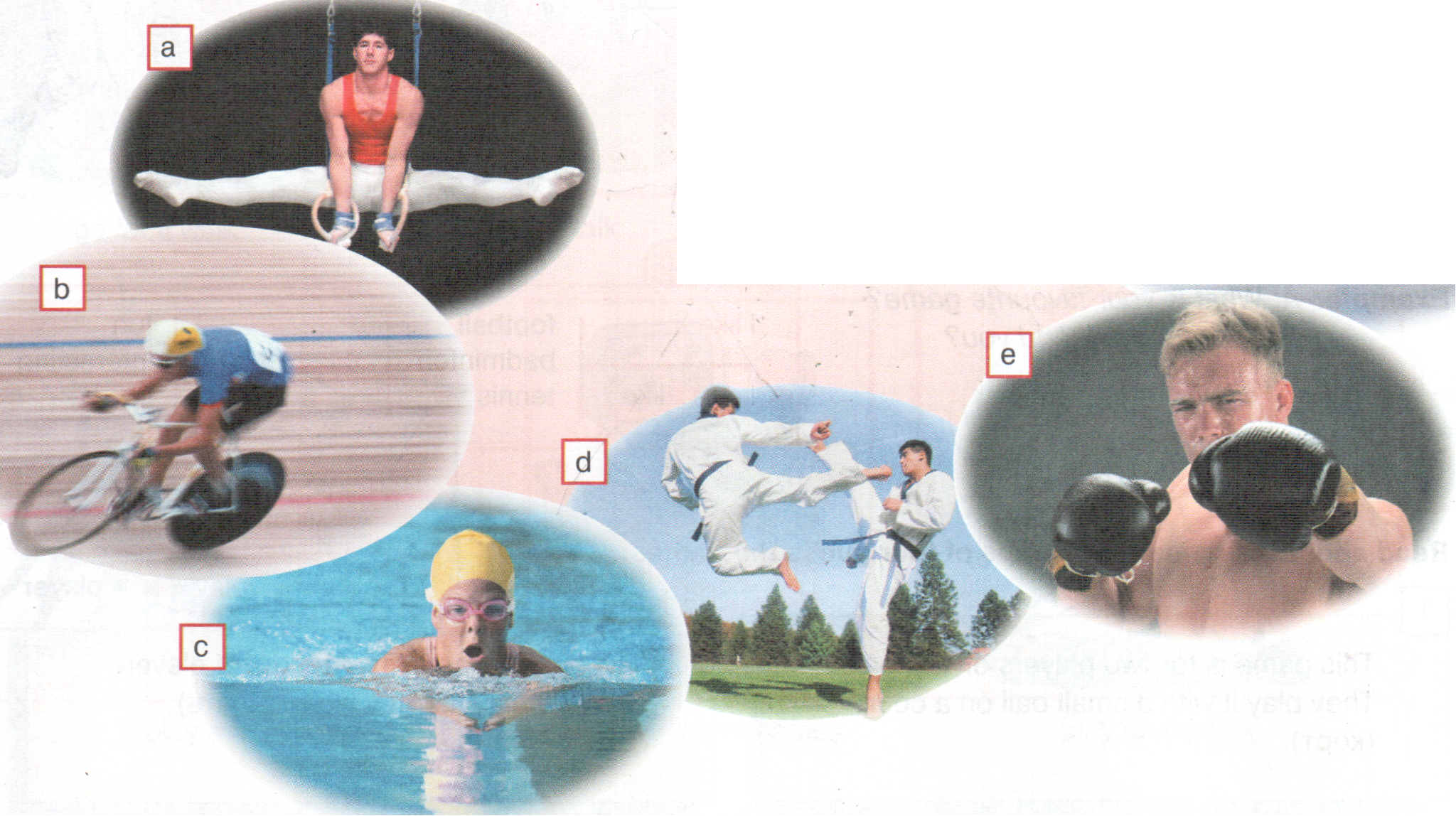
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**3.1 Match the words and pictures**.

1. swimming                                   4. judo

2. boxing                                         5. gymnastics

3. cycling                                         6. cycling

****

**3.2 Talk about your friend.**

Ехаmрlе: Sasha goes swimming

**3.3 Answer the questions about you.**

1. Are you competitive?

2. Do you like to win?

3. Are you tough?

4. Do you like breaking records?

5. Can you jump high?

6. Do you like to be on a team?

**3.4 What do you prefer? What activities don’t you like? (using the words from 3.1).**

**3.5 Work in pairs. Use the following phrases.**

I like… I don’t like…

I’m fond of… I can’t stand…

I’m crazy about… I’m hopeless at…

I’m good at…

**3.6 Read and translate the text.**

**3.7 Practice in reading and give equivalents of the following words.**

**3.8 Write the words in phonetic transcription.**

Soccer, result, famous, match, professional, amateur, European

**Football**

Football is very famous all over the world and it is a very popular game in Britain. It is called soccer in this country. The British are interested in this sports event since early childhood. Every boy in Britain knows a lot about this game. He can tell you the names of the players of top teams. He has pictures of them and knows the results of many matches.

The soccer season begins in the middle of August, usually on the second of Saturday. All amateur and professional teams do their best and train hard to win their matches. Football is also played in the USA, but American football is quite different from European soccer.

**3.9 Look through the text and find the English equivalents for the follow Russian phrases.**

Команда, занимающая лидирующее положение, любительский, профессиональный.

**3.10 Read and translate the text.**

**3.11 Practice in reading and give Russian equivalents of the following words. Write the words in phonetic transcription.**

specially, the strongest, Europe, opponent, goalkeeper, junior, completion, coach, athlete, talented, participate, sports equipment.

**SPORTS IN RUSSIA**

Russian and especially Soviet sports have many glorious pages. In all times our sportsmen have been the strongest in many kinds of sports. Athletes from Europe and Asia, Africa and America have always been afraid of their Russian opponents. People all over the world know such names as Larisa Latynina, Valery Borzov, Vladislav Tretiak, Irina Rodnina,Vladimir Salnikov and of course Leo Yashin, who was recognized as the best goalkeeper of all times and all nations.

In the Soviet Union junior sport was well-developed. Many competitions between schools took place in every town. In our clubs the best coaches worked. Among the sports popular in our country are football, basketball, swimming, volleyball, ice hockey, tennis, gymnastics, and figure skating. A person can choose sports and games for any seasons and for any taste. Unfortunately the situation has changed to the worse in the nineties. If an athlete wants to reach a good result he has to train abroad. Many qualified coaches left Russia, because of the material factor. The number of free sport clubs for children reduced greatly. More children’s clubs became paid ones. Some talented athletes can’t regularly participate in competitions because they must go to other towns and live there at their own expenses, paying for the tickets, hotels and meals with their own money. Sports equipment and sports clothes are rather expensive, too.

But nevertheless Russia has remained the greatest sport power. Our skiers like Larissa Lazutina and Lyubov Egorova, swimmer Alexander Popov, wrestler Alexander Karelin, gymnasts Alexey Nemov and Svetlana Kchorkina, hockey player Pavel Bure and tennis player Eugeny Kafelnikov and others with brilliance defend the honour of our national flag.

**3.12 Agree or disagree with the statements given below.**

1. In the Soviet Union junior sport was well-developed.

2. Among the sports popular in Russia are football, basketball, swimming, volleyball, ice hockey, tennis, gymnastics, and figure skating.

3. The situation in sport has changed to the better in the nineties.

4. Sports equipment and sports clothes are rather cheap.

**3.13 Find 10 words from the text.**

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| l | n | u | r | e | s | u | l | t | b |
| l | e | q | u | i | p | m | e | n | t |

**3.14 Match the words from the text with their definitions.**

1. equipment

2. football

3. sportsman

4. wrestler

5. opponent

a. any of various forms of team game involving kicking

b. a hard struggle

c. the necessary items for a particular purpose

d. someone who competes with or opposes another in a contest, game, or argument

e. a man who takes part in a sport, especially as a professional.

**3.15 Read and translate the text below and get ready to discuss it.**

**BASKETBALL IN AMERICA**

Basketball is a very popular game in America. The official basketball season is usually during the winter, but it is a game which can be played at any time of a year. Basketball is played on a court. The game is played with a large ball about 30 inches in circumference. A team is made up of five players.

In the United States, teams compete in basketball at many levels. There is a professional league called the National Basketball Association (NBA), primary and secondary schools and universities compete against each other, and in many towns there are local leagues in which anyone who wishes may play on a team. Basketball is also a popular spectator sport. Many Americans watch basketball games in arenas and on television.

Basketball is a very exciting game which can be played formally, in a league, or casually, just for enjoyment. It is easy to organize a game wherever there is a court, and many Americans play a lot of basketball for exercise and recreation.

**3.16 Answer the following questions.**

1. When is the official basketball season in the USA?

2. Where is basketball played?

3. How many players is the team made up of?

4. How is a professional league called?

5. Is basketball a popular spectator sport?

6. Do the Americans play a lot of basketball for recreation?

**3.17 Make a report on of these topics.**

1. Basketball is a team game.

2. Basketball is also a popular spectator sport.

**3.18 Make a short summary of the text. Use the necessary phrases.**

**3.20 Read and translate the text.**

**3.21 Practice in reading and give Russian equivalents of the following words.**

Bookmaker ['bukmeɪkə], enclosure [ɪn'kləuʒə], odds [ɔdz], bet [bet], by cash [kæʃ], to fine[faɪn], horse [hɔːs**],** racing ['reɪsɪŋ],allow [ə'lau], spectator [spek'teɪtə]

**HORSE RACING**

The chief spectator sport in English life is horse racing. Partly because of the laws which forbid such activities on Sundays, horse racing is organized rather differently in England from other coun­tries. There are many race tracks all over the country, and each of them has from two to six "meetings" every year: each meeting con­sists of two, three or four days of racing. Most horse racings take place on working days and during working hours. There are total-visitors at the race courses, but bookmakers are also allowed, and in each spectators' enclosure there is a long line of bookmakers offer­ing their odds against the horses.

