

UNIT 1. MY FUTURE PROFESSION

1 Match up the words and the definitions:

- | | |
|-------------------|---|
| 1. independent | having a duty of looking after someone or something; |
| 2. serious | showing fairness and good sense; |
| 3. noble | thinking deeply about important or worrying matters, not joking or funny; |
| 4. attentive | deserving praise and admiration because of high moral quality; |
| 5. responsible | thinking carefully before taking actions; |
| 6. reasonable | showing standards of behavior appearance that are socially acceptable; |
| 7. prudent | concerned with one's own advantage without care for others; |
| 8. selfish | taking careful notice, listening carefully; |
| 9. honest | tired and uninterested; |
| 10. well-informed | being afraid of something; |
| 11. ignorant | not depending on the help, advice or opinions of others; |
| 12. fearful | lacking knowledge, education; |
| 13. bored | being trustworthy, not likely to lie, cheat or steal; |
| 14. respectful | having or showing knowledge or information. |

2. Say what kind of person a teacher should be.

eg: *A teacher should be honest and responsible.*

3. Say why you choose the professions of a teacher using the table:

I want to be a.... because the profession	is easy to do, interesting	requires great skills and abilities	helps to express my inner world	brings me easy and fast money
To become a good teacher you must.....	know a great deal	be very talented	be skillful	learn well at college
If you choose the profession you must be.....	witty and kind	tolerant to people	ambitious and sociable	patient and caring
I like the job of a teacher because...	I can help people	I may make a lot of friends	I want to reach a lot in my life	I want to live easy and interesting

4. Read and translate the words:

choice	to develop
far more	trait
ability	ignorance
character	fear
to change one's mind	boredom
to make up one's mind	burning desire
to suit	responsibility
to bring up	reason
deeply	to respect
to realize	

5. Complete the sentences using the new words:

1. I think this dress doesn'tyou. You'd better change it.
2. He is serious and responsible. These will help him in his life.
3. Students should to get a good job.
4. Why hasn't Tom come here? I think he to take part in the competition.
5. It is difficult to and choose one of the hundreds jobs to which you might be

better suited.

6. You should think before you make a

6. Match up the columns :

serious	teacher
noble	doctor
attentive	pilot
responsible	engineer
reasonable	sportsman
prudent	manager
well-informed	worker
ignorant	

Answer the questions and make up your own sentences.

What does an ignorant teacher teach?

What does a bored teacher

What does a fearful teacher teach?

What does a responsible

7. Read and translate the text:

MY PLANS FOR THE FUTURE

When you leave school you understand that the time to choose your future profession has come. It's not an easy task to make the right choice of a job. I have known for a long time that leaving school is the beginning of my independent life, the beginning of a far more serious examination of my abilities and character.

I have asked myself a lot of times: "What do I want to be when I leave school?" A few years ago it was difficult for me to give a definite answer. As the years passed I changed my mind a lot of times about which science or field of industry to specialize in. It was difficult to make up my mind and choose one of the hundreds jobs to which I might be better suited.

A couple of years ago I wanted to become a doctor. I thought it was a very noble profession. I was good at biology and chemistry in the 8th and 9th forms. I wanted to help people who had problems with health. I knew that a doctor should be noble in work and life, kind and attentive to people, responsible and reasonable, honest and prudent. A doctor, who is selfish, dishonest can't be good at his profession. I tried to do my best to develop good traits in myself.

Now I have already decided what to do. I'd like to be a teacher. I know that it's very difficult to become a good teacher. You should know perfectly the subject you

2. Computers have a great on children.
a) impression b) confidence c) influence
3. They do exercises to their muscles.
a) develop b) heighten c) handle
4. Teachers try to.....their will.
a) influence b) inculcate c) do
5. She was about the children when they didn't come home from school.
a) anxious b) happy c) sad

3. Read and translate the text:

TEACHING RESPONSIBILITY

Naturally, every parent is anxious to teach responsibility to their kids. But responsibility cannot be imposed on children. It must be grown from within. Children who are always told what to do may do their tasks very well, but they get little opportunity to use their own judgment and to develop a sense of responsibility. This only comes if they are given opportunities for choosing and deciding things for themselves.