When there are races people all over the world bet on the results with bookmakers. Until 1961 it was illegal to bet by cash, though betting on account was allowed. But most working men like to bet by cash, and there was a great number of illegal bookmakers operating in back streets, and employing agents in nearly factories, shops and offices to collect bets from the employees and bring them to book­makers before the races began in the afternoon.

The illegal bookmakers were known by the police and fined from time to time, but the total fines were much less than expenses of maintaining a proper office where one could bet by cash.

The whole atmosphere of a race meeting still belongs to the 18th cen­tury by old divisions between upper and lower people. It is very easy to see the difference between the most expensive parts of the course where people pay five pounds to go in, and the cheap or free sections.

**3.22 Make up the questions to the text.**

**3.23 Retell the text.**

**3.24 Read and translate the text.**

**3.25 Practice in reading and give Russian equivalents of the following words.**

dart [dɑːt]Missile['mɪsaɪl], target[tɑːgɪt], presumably [prɪ'zjuːməblɪ], tournament ['tuənəmənt], inch [ɪnʧ], throw [θrəu],[feather ['feðə**],** provide [prə'vaɪd].

**THE GAME OF DARTS**

In the bar of every English "pub" there is a dart-board, and on most evenings you will find the game of darts being played. This is a traditional English game, and it presumably developed from archery, which was much encouraged for military reasons during the Middle Ages. The first record of something like the modern game appears in a sixteenth century description of a tournament where people threw missiles at a target by hand, instead of using a bow. The Pilgrim Fathers, who sailed in the Mayflower to America in 1620 in search of greater freedom, played darts during their voyage. The dart-board has numbered sections, and the score depends on the section in which the dart lands. The darts are small, above five inches long, and have a steel point, a metal body, and three feathers. A set of three darts is used and each player throws them in turn. Expert players usually have their own private set of darts, but pubs always provide a set for occasional performers. Style is a matter for the individual; but you must have a good eye and steady hand - not always easy in a pub!

**3.26 Answer the following questions.**

1. What play is the game “darts” developed from?

2. How many sections has a dart-board?

3. What aims did this game pursue in the Middle Ages?

4. Where do Englishmen usually play darts?

5. What does the score of the game depend of?

**3.27 Describe these expressions:**

1. the game of darts;

2. the fist record of given game;

3. the dart-board;

**3.28 Make a short summary of the text. Use the necessary phrases.**

The text is called….

The text is taken from book…

I think (that)…

In other words….

That’s right…

**3.30 Make a report on of these topics**

1. My favorite kind of sports

2. Physical education is an essential part

3. Doing sports is the best way to keep fit.

**Writing**

**4.1 Look through the vocabulary that may help you to speak about your attitude to sport.**

**Sport and Games**

athletics

badminton

basketball

be fond of

be popular with

body-building

boxing

cycling

diving

figure skating

football

go in for sport

gymnastics

hockey

jogging

karate

play tennis

PT (physical training)

skating

skiing

ski-jumping

soccer

swimming

tennis

volleyball

weight-lifting

wresltling

**Sports Facilities and Sports Events**

be a success

champion

championship

coach

competion

courts

do morning exercises

fan

football field

game

gym

indoor

keep fit

lose the game

match

outdoor

prize

prize-winner

referee

ring

score

set a record

spector

sports club

sports facilities

sports ground

sports hall

sportsman

stadium

swimming pool

take part in a completion

the Olympic Games

train smb

victory

watch the game

win the competion (game, match)

winner

work out(training)

**4.2 Write a text about the role of sport in your life. Use the vocabulary from….**

**The given questions may help you to make up your story.**

1. Do you like team games or individual kinds of sport?

2. What team games can you play?

3. Are you a sporty person?

4. Are indoor or outdoor sports more interesting for you?

5. What qualities are needed to become a famous sportsman?

6. What is the most difficult kind of sport in your opinion?

**Everyday English**

**5.1 Read the dialogues and act them out.**

**1.** Tom: Hello, Tim!

Tim:Hi!

Tom: Do you want to play tennis?

Tim: Oh, I’d love to. I like to play tennis very much.

Tom: Let’s play, then.

Tim: OK.

**5.2 Read the dialogues. Learn useful expressions and make up your own.**

**1**. – What’s your favourite sport, Mary?

- I like figure skating best.

- Are you good at it?

- Oh, no, I’m not. I can’t skate at all. But enjoy watching figure skating competition.

**2. -** Would you like to go swimming, Mike? It’s a wonderful sunny day and the water won’t be cold.

- With pleasure! I like swimming very much.

3. – What was the score at yesterday’s hockey match?

- Three to one

- In whose favour?

- In….Favour. It was a splendid victory for the club.

**5.3 Read the dialogues and ask as many questions as you can.**

**1.** - Are you interested in sports?

* Well, I don’t like very much to watch other people play. I like to play myself.
* Oh, what’s your favourite sport?
* Football.

**2. -** Two teams are left to play for the cup. What team do you thik will win this year?

**-** I don’t know. Both “Dinamo” and “Spartak”can win. They are very strong teams. All players can attack and they defend their goal excellently.

**Unit II**

**Physical Culture and Sport**

**Grammar**

**1.1 Complete the sentences with *a, an, the* or *nothing.***

1. Look at \_\_\_\_sky. 2. Let’s hurry\_\_\_\_ home. 3. Winter is \_\_\_\_good time for sports. On \_\_\_\_Sunday my friend and I usually go to \_\_\_\_country. We ski, skate, play \_\_\_\_ snowballs and have \_\_\_\_very good time. 4. Everyone in our country knows Lomonosov, \_\_\_\_founder of \_\_\_\_first Russian university. 5. People have wanted always to prove who is \_\_\_\_strongest, \_\_\_\_quickest and \_\_\_\_highest. 6. As \_\_\_fan I do have \_\_\_\_my favourite sport, which is \_\_\_\_figure-skating. 7. Physical education is \_\_\_essential part of \_\_\_\_school and university curricula. 8. My favourite sport is\_\_\_\_ basketball.

**1.2 Make comparison using the models:**

Model: teacher – doctor –important

The profession of a teacher is as important as that of a doctor.

1. book – film – interesting; 2. brother – sister – tall; 3. bicycle – car – expensive; 4. lake – sea – deep; 5. July – August - warm.

**1.3 Answer the following questions:**

Which profession (hobby, sports) do you think is:

1. the most dangerous? 2. the most difficult? 3. the most exciting?

4. the most interesting? 5. the most boring?

**1.4 Answer the following questions:**

1. Can you swim?

2. Can you play tennis? (hockey, basketball, football)?

3. Can you speak English?

4. Could you ski when you were a child?

5. Could you help me with translation?

**1.5 Correct the mistakes in these sentences.**

1. Do you speak English?

2. I can’t swim when I was 6 years old.

3. I’m sorry I can’t phone you yesterday.

4. What do I can do for you?

**1.6 Translate the sentences into Russian**.

**I.** Students must pass exams in time. 2. Hockey players must wear crash helmets during the game. 3. Athletes mustn't take drugs. 4. Athletes must have early nights. 5. You must have a passport and a ticket with you when you travel by air. 6. It must be cold outside. 7. Everybody must come to the University on time. 8. Don't phone him: he must be very busy. 9. You must not make notes in the books. 10. I must help my parents today. II. You must work hard at your English. 12. It must be difficult to learn Chinese.

**II.** I had to do a lot of work yesterday. 2. She had to stay at home because she did not feel well. 3.1 have to go now. 4. He has to wear glasses. 5. You will have to phone him tomorrow. 6. Will you have to get up early tomorrow? 7. You had to help your friend. Why didn't you do it? 8. It was very late, and we had to go home. 9. I missed the bus, so I had to walk to the University. 10. He has to take medicine. He is ill.

**1.7 Imagine you are a coach. Make up a list of what a student (a sportsman) must or mustn’t do.**

Get up early, do morning exercises, keep fit, go in for sports, attend training classes, be on time for classes, take part in a competition, prepare for classes every day, smoke, train during the vacation, learn a foreign language, play games, go jogging, know the names of Olympic champions.

**1.8 Write the sentences (2) in the Future Simple and the Past Simple. Translate the sentences.**

1. You must listen to your coach. 2. You must take your examination in English. 3. The doctor must examine the child. 4. You must take part in the competitions. 5. He must work hard to reach the top. 6. He must start getting ready for his exam.

**1.9 Make up the questions.**

**Model:** 1 have to leave early. Why ... ? -Why do you have to leave early?

I. I had to do something. What... ? 2. I have to stay at home. Why ... ? 3. I'll have to get up early tomorrow. What time ... ? 4. I'll have to visit somebody tomorrow. Who ... ? 5. She had to wait a long time. How long ... ? 6. He will have to work all summer. Why ... ?

**1.10** **Make up your own sentence using don’t, / doesn’t*, didn’t have to.  
Model:*** Why are you doing it yourself? - You don't have to do it yourself.

1. Why are you shouting at him? 2. Why did you come back so early? 3. Why do you want to do it now? 4. Why does he miss classes? 5. Why do you have late nights? 6. Why do you have heavy meals?

**1.11 Match the sentences.**

|  |  |
| --- | --- |
| 1. My brother has hurt his back. | A. He should go to the doctor. |
| 2. You must try that new restaurant in town. | B. She should go to bed early. |
| 3. Julia has to get up at 5 a. m. tomorrow. | C. Yes, I must get an appointment. |
| 4. I think you should have a haircut. | D. But you have to book a table. |
| 5. The meeting stars in five minutes. | E. We must hurry. |
| 6. I have to speak English in my job. | F. You should take English classes. |

**1.12 Read and translate the text.**

**TENNIS PLAYER**

Jane Mitchell lives in Australia. She is a young tennis player, and she has won many tournaments in her life. She has won many local competitions, too. She plays well. She started playing tennis at the age of five. Last year she had a bad injury and didn’t take part in competitions. This year she has completely recovered from the illness and has finished school. Last month she participated in a tournament in England. She hasn’t participated in the Olympics yet, but her coach thinks that she will be a winner one day. Two years ago Jane traveled to Russia very much.

**1.13 Give short answers**

**Model 1:** Has Jane won many competitions? – Yes, she has.

**Model 2:** Did she go to Moscow last year? – Yes, she did.

1. Did she have a bad injury last year?

2. Did she start playing when she was three?

3. Did she participate in a tournament in England last month?

4. Has she finished school?

5. Did she go to Russia two years ago?

6. Has she completely recovered from the illness?

7. Has she participated in the Olympics yet?

**1.14 Translate into English.**

Теннисистка; начинать заниматься теннисом; поправляться после болезни; играть хорошо; победить в соревнованиях; принимать участие в Олимпийских играх; победитель

**1.15 Ask your friend using the following questions**

1. When did you start…?

2. Have you traveled …?

3. Have you ever been to …?

4. Did you go to … last month / last year / last week?

5. Did you win …?

**Grammar**

**2.1 Choose the correct answers.**

1. Have you \_\_\_\_ (been, gone, went) to Italy?

2. “Where is Tom?” “I think he has (just, never, yet) come in.

3. I have seen her many times but I have (never, ever, just).

4. Have you had lunch (yet, just, ever)?

5. I have been to America, but I haven’t (ever, yet, never) visited New York.

**2.2 Use Past Indefinite or Present Perfect:**

1. When you (to go) to the cinema last? 2. I (not to be) to the cinema for a few months. 3. You (to make) your report yet? 4. It (to be) dark when we (to come) home. 5. I (pass) my English exam last week. 6. You ever (to see) any plays by Alby?

**2.3 Make up sentences using Present Perfect**

1. I can swim well (to train). 2. Ann isn’t here (to leave). 3. I know how to get there (to be). 4. He has no money (to spend). 5. Bill can’t play football (to break).

**2.4 Read and translate the text.**

**CHINESE FITNESS EXERCISES**

Physical fitness exercises have been practiced in China for thousands of years. The ancient Chinese were well aware of the importance of physical fitness and continuously sought ways for its improvement.

In recent years, many physical education institutes, sanatoriums and hospitals in China have created a variety of remedial exercises. The Chinese assimilated useful elements from traditional exercises. These exercises are based on modern theories of anatomy, sports physiology and biomechanics. These new exercises are designed to suit needs of different people. This exercise may be practiced both in the morning and in the evening. Persistent practice will sharpen your appetite, help you to sleep more soundly and increase your resistance to disease.

Sit upright, stretch legs forward, feet shoulder-width apart. Place palms on the floor at your sides, thumbs should touch the body, fingers should point forward. Look straight ahead.

Bend forward and use your hands to grasp the ball and the toes of the foot. Pull back the top of the foot as you thrust the heel forward. Repeat with the other foot. Eyes should follow the foot that moves. Repeat 12 times. Remember! You should take a deep breath each time. Sit quietly for a few minutes. You can gently close your eyes and mouth. Move your tongue around inside your mouth to produce saliva and swallow it quickly. Repeat six times. Then shrug your shoulders and twist your waist. Finally, relax your whole body.

**2.5 Translate into English.**

Китайцы в древности отлично осознавали важность физической подготовки; коррективные упражнения; китайцы использовали ценные элементы из традиционной гимнастики; удовлетворять нужды разных людей.

**2.6 Make a short summary of the text.**

**2.7 Match the words from the text with their definitions.**

|  |  |
| --- | --- |
| 1. exercise | a. the air taken into or expelled from the lungs |
| 2. anatomy | b. activity requiring physical effort, carried out to sustain or improve health and fitness |
| 3. relax | c. the branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts |
| 4. breath | d. make or become less tense or anxious: |

**2.8 Find the words in text which you found most difficult to translate into Russian. Why do you think this was?**

**2.9 Work in pairs and discuss the following questions.**

**2.10 Read and translate the text.**

**SOCCER HAS NEVER SEEN ANYONE**

**LIKE THE GREAT PELE**

He was the consummate soccer player: scorer, creator, passer, even a defender when the need arose. When he came on the scene in 1958 as a slight, wide-eyed 17-year-old boy from Brazil, his amazing grace and talent was such that he made that year’s World Cup tournament his own. He scored three goals in the semi-final, two more in the final – and that was only the beginning. By the time the World Cup had seen the last of Pele, he had collected two more winner’s medals, in 1962 and 1970.

He was born in a small village some 170 miles northwest of Rio de Janeiro, and played 18 years with club side Santos, during which time he scored 1,200 goals, including 97 in 110 games for Brazil.

And even then, he wasn’t done. He came to the United States and played two-and-half wildly successful years with the New York Cosmos in the North American Soccer League.

**2.11 Look through the text and add statements to the text:**

1. Pele is the consummate soccer player.

2. He made the World Cup tournament his own in 1958.

3. He hadn’t done after he had played 18 years with club side Santos.

**2.12 Read and translate the text (the interview with Pele).**

“My father had taken me to the youth team. I went with three other boys. Then the coach said, ‘All of you go back except this black boy.’ I was nervous. At first I didn’t believe him. My mother wanted me to become teacher or a doctor, but my father said, ‘This is his chance.’ Remember, he was a soccer player.

Soon I was selected to play for the national team after I had been on the first team at Santos. I was 16 then.”

**2.13 Write questions for Pele.**

**2.14 Prepare an interview with Pele. Work in pairs.**

**2.15 Write and act it out.**

**2.16 Read and translate the text.**

**CHILDREN IN SPORTS**

**KATE**

Kate is twelve years old. When she was eight, her future coach came to school to watch a PE lesson. Kate was very slim and had a lot of stamina. She could run a lot without rest and jump very high. Her legs were very long, and she moved as if she danced.

After the lesson had been over, the coach examined Kate. He asked her to bend in different directions, and raise her legs. Kate was able to do it nearly perfectly though she had done it for the first time. She was very flexible.

The coach phoned Kate’s parents and told them that their daughter “had passed an artistic gymnastics exam”. The parents were very proud. They decided to allow Kate to practice the sport seriously.

Now Kate isn’t allowed to eat sweets or cakes. She has to train a lot and take part in competitions. She has already reached the second grade and hasn’t any free time at all. Nevertheless, she has been able to do well in her school too. Her favourite subject is literature.

**2.17 Translate into English.**

Обладать выносливостью; стройная; долго бегать без отдыха; быть гибкой; она умудрилась прекрасно выполнить упражнение; позволять; ей удается хорошо справляться со школьной программой

**2.18** **Read and translate the text.**

**MARSHA**

Marsha a Kate’s elder sister. She is fifteen now. When Marsha was a little girl, she wanted to practise gymnastics very much. But that time Marsha was a bit overweight.

She liked to move, but she couldn’t run as fast and as long as Kate. Besides, she was very shy because other children often teased her. The reason was her weight. So she became a little tense and wasn’t able “to do” her best. The coach didn’t recommend her to practice artistic gymnastics.

At the age of 14, she unexpectedly lost her weight without any diets. She became very slim and was able to dance without rest for a long time. Many people asked her that time: “Do you practice gymnastics?” Now Marsha thinks that it’s too late for her to begin.

**2.19 Answer the questions.**

1. Is Kate happy?

2. Is Marsha happy? Why?

3. What should Marsha do?

**2.20 In the text find the words which mean:**

1. the way of doing of something

2. a body's relative mass

3. above a weight considered normal or desirable1

4. make fun of or attempt to provoke (a person or animal) in a playful way

5. the kinds of food that a person, animal, or community habitually eats

**2.21** **Look through the text and find English equivalents for the following Russian words and phrases.**

иметь лишний вес; быть стеснительной; дразнить; быть замкнутой; похудеть; оказалась неспособна продемонстрировать свои сильные качества

**2.22 Read and translate the text.**

**VOLLEYBALL**

An official volleyball team is made up of six players who rotate through six playing positions: left forward, centre back and right back behind the front positions. The opening of the game is the serve, which is made by the right back player. He continues to serve until the team loses possession of the serve. The serve is made from behind the line, anywhere between the sidelines. The receiving team may play the ball no more than three times before it goes back over the net. The ball must be played in the air and must be clearly hit or batted. It may not be thrown or lifted. The ball is played back over the net until one team fails to return the ball or to play it legally.

If the serving team fails to make a legal return, a side out results and the receiving team becomes the serving team.