A child is learning all the time. But if he is constantly criticized about his actions, he certainly doesn't learn responsibility. So the first lesson in inculcating a sense of responsibility is not to criticize.

Even if the answer to a child's request is a certain "Yes", it's so much better to leave the decision to the child. There are some of the ways in which you can build up their sense of responsibility and also heighten their confidence. Wherever and whenever you can, let them make their decisions themselves.

A child should be given the responsibility of choosing his friends. But this is a delicate matter and needs careful handling. Obviously, it should be preferable for a shy child to have a friend who is an extrovert. And friends can also help to exert a beneficial and corrective influence on each other. In spite of all this, a child should always feel that he is free to choose the friend he wishes.

Let the child spend his allowance his way. If he wants to spend the whole lot on chewing gum or coffee, it's his decision. Don't interfere. There are just some of the ways in which responsibility is taught.

4. Answer the questions:

1. What is every parent anxious?
2. Can responsibility be imposed on children? Why?
3. Does a child learn responsibility?
4. What are the ways to build up children's sense of responsibility?
5. What should a teacher do?

5. Express the main idea of the text according to the scheme:

1. Every parent is anxious.....
2. Children get little opportunity
3. There are some of the ways.....
4. Grown-ups should let children make.....
5. A child should be given the responsibility of.....
6. Grown-ups should let the child spend

Test - Paper

1. Divide the adjectives in two categories according to their meaning:

serious, independent, noble, attentive, responsible, reasonable, prudent, selfish, honest, well-informed, ignorant, fearful, bored, kind, talented, skillful, tolerant, witty, ambitious, sociable, patient, caring.

2. Write the opposite word:

dependent, ignorant, careless, interesting, dishonest, shy, brave, unreasonable, indifferent, angry, silly.

3. Make up sentences using these words:

1. a, life, noble, doctor, and, should be, in work.
2. science, specializes in, my friend.
3. a, teacher, selfish, profession, can't be, his, good at.
4. should, perfectly, a teacher, know, he, the subject, teaches.
5. try, pupils, to do, should, their best, traits, to develop, good.

4. Answer the questions:

1. What do you want to be?
2. What kind of person must you be to become a good teacher?
3. What kind of person must you be if you choose this profession?
4. Why do you like this job?
 5. What difficulties of teaching profession can you name?
 6. What did Steinbeck say about teaching?
 7. What other jobs do you know?

UNIT 2. ROYAL SPORT.

1. Read the text below and answer "What kinds of sport are talked about?"

THE UNIVERSITY BOAT RACE.

Oxford and Cambridge are Britain's two oldest universities. In the 19th century, rowing was a popular sport at both of them. In 1829 the universities agreed to have a race. They raced on the river Thames and the Oxford boat won. That started a tradition. Now, every Spring, the University Boat Race goes from Putney to Mortlake on the Thames. That's 6.7 kilometers. The Cambridge rowers wear light blue shirts and the Oxford rowers wear dark blue. There are 8 men in each boat. There's also a 'Cox'. The Cox controls the boat. Traditionally coxes are men, but Susan Brown became the first woman Cox in 1981. She was the Cox for Oxford and they won.

ROYAL SPORT.

Ascot is a small, quiet town in the south of England. But in June for one week it becomes the centre of the horse-racing world. It's called Royal Ascot because the Queen always goes to Ascot.

She has a lot of racehorses and likes to watch racing. But Ascot week isn't just for horseracing. It's for fashion, too. One woman, Mrs. Gertrude Shilling, always wears very big hats. That started a tradition. And today women are not allowed to go to Ascot without hats.

WIMBLEDON.

The world's most famous tennis tournament is Wimbledon. It started at a small club in south London in the 19th century. Now a lot of the 19th century traditions have changed. For example, the women players don't have to wear long trousers.