**2.23 Look through the text and find English equivalents for the following Russian words and phrases.**

Команда, потерпеть неудачу, сменять по очереди, давать ответную игру, ударять по мячу, волейбольная сетка.

**2.24 Make the questions to the given text.**

**2.25 Read and translate the text.**

THE DOCTOR’S ADVICE

Mr. Bell felt very bad. Every day he had bad headaches. He couldn’t eat and sleep. One of his friends said that Mr. Bell had to see Doctor Green who always gave his patients good advice. Mr. Bell phoned the doctor and was told to come the next day.

After the doctor had examined Mr. Bell, he told the patient that he had to go to a village and stay there not less than a month. He also added that Mr. Bell had to go to bed early, drink milk, eat a lot of vegetables and fruit, and smoke only one cigar a day. “You should follow my advice,” said the doctor, “and in a month you will feel as well as before.” Mr. Bell looked a little surprised when he heard the doctor’s advice and said, “Can I ask you…,” but the doctor had already invited another patient in and Mr. Bell had to leave not having asked his question.

As you remember, Mr. Bell had to come to see the doctor a month later. When the doctor saw him, he said: “You look much better now. Has my advice helped you?” “Thank you, doctor,” said Mr. Bell. “I did everything you had recommended: I went to the country, I ate a lot of fruit and vegetables drank milk but had to give up one of your recommendations. You see one cigar a day nearly killed me. It is impossible to begin smoking at my age.”

**2.26 Look through the text and find English equivalents for the following Russian words and phrases.**

чувствовать себя очень плохо; рано ложиться спать; пить молоко; есть много фруктов и овощей; выкуривать только одну сигару в день; следовать совету; выглядеть слегка удивленным; пригласить другого пациента

**2.27 Say which of the following is true.**

1. Doctor Green always gave his patients good advice.

2. Mr. Bell felt sore all over.

3. Mr. Bell had to stay at home and call for the doctor.

4. Mr. had to give up smoking.

**2.28 Retell the story.**

**2.29 Read and translate the text.**

**PHYSICAL EDUCATION IN ANCIENT GREECE**

The love of athletics and the practice of this form of sports were important features in Greek times. Wherever Greek colonies were – in Asia Minor, Egypt, Crimea, for example – gymnasiums and stadiums were built, even in the smallest villages.

Sport fathered the complete maturation of the individual. It contributed to hygiene, health, beauty and to the development of the character. An idiot was described as someone who could “neither read nor swim”! Bringing up a healthy generation in Greece is a historical fact. The principle was “mass participation” which meant giving everybody a chance. Considerable part of the population was drawn into sports activities.

**2.30Look through the text and find English equivalents for the following Russian words and phrases.**

были построены спортивные залы и стадионы; развитие характера; всестороннее развитие личности; в маленьких деревеньках

**2.31 Complete the sentences using the words from the text.**

The love of …, practice of this form of … .

Gymnasiums and stadiums … .

The complete maturation … .

The development of … .

**2.33 Read and translate the text.**

**TABLE TENNIS - A BRITISH INVENTION**

More than eighty years ago, Mr. E. Goode of Putney, South London, went to the chemist's to buy some aspirins. In the shop, he almost forgot about his tablets as he stood looking at the pimpled rub­ber mat1 on the counter. It had given him a fantastic new idea.

He paid for his aspirins and the rubber mat. Then he rushed home, cut the rubber mat to the right shape and size and stuck it to his plain wooden table tennis bat. The thin layer of rubber helped him put a very fast spin on the ball. When he became the English champion, everyone started copying him, putting rubber layers on their bats, and soon Mr. Goode's clever idea had completely clanged the style and speed of table tennis.

Table tennis was first invented in England in about 1880. At first the game had several strange names: Gossima, Whaff and Ping Pong. It wasn't until 1926 that the International Table Tennis was formed with international championships and rules. One of the rules was that the rubber linings of the bat (Mr. Goode's invention) couldn't be more than two millimeters thick on each side. Although the game was invented in England, British players don't have much chance in international championships.

**2.34 Look through the text and find English equivalents for the following Russian words and phrases.**

резиновый коврик с неровной (точечками) поверх­ностью, прилавок (стойка), ракетка, нанести очень резкий удар по мячу, слой, внутренняя обивка (обкладка)

**2.35 Discuss the following questions in groups.**

1. What sports are popular in Scotland?

2. Do many British people go in for climbing and skiing? Give your arguments.

**2.36 Read and translate the following:**

**How to Be Fit**

Don’t stay in bed in the morning too long

Don’t forget to do morning exercises.

Don’t sit in one place during the breaks.

Don’t eat cakes and chocolates.

Don’t take a bus when you can walk.

Don’t smoke.

Don’t go to bed during the day.

**2.37 Imagine you are a teacher having a class in physical training. Give commands to your pupils.**

**2.38 Prepare for the discussion of the questions on the topic “Physical Culture and Sport”.**

**2.39 Write a text about the role of sport in your life. The given questions may help you to make up your story.**

1. What kind of sport do you watch on TV?

2. Have ever watch a football match at the stadium?

3. What Russian Olympic champions do you know?

4. What leading sportsmen in your favourite kind of sport do like best?

5. What sport facilities are there in native town?

6. Have you ever taken part in a sport competition?

7. Why is it hard to become a good sportsmen.

**Everyday English**

**3.1 Read the following dialogues. Be ready to act them out.**

**1.** - Shall we play a game of chess?

- I don’t mind. Go and fetch the chess- board.

- How did you like the match ?

- Oh, I enjoyed it greatly!

- What team do you support?

- I root for the Dynamo team.

- And what is the score?

- The score is 5:6 in favour of our team!

**2.** - I say, Jim, wasn’t it you who dived at the Society’s swimming pool the other day?

- Why, yes, that was me. Did you do anything wrong?

- Oh, no. But I thought you went in for gymnastics as you had told me.

- That’s right. I’m still keen on gymnastic, and diving is one of the things that we gymnasts must do.

**3.** - I hear cricket is the national game in England. How is it played?

- It’s rather difficult to describe, you have to see it played. One game may last two days.

**4. –** What is the most popular winter sport in Russia?

- I think it’s skiing. You can see thousands of people leaving big cities for the country on a Sunday morning.

- And what about tobogganing? I think it must be also very widely spread in Russia?

- Well, sledges are still great fun for villagers and children.

**3.2 Do the crossword.**

1. the last game in a sports tournament or other competition, which will decide the winner of the tournament.

2. an athletic or sports ground with tiers of seats for spectators.

3. group of players forming one side in a competitive game or sport.

4. the branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts.

5. activity requiring physical effort, carried out to sustain or improve health and fitness:

6. a thing that is caused or produced by something else; a consequence or outcome:

7. a form of football played by two teams of eleven players with a round ball which may not be handled during play except by the goalkeepers

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**Unit 3**

**Sport Facilities and Events**

**Grammar**

**1.1 Making up affirmative sentences using Past Perfect.**

**Model:** There weren't many old friends in the town. They (leave) - They had left.

1. I didn't recognize many people. They (change) a lot. 2. My favourite  
dog wasn't alive. It (die). 3. John wasn't a student any longer. He (became)  
a doctor. 4. Rose wasn't a schoolgirl any longer. She (get married) and  
(have two children.

**1.2. Use Past Simple or Past Perfect.**

Model: Kate (give) me the book which she (buy) the day before. - Kate gave me the book which she had bought the day before.

1. I (not I know) that my friend (not/come) yet. 2. He (study) French before he (enter) the University. 3. Lanny (say) that he (get) his education in London. 4. Jack (not / know) who (attack) him in the darkness. 5. The team (play) better after John (score) a goal. 6. She (be) glad that she (find) a seat near the window. 7. By the time we (come) to see him, he (return) home. 8. During the holidays my friend (visit) the village where he (live) in his childhood. 9. When they (enter) the hall, the performance already (begin). 10. Where (you / train) before you (enter) the University? 11. By two o'clock, the professor (examine) all the students. 12. All my friends (be) glad to hear that I (pass) all my exams successfully.

**1.3 Write sentences using the verbs in the Past Perfect Tense.**

**Model:** I finished my training session and left the gym. (after) - After I'd finished my training session, I left the gym.

**1**. I read the letter. 1 threw it away, (when) 2. He passed his driving test. He bought a car. (as soon as) 3. I took the book back to the library. I finished reading it. (when) 4. 1 didn't go to bed. I did my homework. (until) 5. I spent all my money. I went home, (when) 6. I read the book. I saw the film, (before) 7. Her children left home. She started writing, (after)

**1.4 Choose the right verb form.**

1. Now I’m (write, wrote, writing, written) a letter to my mum.

2. She will (receiving, receive, receives, received) it in a few days.

3. I have just (have, has, having, had) a nice holiday of a few weeks.

4. For a week I (went, gone, goes, go) out and stayed in a hotel near the sea.

5. The hotel (was, were, is, are) first class but it is rather expensive.

6. Each room (having, had, have, has) a bath, a TV set and a telephone.

7. I (have, had, has, having) a good time there.

8. I (enjoy, enjoyed, enjoys, enjoying) the holiday.

**1.5 Write the sentences using the correct tense form of the passive.**

**Model I:** (this game / play / all over the world) - This game is played all over the world.

**Model 2**: (where / the last Olympics / hold)... ? - Where are the last Olympics held?

1. (St Petersburg / situate / on 42 islands) ... . 2. (what / this sports equipment / use for)... ? 3. (bread / eat / every day).... 4. (many houses / build in our town every year)... .

1. Write the sentences using the correct form of the passive (Past Simple).

**Model 1**: (the room / clean / yesterday) - The room was cleaned

yesterday.

**Model 2**: (when / the room / clean)... ? - When was the room cleaned?

1. (St Petersburg / found / by Peter the First) .... . 2. (the monument to Nicholas I / create /by the sculptor Klodt).... 3. (the Bronze Horseman monument / create / by Etienne Falconet) ... . 4. (where / the letter / send to) ... ? 5. (how / the window / break) ... ? 6. (anybody / injure / in the accident)..?  
7. (the doctor / send for) ... . 8. (at the station / they / meet / by their  
friends)... ?

**1.6 Put the verbs in the correct tense form, in Past Simple Passive**

**Model:** We often speak about her. - She is often spoken about.

I. We thought about him all the time. 2. The doctor operated on him last week. 3. They sent for the doctor. 4. They looked for the keys everywhere. 5. Nobody saw him. 6. Mother asked for the telegram. 7. Everybody listened to the lecturer. 8. The senior students laughed at  
the freshman. 9. They spoke to the coach yesterday. 10. Nobody lived in  
that old house. 11. I can solve the problem.

**Reading and discussion**

**2.1 Read and translate the text.**

**Water Polo**

Water роlo is played throughout the world. The game is played in а рооl or in open water. З. The goal posts must bе fixed rigid and perpendicular at еаch end of the playing space, equal distances from the sides. Any standing or resting рlасе for the goalkeeper other than the floor of the bath, is not permitted. Тhе water роlo team has а substitute goalkeeper. Тhе team consists of six field players, one goalkeeper and four reserves. Тhе goalkeeper mау stand to defend his goal. Тhе dиration of the game is four periods of five minutes еасh, ас­tual рlау. Тhe object of the game is to throw the bаll into the opponent's goal. Тhе referee gives the starting signal and immediately afterwards throws the bаll into the center of the field of play. Тhе officials consists of а referee, three time­keepers, two goal-judges with specified duties and powers. There are some kinds of throws: lob shot, halfback-f1ip, shot with stretched arm, wrist flick, goal­-throw, shooting with delay, sling throw, shot straight, free throw, comer throw, penalty throw, etc

**2.2 Translate the following sentences into English.**

1. Команда состоит из 6 полевых игроков, одного вратаря и 4 запасных.

2. Игра играется в бассейне или на открытой воде.

3. Цель игры - забросить мяч в ворота противника.

4. Водное поло играется по всему миру.

**2.3 Which of the given plans reflect the content of the text.**

а) The rules of water polo;

Water polo team

The kinds of throws

b) Му favourite kind of sport

The water polo bаll

The referee с) Ice hockey in Russia

The opponent's goal

The duration of the game

10. Think about the title of the text.

А. Му favourite kind of sport

В. Water polo

С. The Goalkeeper

D. Sport in our Country

**2.4 Agree or disagree with the statement given below. In case of disagreement correct them.**

1. The goalkeeper stands to defend his goal.

2. Diving is а very healthy sport and full of thrills.

3. The water-polo team has а substitute goalkeeper.

4. The team consists of eleven field players.

5. Water polo is played throughout the world.

**2.5 Answer the following questions.**

1. Where is the game played?

2. How mаnу field players make а team?

3. What is the duration of the game?

4. What is the object of the game?

**2.6 Read the texts 1-4 and match with their names А-E ( one item is odd)**

1. Handball is а modem game which is popular among our students. The game is played оп а court. А team consists of seven players, оnе of whom is а goalkeeper and other six field players . They play with their hands.

2. Swimming is enjoyed bу а great тапу people, firstly it is а recreational sport and secondly bе­cause it keeps оnе fit.

3. Modem Pentathlon is ту future specialty. 1 began to go in for it тапу years ago when 1 studied at school.

4. Wrestling is а sport practically as old as civiliza­tion and is popular with people of аll lands. It is оnе of the finest forms of exercise bringing into play аll the muscles of the body and is also а wonder mental stimulant.

А. The Rules of Bas­ketball

В. The History of Wrestling

C. Swimming

D. Handball

Е. Мy Future Speciali

**2.7 Read and translate the text.**

**SPORTS IN RUSSIA**

Many sports are popular in Russia. They are: hockey, soccer, weightlifting, track and field, tennis, basketball, volleyball, boxing, figure-skating, cross-country skiing, swimming, judo and shooting. All these sports have their strong supporters. In our country much attention is paid to organised sports and this shouldn't overshadow the many sporting activities which are a part of daily Russian life. Most Russians who grow up in the North, grow with outdoor winter sports and activities. Skating is a wide-spread activity. There are many skating rinks in the cities.

Fishing is extremely popular in all parts of Russia. All water sports and activities are very popular, including swimming, diving, sailing, water skiing, canoeing. There are many stadiums and public sports facilities in Russia. Numerous national and international matches and competi­tions are regularly held in Russia. They attract large numbers of fans. Most of the important games are televised live. There is an enormous amount of live broadcasting of all different types of sports events professional and amateur at national and international levels.

The Russians are not only sports fans. They take an active part in all sports and sports activities The former Soviet Union, which relied heavily on Russian athletes, has won more medal than any other team in all but two Summer Olympics since 1956. At the 1992 Barcelona Olympics the United Team, representing the former Soviet Republics won 45 gold medals. At the Olympics of the 20th century which were held in Nagano, Russia was represented by the delegation of 126 sportsmen. Russian hockey players, skiers, biathlonists and ice figure skaters are still the best at winter sports.

**2.8 Write some sentences in answer to the following questions.**

1*.* What sports are popular in Russia?

2. What is in the centre of attention of the officials?

3. What are outdoor sports in Russia?

4. When are games televised live?

5. Did Russia take an active part in the Olympic Games? Can you prove it?

**2.9 Imagine that you are a journalist. Write an article about the most interesting sport events of today.**

**2.10 Read and translate the text.**

**2.11 Make up the word list to the text.**

**THE OLYMPIC GAMES**

Russia was an important member of the modern Olympic movement and Russian sportsmen first participated in the Olympic Games in 1908 (the Fourth Olympics, held in London). A team of five contestants went to Britain. They were sponsored by voluntary contributions. It did surprisingly well, *winning* a gold medal in figure-skating, two silvers in wrestling. Russian athletes took the 14th place overall (among 22 nations). For the next Olympic Games, which were held in Stockholm in 1912, the sports societies were prepared to sponsor a much larger contingent. A team of 169 athletes gathered to take part in all 15 sports on the Olympic programme. In the Games, Russia shared the 15th place with Austria, out of 28 countries, and won few medals. The best performance came from a wrestler, M. Klein. He broke his arm in the semi-final and had to lose his chance to wrestle in the final. But he won a silver medal. The only other medals were one in gymnastics, second place for the Russian team in pistol and revolver shooting and third places in shooting and clay pigeon shooting.

In the result, the government decided to hold national championships, "Olympiads" on the model of the Olympic programme. They had to stimulate the work of the sports societies and prepare athletes properly for international competitions.

**2.12 Complete the following sentences with information from the text.**

1. For the Olympic Games, which were held in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. The best performance came \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Russia won few medals and shared\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. The sport authorities prepared \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.13 Read and translate the text.**

**WINTER SPORTS**

With snow covering European Russia for six or seven months of the year, and parts of Siberia all the year round, winter games naturally played an important part in organized winter recreation. During that part of the year when the rivers were icebound, yacht clubs not infrequently turned themselves into ice-skating or figure-skating organizations. In effect, the first skating club arose in the capital in 1864. Somewhat later, the Society of Amateur Skaters sent its members abroad to take part in competitions and, in 1883, A. P. Lebedev won the unofficial world figure-skating title in Helsinki — the first Russian success in international competitions. When the official world championships were inaugurated, Lebedev won the men's title in 1890. A member of the same society, Alexander Panshin, won the Austrian speed-skating championships and went on to win the world title in 1889 at the Amsterdam Speed Skating Club. A month later, he won the first ever Russian speed-skating tournament, held in Moscow.

In the first decade of the 20th century, the great Russian figure-skater Nikolai Panin dominated Russian, European and world figure-skating and won a gold medal at the 1908 London Olympic Games. In speed-skating, too, Russians continued to do well internationally. In 1910 and 1911, Nicolai Strunnikov won European and world titles and set a world record that remained unsurpassed for 17 years. The following year, however, he left the sport in protest against the parsimonious attitude of the Russian authorities, having been refused financial support for his journeys to compete abroad. His vacant European title was won in 1913 by Vasily Ippolitov.

Moscow became the centre of organized skiing with the establishment in 1895 of the famous Moscow Skiers Club. In 1910, a league was set up with ten member clubs and a National Skiers' Association founded, so they initiated the first national ski championships over 30 versts (32 km). Long-distance skiing became very popular: in 1911, four Moscow skiers completed the Moscow— St Petersburg run (a distance of 725 km) in 12 days, 6 hours and 22 minutes. The next year, the first ski-jumping contests were held at Pargolovo, near the capital.

Ice hockey was another game cultivated by the St Petersburg Circle of Amateur Sportsmen after 1889, and a city championship v/as held with eight teams which took part, including Yusupov Sad, Narva and Merkury. Yusupov Sad became strong enough to make a successful foreign tour in 1907, winning six of its eight games against Swedish, Norwegian and Berlin teams. In that year, the Petersburg League had 15 clubs which formed the nucleus for All-Russia Ice Hockey Association of 32 clubs formed in 1914.