But other traditions haven't changed at Wimbledon. The courts are still grass, and visitors still eat strawberries and cream. The language of tennis hasn't changed either.

SET-WORK.

1. Translate into Russian:

- oldest universities
- rowing

-cox

-racehorse

- to agree
- to go from
- rower
- strawberries and cream.
- fashion
- to be not allowed
- to change

2. Make 5 phrases with these words and expressions.

3. Match the columns:

long	a race
a popular	world
to have	racing
in each	trousers
the horse-racing	boat
to watch	tournament
tennis	sport.

4. Why is Ascot called Royal?

Why are women not allowed to come in without hats?

How should modern tennis players look like?

5. Translate into English:

Это положило начало традиции; каждую весну ; маленький, спокойный город, всегда носят большие шляпы; самый известный в мире; все началось в маленьком клубе.

THE LONDON TO BRIGHTON VINTAGE CAR RALLY.

'Vintage ' cars have to be more than fifty years old and in very good condition. Lots of people keep or collect vintage cars. And on the first Sunday in November there's a race or 'rally' for them. It starts in London and it finishes in Brighton, a town on the south of England. That's distance of seventy kilometers.

Before 1896 a man with a red flag had to walk in front of cars. In 1896 that changed. A group of happy drivers broke their flags and drove to Brighton. There they had a party. Now the rally is a sporting tradition ,

A lot of the people in the rally wear ' vintage' clothes, too. In a 1910 car, for example the driver and passengers wear 1910 hats and coats.

SET-WORK.

1. Find English equivalents:

- в очень хорошем состоянии;
- южное побережье;
- множество людей;
- расстояние;
- коллекционировать старые авто;
- спортивная традиция.

2. Fill the gaps with prepositions.

...bad condition

a race ...them

it starts ...London

.. .the north coast .. .Russia

to walk .. .front .. .cars.

3. Finish the sentences without reading for details.

- a. 'Vintage ' cars have to be more than .,, .years old.(forty, fifty, thirty).
- b. On the ... Sunday in November there's a race for them.(second, first, third).
- c. That's a distance of .. .km. (60,70,90).
- d. In .. .the traditions changed. (1968, 1896, 1698).

BOXING DAY HUNTS.

1. VOCABULAR:

hunting hound smell
cruel

Traditionally Boxing Day is a day for foxhunting. The huntsmen and huntswomen ride horses. They use dogs, too. The dogs (fox hounds) follow the smell of the fox. Then the huntsmen and huntswomen follow the hounds.

Before a Boxing Day hunt, the huntsmen drink hot wine. But the tradition of the December 26th hunt is changing. Now, some people want to stop Boxing Day hunts and other hunts too.

They don't like foxhunting. For them it's not a sport-it's cruel.

2. Read and answer:

- a. Who are huntsmen and huntswomen ?
- b. Why do they use dogs ?
- c. Why do people want to stop the tradition?

3. Finish the phrases and learn them:

to ride ...

to follow ...

to drink ...

a day for

THE HIGHLAND GAMES.

to toss a caber

to throw

skirt

tartan

kilt

bagpipe

to frighten

This sporting tradition is Scottish. In the Highlands families or 'clans', started the Games hundreds of years ago. Some of the sports at the Games are international: the high jump and the long jump, for example. But other sports happen only at the Highlands Games. One is tossing the caber. Tossing' means throwing, and a 'caber' is a long, heavy piece of wood. In tossing the caber you lift the caber (it can be 5 or 6 meters tall). Then you throw it in front of you.

At the Highland Games a lot of men wear kilts. These are traditional Scottish skirts for men. But they're not all the same. Each clan has a different 'tartan'. That's the name for the pattern on the kilt. So at the Highland Games there are traditional sports and clothes. And there's traditional music, too, from Scotland's national instruments the bagpipes. The bagpipes are very loud. They say Scots soldiers played

them before a battle. The noise frightened the soldiers on the other side.