**2.14 Complete the following sentences with information from the text.**

1. Winter games naturally played ....
2. During that part of the year when the rivers were icebound ....
3. In effect, the first skating club ....
4. In 1883, A. P. Lebedev won ... .
5. In the first decade of the 20th century, the great Russian figure-  
   skater ....
6. In speed-skating, too, Russians continued ....
7. In 1910 and 1911, Nicolai Strunnikov ....
8. Moscow became the centre of organized skiing ....
9. Long-distance skiing became very popular ....

10. Ice hockey was another game ....

11. Somewhat later, the Society of Amateur Skaters sent its members ....

12. Alexander Panshin won the Austrian speed-skating championships ....

**2.15 Match the text with the names of sports games.**

Football, baseball, table tennis, basketball, cricket, chess, softball, golf

**1**. it’s a game of two players. Each of them starts having sixteen different playing pieces to move on a board. The aim of the game is to move your pieces so that your opponent’s king will be taken.

**2**. This game is played on a court with a large orange ball. There five players in each team. Two teams try to score goals by throwing a ball through a net fixed to a metal ring at each end of court. The players bounce the ball while running, and pass it to each other. The team which has the most number of points wins.

**3**. This game is very similar to baseball, but it is played with a larger ball. It is a popular game among American women and men teams.

**4**. It is a game between two teams and it is played on a field with a bat and a small white ball. Each team consists of nine players. The teams take turns playing in the field and batting the ball. The game has nine innings.

**5**. It is a game played between two teams of eleven players. The players kick the ball around a field trying to score a goal. The team which has more points wins. This game is very popular in our country and all over the world.

It is sometimes called an English national game. It is known that people played it in England in 1550. It is a very long game. Internationals matches last for 5 days. This game is played by men and women.

**Writing**

**3.1 Make up a story based on dialogue.**

- Hello, Nick. Glad to see you.

- Hello, Fred.

- What’s the matter with you? You look so tired.

- I’m a little tired. I took part in the skiing competition. It was difficult to ski today, because it was snowing. Such weather isn’t good for skiing.

-Do you go in for skiing? You were fond of skating last year.

- But that was last year, I like different kinds of sports.

- As for me. I prefer summer sports, such as swimming and tennis. It’s too cold in winter.

- It’s a pleasure to ski in the forest in winter. Trees white with snow look beautiful, the air is so fresh and clean. I always enjoy such skiing trips. Join us next Sunday, if you like.

- I’m poor skier, you know. I’m afraid to be a long way behind you all the time.

- Never mind, let’s go. We are going to ski down the hills.

- All right.

**3.2 Read and learn the following sentences by heart.**

1. What kind of sport do you go in for? – Каким видом спорта ты занимаешься?

2. I go in for wrestling (swimming, boxing, cycling, figure skating, football, gymnastic) - Я занимаюсь борьбой (плаванием. велоспортом, фигурным катанием, футболом, гимнастикой).

3. How many years have you been going in for sports? – Сколько лет вы занимаетесь спортом?

4. What is you’re the best result? – Какой ваш лучший результат?

5. What sports are popular in your country (town)? – Какие виды спорта популярны в вашей стране?

6. What is the central stadium called? – Как называется центральный стадион?

7. Where will the \_\_\_\_ events be held? – Где будут проходить соревнования по …?

8. We would like to see the women’s gymnastics. – Мы хотели бы посмотреть соревнования женщин по спортивной гимнастике.

9. When does the competition start? – Когда начнутся соревнования ?

10. Who came the first? – Кто завоевал первое место?

11. Who won the Olympic championship (got the silver, got the bronze) ?- Кто стал Олимпийским чемпионом (серебряным и бронзовым призером?)

12. The team is in excellent form. – Команда в отличной форме.

13. Who scored the goal? – Кто забил гол?

14. Who is refereeing the basketball match? – Кто судит встречу по баскетболу?

15. The team took a minute break. – Команда взяла минутный перерыв.

16. In whose favour was the score at half-time? – В чью пользу был счет в первом тайме?

17. The team won with the score 3:2 – Команда выиграла со счетом 3:2

18. Where is the start of the sprints? – Где старт бега на короткие дистанции?

19. When is the final heat of the 100-metre dash? –Когда финальный забег на 100 метров?

20. Who is taking part in the relay? – Кто участвует в эстафете?

21. The jump is not recorded – Прыжок не засчитан.

22. Where is the gymnastics display? – Где проходят выступления гимнастов?

23. Tonight are the finals of the boxing events - Сегодня будут проходить финальные встречи боксеров.

***Texts for Additional Reading***

**Healthy Way Of Life**

Scientists say that in the future people will live longer. With healthier lifestyles and better medical care the average person will live to 90 or 100 instead of 70 and 75 like today. When the human genome is decoded, we'll probably live up to 150. Incurable diseases will be cured and "bad" genes replaced. But that's tomorrow. And today, we continue to stuff ourselves with fast food — chips and pizzas, hamburgers and hot dogs. We are always in a hurry. We have no time to enjoy a home-cooked dinner with family and friends. We want to eat now and we want to eat fast. What is tasty is not always healthy. Doctors say that chips and pizzas are fattening, cola spoils our teeth and coffee shortens our lives. If we eat too much, we'll become obese, and obesity leads to heart disease, diabetes and other serious illnesses. But the world today is getting fatter and fatter. America is the world's leader in obesity, but Europe is quickly catching up.

Lack of exercise is another serious problem. We spend hours in front of our computers and TV-sets. Few of us do morning exercises. We walk less, because we prefer to use cars or public transport. Research shows, however, that young people who don't take enough exercise often suffer from heart attacks. It's common knowledge that smoking and drinking can shorten our lives dramatically. Cigarette-smoking, for example, kills about 3 million people every year. Many of them die from lung cancer. Some aren't even smokers. They are people who live or work with heavy smokers. Yet many young people smoke and drink. Why? One answer is that tobacco and drinks companies invest enormous sums of money in advertising their products. For them cigarettes and alcoholic drinks mean money. For us they mean disease and even death. We all know that the healthier we are, the better we feel. The better we feel, the longer we live. So why not take care of ourselves?

**Healthy Living**

Are there any practical rules for healthy living? Very few. The formula for healthy life cannot be put into words — it can only be practised. Some people break the so-called health every day and escape punishment and some look after their health and don't live any longer in the end. There are hardly any rules worth having but there are some principles which will help to counteract the harmful genes. These principles are: love in childhood. Love from parents. Another principle is — healthy nutrition — with all elements in proper proportion. Then comes control of environment— air, water and especially the new pollutives. Remember, too, the animals — they have a right to share in the health we want for ourselves. Stresses are an essential part of being alive — but the art of life is to arrange rules that stress does not become strain. A healthy organism is extremely tough. It can withstand overwork, fatigue, anxiety, microbes — up to a certain point, of course. A personal belief— the most important element in a healthy life is some faith in life which mobilizes our faculties and makes the most of them. Perhaps these health principles seem too theoretical, but they are golden rules which can stretch our powers and help us in our fight against harmful genes

**My Favourite Sport (Tennis)**

We all need exercise. This is true for young people (in their teens) as well as for adults. Even if you don't plan make sports your main occupation. This is my opinion and I feel like it is true. As long as I can remember myself I was always keen on tennis. I love this sport with its old noble traditions, though myself never dreamed of becoming anything more than an amateur. I watch closely all tennis competitions and championships. There are a lot of them, but my favourite championship is Wimbledon because old tennis traditions remains there as they are. Some of the most well-known Wimbledon champions are: John McEnroe, Boris Becker, Steffi Graf, Monica Seles. My dream is to get a chance to watch at least one of them playing. And meantime I play tennis with my friends. It is also a great opportunity to socialize with people who have similar interest (as any sport I suppose).

**Sport Makes People Kin**

People all over the world are very fond of sports and games. That is one of the things in which people of every nationality and class are united. The most popular outdoor winter sports are shooting, hunting and hockey in the countries where the weather is frosty and there is much snow — skating, skiing and tobogganing. It's so nice to go to the skating-rink on a frosty sunny day. Some people prefer to be out of town in such weather and to sledge or to ski in the woods. Many people greatly enjoy figure-skating and ski-jumping. Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding and many other sports. Among outdoor games football takes the first place in public interests; this game is played in all the countries of the world. The other games that have firmly established themselves in favour in different countries are cricket, volley-ball, basketball, and so on. Badminton is also very popular both with young and old. All the year round many people indulge in boxing, wrestling, gymnastics and track and field events. Scores of young girls and women go in for callisthenics. Over the last few years aerobics has become popular with young girls and women. Aerobics helps them to be slim, healthy and strong. Among indoor games which one can go in for all the year round are billiards, table tennis, draughts, chess, of course. The results of chess tournaments are studied and discussed by enthusiasts in different countries. So we have all grounds to say that sport is one of the things that makes people kin.

**Sport. Ice Hockey**

Ice hockey is one of the most action-paced of sports, demanding skillful skating, expert stick-handling, and masterly puck control. The game developed in the frozen expanses of North America, and a hundred years ago became the national winter sport of Canada. It also became very popular in the northern states of the United States, and later spread to Europe, Japan, and even to Australia. The game probably arose from boys playing on the ice. The kids probably fashioned pucks from frozen "horse apples" and adapted tree branches as hockey sticks, and played on cleared stretches of frozen lakes and rivers, and backyard rinks. Soon it was inevitable that teams began to play against each other and leagues were formed. The earliest mention of the team ice hockey game is a newspaper description of the game played at the Victoria Skating Rink in Montreal in 1875. Originally the leagues and national competitions in Canada were amateur. In 1917 the first professional league was formed, the National Hockey League (or NHL). Hockey is a team game played on an ice surface, known as a rink. Six players — a goalkeeper, two defence-men, and three forwards — constitute a side. The game is divided into three periods, each lasting twenty minutes of actual playing time with -10-minute intervals. There are five face-off spots whereby the puck is dropped by the referee between the sticks of two players. The playing area is subdivided into three zones — defensive, neutral and attacking — by two blue lines (called off-side lines) teams defensive zone is that zone where the goal cage, which it is defending, is located. The zone at- the opposite end of the rink is known as the teams attacking zone. The area between is known as the neutral zone and is divided at the centre by a red line. This line plays an important role in the game's body checking regulations. Players are subject to a variety of penalties leading to their dismissal from the ice for two minutes or more, thus giving the other team a one-man advantage for the duration of the penalty or until a goal is scored. .

**Sport**

Sport is probably as old as the humanity itself. It has been developing with the developing and growth of the mankind. All over the world people of different ages are very fond of sports and games. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities. It makes for a healthy mind in a healthy body. Sports help people to keep in good health. We all need to exercise. Even if you don't plan to make a career in sport you still have to practice. Regular exercises give you more energy. That is why many people who suffer from general tiredness should take more exercise than more rest. Exercise makes you feel and look better. The best exercise is one which involves in repeated movements, those are: walking, jogging or swimming. Bending and stretching will add flexibility and feeling of lightness. Among the sports popular in our country are football, basketball, swimming, volleyball, ice hockey, tennis, gymnastics and figure skating. A person can choose sports and games for any season, for any taste. 8.

**Football**

Football has been called the most popular game in the world, and it certainly has a great many fans in Britain. It is the game that is played nearly in all countries. A team is composed of 11 players: a goalkeeper, backs, half-backs and forwards. The captain of the team is usually the oldest or the best player. The football pitch should be between 100 and 130 metres long and between 50 and 100 metres wide. It is divided into two halves by the halfway line. In the middle of the field there is a centre circle and there is a goal at each end. In front of each goal is the goal area and the penalty area. There is a penalty spot inside the penalty area and a penalty arc outside it. A game of football usually lasts for one and a half hours. At half-time, the teams change ends. The aim of each team is to score as many goals as possible. The final of the football competition in Britain takes place every May at the famous Wembley stadium in London. Some of the best known clubs in England are Manchester United, Liverpool and the Arsenal. In Scotland either Rangers, Celtic or Aberdeen usually win the cup or the championship.

**Sports in Great Britain**

The British are known to be great sports-lovers, so when they are neither playing, nor watching games, they like to talk about them. Many of the games we play now have come from Britain. One of the most British games is cricket. It is often played in schools, colleges, universities and by club teams all over the country. Summer isn't summer without cricket. To many Englishmen cricket is both a game and a standard of behaviour. When they consider anything unfair, they sometimes say: "That isn't cricket." But as almost everywhere else in the world, the game which attracts the greatest attention is Association football, or soccer. Every Saturday from late August till the beginning of May, large crowds of people support their favourite sides in football grounds. True fans will travel from one end of the country to the other to see their team play. There are plenty of professional and amateur soccer clubs all over Britain. International football matches and the Cup Finals take place at Wembley. Rugby football is also very popular, but it is played mainly by amateurs. Next to football, the chief spectator sport in British life is horse-racing. A lot of people are interested in the races and risk money on the horse which they think will win. The Derby is perhaps the most famous single sporting event in the whole world. Britain is also famous for motor-car racing, dog-racing, boat-racing, and even races for donkeys. The famous boat-race between the teams of Oxford and Cambridge attracts large crowds of people. A great number of people play and watch tennis. Tennis tournaments at Wimbledon are known all over the world. The innumerable tennis courts of Britain are occupied by people between the ages of 16 and 60 who show every degree of skill — from practically helpless to the extremely able. The British also like to play golf, baseball, hockey, grass-hockey. Various forms of athletics, such as running, jumping, swimming, boxing are also popular. You can sometimes hear that there are no winter sports in England. Of course the English weather is not always cold enough to ski, skate, or toboggan, but winter is a good season for hunting and fishing. Indeed, sport in one form or another is an essential part of daily life in Britain.

**Sports in Russia**

Sport has always been popular in our country. There are different sporting societies and clubs in Russia. Many of them take part in different international tournaments and are known all over the world. A great number of world records have been set by Russian sportsmen: gymnasts, weightlifters, tennis players, swimmers, figure skaters, runners, high jumpers. Our sportsmen take part in the Olympic Games and always win a lot of gold, silver and bronze medals. Millions of people watch figure skating competitions, hockey and football matches, car races, tennis tournaments and other sports events. Certainly watching sports events and going in for sports are two different things. In the past it was never admitted that professional sport existed in our country. The official point of view was that our sport was totally amateur. Now everybody knows that sport can be a profession and a business. But sport can be fun as well. Besides, it helps to stay in good shape, to keep fit and to be healthy. Doing sports is becoming more and more popular. Some people do it occasionally — swimming in summer, skiing or skating in winter — but many people go in for sports on a more regular basis. They try to find time to go to a swimming pool or a gym at least once a week for aerobics or yoga classes, body building or just work-out on a treadmill. Some people jog every morning, some play tennis. For those who can afford it there are clubs where they give lessons of scuba diving or riding. In spring and summer young people put on their roller skates and skate in the streets and parks.

**Word List**

athletics атлетика

badminton бадминтон

basketball баскетбол

be fond of увлекаться чем-либо

be popular with быть популярным

body-building культуризм

boxing бокс

champion чемпион

championship чемпионат

coach тренер

competition соревнование

court корт

cup кубок

cycling велосипедный спорт

diving прыжки в воду

fan болельщик

fencing фехтование

figure skating фигурное катание

final финал

foul нарушение правил

football футбол

forward нападающий

game игра

goal гол

goal-keeper вратарь

go in for sport заниматься спортом

gym спортивный зал

gymnastics гимнастика

handball ручной мяч

hockey хоккей

jogging оздоровительный бег

jump прыгать

jumper прыгун

high jumps прыжки в высоту

long jumps прыжки в длину

judo дзюдо

karate карате

kick off отбить мяч

lead лидировать

match матч

Olympiad Олимпиада

Olympic flame Олимпийский огонь

Olympic Games Олимпийские игры

Olympic torch Олимпийский факел

Olympic village Олимпийский деревня

pedestal of honour пьедестал почета

play tennis играть в теннис

PT (physical training) урок физкультуры

prize-winner призер

races бег

record рекорд

record-holder рекордсмен

referee судья

ring ринг

rowing гребля

run бегать

runner бегун

score счет

score a goal забить гол

semi-final полуфинал

shooting стрельба

spector зритель

sports club спортивный клуб

sports facilities условия для спорта

sports ground спортивная площадка

sports hall спортивный зал

sports dress спортивная форма

sportsman спортсмен

skating катание на коньках

skiing катание на лыжах

ski-jumping прыжки на лыжах

soccer футбол с мячом на траве

swimming плавание

team команда

table tennis настольный теннис

tennis теннис

train тренировать

training тренировка

victoryт победа

volleyball волейбол

walking race спортивная ходьба

water polo водное поло

weight-lifting тяжелая атлетика

wrestling борьба

yachtracing парусный спорт

**Варианты тестов**

**ВАРИАНТ**

1. There isn’t a cloud in the sky, but it (be) cloudy in the morning.
   1. is;
   2. was;
   3. were.
2. Mrs. Clay usually finishes her work at half past three, but she (finish) it later yesterday afternoon.
3. finish;
4. finishes;
5. finished.
6. Every day I help my Mom about the house, but last week I was very busy with exam. So I (not/help) her much.
7. not helped;
8. didn’t helped;
9. didn’t help.
10. Tom isn’t playing tennis tomorrow afternoon, he (not/play) tennis yesterday.
11. doesn’t play;
12. didn’t play;
13. didn’t played.
14. We generally have lunch at 12.30, but yesterday we (have lunch) later.
15. had lunch;
16. have lunched;
17. had had lunch.
18. Now my brother smokes a lot, but he (not/smoke) before.
19. hadn’t smoked;
20. didn’t smoke;
21. not smoked.
22. The Frasers live in four-room apartment, but last year they (live) in a small house in the country.
23. were living;
24. did live;
25. lived.
26. I (get) to the market myself last time, but now I don’t remember how to get there.
27. getted;
28. goted;
29. got.
30. My wife \_\_\_\_\_ three languages.
31. cans speak;
32. can speaks;
33. can speak;
34. cans speaks.
35. I’m sorry, I \_\_\_\_\_\_\_\_ join you on Wednesday.
36. can’t;
37. can’t to;
38. don’t can to;
39. don’t can.
40. Can you \_\_\_\_\_\_\_ people’s thoughts.
41. read;
42. to read.
43. Who \_\_\_\_\_\_\_ help me homework.
44. cans;
45. can;
46. cans to;
47. can to.
48. He \_\_\_\_\_ pass the exam.
49. didn’t can;
50. couldn’t;
51. couldn’t to.
52. Listen, you must \_\_\_\_\_\_ your parents about it immediately.
53. tell;
54. to tell.
55. No, I \_\_\_\_\_\_\_\_\_ do it tomorrow.
56. mustn’t;
57. don’t must.
58. She must \_\_\_\_\_\_\_\_ it.
59. remembers;
60. remember;
61. to remember.
62. \_\_\_\_\_\_\_\_ study English every day?
63. do me must;
64. must we.
65. I \_\_\_\_\_\_ get up early every morning.
66. haven’t to;
67. don’t have to.
68. She \_\_\_\_\_\_\_ look after her little sister.
69. has to;
70. have to;
71. haves to.
72. Who \_\_\_\_\_\_\_\_\_ there first?
73. musts go;
74. must goes;
75. must go;
76. must to go.