1.Translate into English.

- прыжки в длину и высоту;
- традиционные юбки;
- каждый клан;
- национальный инструмент;
- очень громко;

2.Fill the gaps:

- some ... the sports;
- Scottish skirts ... men;
- the pattern ...the kilt;
- ...the other side;
- ...the Highlands Games.

3.Make 5 questions to the contest.

TEST-PAPER.

1. Name the kinds of royal sports:

- 1) boat racing
- 2) hunting
- 3) horseracing
- 4) to toss a caber
- 5) tennis tournament
- 6) vintage car rally
- 7) high and long jump

2. Answer the questions:

- a. Who competes in the University Boat Race?
- b. Where and when does it happen?
- c. What does it happen during the horseracing in Ascot?
- d. What traditions have changed in Wimbledon?
- e. What cars can be called "vintage"?

f. Why are many people against " Boxing Day Hunts " ?

UNIT 3. WONDERS OF THE HUMAN BODY.

SENSES WITH WHICH TO ENJOY LIFE

How do we know what is going on in the world around us? There are five main senses that help us to enjoy the world. These are the senses of seeing, hearing, smelling, touching and taste.

With eyes we can see pictures, read words. We can see flowers and birds, the sun and the moon and the stars. We can see our dearest and nearest.

With ears we can hear our own voice and the voices of others. We can hear music that makes us feel happy or sad.

We are able to distinguish sweet from bitter, sour from fresh with our tongue. ' With the nose we can smell good food cooking. We can smell flowers. And with the sense of touch one can find out if things are hot or cold.

OTHER SENSES

We also have other kinds of senses. Deep inside the body are nerves that tell us of the body needs. For example, we have a sense of hunger and thirst. These two senses let us know when it is time to eat and drink.

And we have a muscle sense that helps us compare the weight of two objects. If we lift two boxes of the same size, the muscle sense tells us which box is heavier than the other. The muscle sense also helps us control body movements. The muscle sense helps us walk or ride a bike without looking at our legs.

The muscle sense along with the sense of direction, helps us know which way is left and right, up and down, backward and forward.

One more sense we have is the sense of balance. In the inner ear are some hollow loops that are filled with liquid. The loops are called semicircular canals. They help us keep the balance when we walk, stand, or sit. When we twirl around, we shake up the liquid in the semicircular canals and then we feel dizzy and unsteady.

SET-WORK.

1. Pay attention to these lexical items:

- to go on;
- the world around us;
- sense;
- to enjoy;
- smelling;
- touching;
- dearest;

- nearest;
- voice;
- body needs;
- sour \ fresh;
- sweet \ bitter;
- tongue;
- to find out;
- inner ear.

2. Make some phrases with new words.

3. Match two columns in order to get phrases and translate them:

main	the world	
to enjoy	of tasting and smelling	
to hear	happy or sad	
the senses	of hunger and thirst	
our	body movements	
to feel	of two objects	^
a sense	tongue	
the weight	our own voice	
to control	senses	

4. Read the texts and answer: What senses do you have to help.

5. Fill the gaps:

- in the world ... us;
- the senses ... seeing;
- to distinguish sweet.. .bitter;
- that are filled ... liquid;
- to twirl

SOME PROTECTIVE ACTIONS OF OUR BODY

Many protective actions are going on in our body all the time. We do not have to think about these actions. They are automatic.

If something comes near the eye we automatically blink. The blinking may keep the object from entering the eye. And if a bit of dirt gets into the eye, tear glands send out tears. The extra tears often wash out the dirt.

Our eyes also control the amount of light that enters them. When we are in dark place, the pupils get larger and we can see better. When the light is very bright, the pupils become smaller; less light enters the eyes.

Inside the nose are little hairs and a sticky fluid called mucus. The tiny hairs and

When we swallow food, a little flap of muscle closes off the opening to windpipe so that food can not get into the lungs. If by accident food does enter the windpipe, we usually cough it up right away.