**ВАРИАНТ**

1. Выберите нужную временную форму глагола “to be”
2. Where .. you from?
   1. am;
   2. is;
   3. was;
   4. are.
3. What … your aunt’s name?
4. were;
5. is;
6. are;
7. am.
8. I … glad to see you.
   1. am;
   2. was;
   3. is;
   4. are.
9. The dog … in the garden.
   1. are;
   2. were;
   3. is;
   4. was.
10. Tom’s parents … travel agents.
    1. is;
    2. am;
    3. are;
    4. will be.
11. … your father an architect?
    1. is;
    2. are;
    3. was;
    4. am.
12. John … (not) a student.
    1. was;
    2. shall be;
    3. am;
    4. is.
13. That book … (not) very interesting. Take this one.
    1. are;
    2. is;
    3. will be;
    4. was.
14. London … the capital of England.
    1. will be;
    2. was;
    3. are;
    4. is.
15. I … hot. Open the window, please.
    1. is;
    2. am;
    3. are;
    4. shall be.
16. Поставьте глагол “to be” в указанную временную форму
17. Language … (Present Indefinite) an important means of communication.
18. They … (Past indefinite) the first to suggest this method of work.
19. The next house … (Future Indefinite) our faculty in some years.
20. Albert … (Past Indefinite) older than James.
21. They … (Present Indefinite) from Ireland.
22. Употребите глагол “have” в нужной временной форме
23. You … (Present Indefinite) much time for reading.
24. He … (Past indefinite) many books in English.
25. They … (Future Indefinite) a large library on Computer Science.
26. I don’t think we … (Past Indefinite) much in common with each other.
27. Bob … (Present Indefinite) many friends in this College.
28. Прочитайте тексты и вставьте вместо пропусков необходимые предлоги

Text A: (in, on, at)

My parents live (1)… Scarborough, a town (2)… the east coast of England but I live and work (3)… Leeds. I’m a secretary and I work (4)… the office. My office is (5)… the centre of the city. I live (6)… a new modern house (7)… 30, St. George Street. I live (8)… a flat (9)… the third floor.

Text B: (in, on, at, by)

Last year when I was (1)… holiday I received a telegram asking me to go home immediately. I travelled (2)… plane and landed (3)… London at midnight. My flight was terrible because there were lots of crying babies (4)… the plane. After I left the airport I waited (5)… a bus stop for over half an hour but no bus came so I decided to continue my journey (6)… taxi. My sister lives (7)… 10, Mill Road, Hariton, and so I asked the driver to take me there. As I had never been there before, we had to stop (8)… the suburb to ask for direction. In an hour we finally arrivesd.

1. Прочитайте следующие предложения и употребите нужную степень сравнения прилагательных. Ответ запишите по образцу:
2. Baseball is (popular) sport in Britain.
3. the most popular;
4. more popular;
5. popularer.
6. He speaks English (bad) than this girl
7. more bad;
8. worse;
9. more worse.
10. The water in this river is (clear) than in the lake
11. most clear;
12. clearest;
13. clearer.
14. Public transport in London is (expensive) in Europe.
15. the expensivest;
16. the most expensive;
17. more expensive.
18. That’s (good) film I’ve ever seen
19. good;
20. the goodest;
21. the best.
22. Прочтите внимательно следующие предложения. Найдите и исправьте ошибки в них, если таковые есть. Правильные предложения отмечайте буквой R (Right). Образец ответа: 1 – R, 2 – older.
23. I’m **busier than** my little sister.
24. London is **more old than** New York.
25. It’s **the most sharp** pencil I have.
26. Do you know **the shortest** way to the station?
27. This exercise is **more difficult than** that one.
28. Be **active** at your lessons, please.
29. She is **the most pretty** girl I’ve ever known.
30. The boy is **as taller as** his father.
31. Заполните пропуски модальными глаголами a) can; b) may; c) must.
32. All the students … go home because there will be no meeting after classes.
33. He … help you as he is not busy now.
34. My son … skate very well.
35. … I come in? – Do, please.
36. I am sorry, I … leave. At 5 o’clock I have a lecture.
37. When … come to the lessons? We … come to the lessons at 9.
38. You … not go now. You … stay here till 6.
39. I … not go to the club today. I have no time.
40. … they translate the text? – Yes, they …
41. There are children in the room. You … not smoke here.
42. Поставьте сказуемое в предложении в соответствующую форму, исходя из контекста. Образец ответа: 1 – meet.
43. I sometimes (to meet) Bob, he works not far away.
44. Bob (to decide) to send his son abroad a month ago.
45. In seven years his son, George, (to become) a doctor.
46. George (to like) medicine very much.
47. He (to want) to be a good doctor.
48. Употребите глаголы, данные в скобках, в нужной форме. Образец ответа: 1 – was.
49. There (to be) a very interesting lecture last Monday.
50. He (to be) eight years old when he went to school.
51. Next week we (to take) our exams in history.
52. After classes these boys usually (to go) to the chess club.
53. Nick (to play tennis) very well.
54. Употребите глаголы в скобках в одной из форм группы Indefinite. Образец ответа: 1 – will return.
55. He (to return) to Moscow next week.
56. She (to begin) to study English last year.
57. This woman (to work) at our office.
58. Yesterday we (to be) at the cinema.
59. - … you (to know) his name? – Yes, I do.
60. We (to go) to see our old teacher tomorrow.
61. Прочитайте внимательно следующий текст и из предложенных после текста вариантов ответов выберите правильный вариант. Образец ответа: 1 – а.

Lost of children have got a part-time job. As for me, I (1) as a paper boy. I (2) at six thirty on Wednesdays and on Sundays. It (3) me about an hour. Sometimes it (4) me longer on Sundays because the Sunday papers are very heavy. My parents often (5) me pocket money, but I need it. The newsagent (6) me 2 pounds a weekday and 3 pounds on Sundays, so in a week I (7) 5 pounds. It (8) certainly nice to have some money in your pocket. I (9) problems with my job, but I (10) getting up early.

1. a) work;
2. works;
3. not work;
4. not works.
5. a) get up;
6. got up;
7. gets up;
8. gots up.
9. a) take;
10. takes;
11. is take;
12. is takes.
13. a) take;
14. takes;
15. is take;
16. is takes.
17. a) do give;
18. don’t give;
19. does give;
20. doesn’t give.
21. a) pay;
22. pays;
23. doesn’t pay;
24. don’t pay.
25. a) get;
26. gets;
27. doesn’t get;
28. don’t get.
29. a) does;
30. do;
31. are;
32. is.
33. a) do have;
34. doesn’t have;
35. have no;
36. has no.
37. a) like;
38. doesn’t like;
39. like not;
40. don’t like.

**ВАРИАНТ**

1. Use the correct form
2. At the station they will (a. meet, b. be met).
3. The porter will (a. bring, b. be brought) your luggage to your room.
4. From the station they will (a. take, b. be taken) straight to the hotel.
5. They can (a. leave, b. be left) the key with the clerk downstairs.
6. The post (a. is delivered, b. are delivered) at 8.00 every morning.
7. The new bridge (a. won’t be built, b. was be built) next year.
8. Complete the sentences *with go/come/have*
9. Can we \_\_\_\_\_ a meeting tomorrow?
10. I hope your dream \_\_\_\_\_ true
11. \_\_\_\_\_\_ a good time!
12. We’d like to \_\_\_\_ abroad next year.
13. Choose the correct form
14. a. If it’ sunny tomorrow, we’ll play tennis. / b. If it will be sunny tomorrow, we play tennis.
15. a. I’ll wait here until you’ll phone. / b. I’ll wait here until you phone.
16. a. If I had more money, I’d go on holiday. / b. If I have more money, I’d go on holiday.
17. a. We could play football if the weather would be nice. / b. We could play football if the weather was nice.
18. a. If I were English, I didn’t have to study the language. / b. If I were English, I wouldn’t have to study the language.
19. a. I’ll help you in the garden if my back didn’t hurt. / b. I’d help you in the garden if my back didn’t hurt.
20. Choose the odd-one out
21. *Have* – breakfast/ the washing up/ a meal/ a drink
22. *Do* – make up/ homework/ aerobics/ an exercise
23. *Put on* – to work/ the television/ some shoes/ the radio
24. *Go* – to school/ to the cinema/ home/ a shower

**Вариант сводной таблицы**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Результаты обучения по дисциплине | | Текущий и рубежный контроль | | | | Итоговая аттестация по дисциплине | |
| Тестирование | Решение ситуационных задач | Защита ПЗ | Контрольные работы | Экзамен | Дифференцированный зачет |
|  | |  |  |  |  |  |  |
| Уметь | У1-3 | + |  | + |  |  | + |
| Знать | З1 | + |  | + |  |  | + |