- protective actions;
- to blink /the blinking;
- to enter the eye;
- a bit of dirt;
- tear glands;
- the amount of light;
- pupil;

- sticky fluid;
- mucus;
- lungs;
- to sneeze;
- to swallow food;
- flap;
- windpipe;

- Many protective actions are going on from time to time.
- They are partly automatic.
- The blinking may keep the object from entering.
- The extra tears seldom wash out the dirt.
- Our eyes can control the amount of light.
- Mucus are little hairs and a sticky fluid.
- A little flap of muscle cannot protect from entering food into windpipe.

a bit of dirt enters
begin
to blink
tear glands send
wash out a
bit of dirt

- how our eyes protect from light.
- how our lungs protect from dirt and dust.

WONDERS OF YOUR BODY

What are some wonders of the body? A wonder is the heart that beats for 70 years or more. A wonder is the skin that makes a waterproof coat. A wonder is the brain with which you think. Do you think it is worthwhile to learn more about these wonders?

1. Be sure you know these words:

- raincoat
- layer of oil
- shade
- drop of sweat
- tiny tubes
- to save
- human beings

2. Make 5 phrases with new words.

3. Try to put sentences in right order:

- a. Skin also serves as a kind of raincoat.
- b. Oil "waterproofs" our skin by keeping water out.
- c. Oil glands in the skin send oil to the skin surface.
- d. Usually water can't soak through the skin because it's covered with a thin layer of oil.

4. Read the text and divide them into the parts. Name them.

WHAT IS WONDERFUL ABOUT OUR SKIN?

The skin is wonderful in many ways. For example, the skin can stretch and fold. And it grows larger as we grow larger. Skin also serves as a kind of raincoat

Usually water can't soak through the skin because it is covered with a thin layer of oil. Oil glands in the skin send oil to the skin surface. Oil "waterproofs" our skin by keeping water out.

There is something else that is interesting about the skin. It has colouring matter in it called pigment. Pigment helps to protect the skin from sunlight. And it gives the skin its colour. There are many shades of skin colour. It depends on the amounts of pigment in one's skin. Except for different amounts of pigment, the skin of every human being is almost exactly the same.

When the day is hot or we get warm from exercise, we sweat. Drops of sweat come from sweat glands in the skin. The sweat moves out of the skin through pores. Soon the sweat evaporates and the body cools.

There are also tiny tubes or blood vessels under the skin. Warm blood flows through them. When we are very warm, the blood vessels under the skin get larger.

More warm blood comes to the skin surface. Heat from the blood leaves the body and it begins to cool.

When the body is too cool, the blood vessels under the skin get smaller. Less blood comes to the skin surface. And less heat leaves blood. Body heat is saved to keep us warm.

Human beings are called warm-blooded because the human body can stay at the same warm temperature most of the time. Most animals, including birds, are warm-blooded. But some animals, such as snakes and frogs, are cold-blooded. Their body temperatures become cool when the temperature around them is low.

5. Match two columns in order to get phrases. Translate them into Russian:

oil	surface
skin	heat
blood	colour
drops	body
skin	being
to protect	glands
body	of sweat
human	vessels

6. Revise grammar materials about the modals: can/may/must.

7. Translate into English (use the modals):

- a. Кожа может растягиваться и сжиматься.
- b. Вода не может проникать через кожу.
- c. Кожа может выделять пигмент, который должен защищать ее от солнечных лучей.
- d. Пот должен испаряться через поры.
- e. Хладнокровные животные могут понижать температуру тела, когда вокруг холодно.

WONDERS OF THE BRAIN

Vocabulary.

- | | |
|---------------|-------------------|
| • inside | - to surround |
| • to use | - length |
| • to remember | - vision |
| • to happen | - to take care of |
| • brain | - breathing |
| - a cell | - slowly |

- to cover
- bone

- to rest
- to dream

2. Read the text and say: What points are told about our brain?

WONDERS OF THE BRAIN

Inside the head is a remarkable organ, the brain. We use it to understand and remember things that are happening around us.

Structure of the brain

The brain is soft and spongy. It is made up of billions of tiny parts called cells. Three coats or membranes cover the brain. Between the first and the second membranes is a fluid. The third membrane covers the other two. The bones of the head, or skull, surround the membranes. The skull, membranes, and fluid protect the brain from falls and blows. At full size, the brain will weigh about one kilogram.

Structure of the spinal cord

The spinal cord extends from the base of the brain down the length of the back. The cord contains thousands of nerves. It is covered and protected by a chain of bones called vertebrae. The vertebrae are made up of many small bones that allow you to bend and twist. The spinal cord is the expressway that carries messages to and from the brain.

How the brain works

The brain is sometimes called the busiest communication centre in the world. The brain controls the body functions and keeps all parts of the body working together. Thousands of messages from all parts of the body are being sent to and from the brain. Messages are carried to the brain by sensory nerves. Special places, or centres of the brain receive sensory messages from all parts of the body. There are centres for vision, for hearing, touching, tasting, smelling, and others. When messages are received by centres, the brain interprets them. Your brain decides what action to take or if any action is needed. For instance, messages leave the motor centre and travel over motor nerves to the muscles. Messages from the motor centre tell the muscles when and how to move.

How the nervous system works

One part of the nervous system takes care of actions one must think about and direct. For example, when we want to talk, or to run, the brain sends messages over

motor nerves to the correct body muscles.

Another part of the nervous system takes care of actions in which we are spontaneous and we don't think about and direct. Breathing is one action controlled by this part of nervous system.

How can sleep help us stay healthy?

All day long the brain and muscles are working. By the end of the day they are tired. Then the brain and muscles start to relax. Before long, we go to sleep.

As we sleep, the big muscles in the body relax. But they do not relax completely. The heart also works more slowly. And the muscles that control lungs work more slowly too. Slowing down gives the heart and lungs a chance to rest.

During sleep, some parts of the brain are less active than others. But the brain never stops working completely. Parts of the brain are active when we are dreaming. And part of the brain looks after certain body functions. These functions must go on all the time. Among such functions are the beating of the heart and breathing.

Sleep gives the nerve cells in the nervous system a chance to restore their energy. Sleep helps us refresh and do things without making too many mistakes. It also keeps us from feeling cross and tired the next day.

3. Fill the gaps:

- a. The brain ... the body functions and ... all part of body.
 - b. Thousands of messages ... and from the brain.
 - c. Messages ... brain by
 - d. Special places ... sensory messages from
 - e. Then the brain ... them and ... what action to take .
 - f. Messages ... the motor centre and ... motor nerves to the muscles.
5. Translate into English (p.49).
 6. Express the main idea of each part in English.
 7. Retell about the structure of the brain . Use the scheme.
 - a. The brain is made up of... .
 - b. It is covered by
 - c. A fluid is between
 - d. The bones of the head
 - e. The .. .protect the brain

HOW THOUGHT PATTERNS AFFECT OUR BODY'S BALANCE AND HARMONY

Our body is a complex organism, that works in harmony with both our physical and emotional states. The brain, and our thought patterns, are integral parts of this sensitive and highly balanced organism.

We more easily appreciate how our body reacts to the physical world and environment around it. At times we may have a virus or find an unusual growth in our body from disease, which causes an imbalance in our entire system while the body tries very hard to eliminate this foreign object. Our body is so systematic and so accurate that it adjusts to and compensates for everything and so that affects it physically.

Our body is just as sensitive, and reacts and adjusts as often to all the emotional stresses, and negative thought patterns, which confront it in everyday life. We need to appreciate this fact, and better understand how our emotions and thought patterns have a great affect on our body's balance or equilibrium, and good emotional and physical health.

We have many negative, if not destructive, thought patterns. Most people do not realize this. They leave their bodies under constant attack from unnecessary destructive feelings, such as anxiety, depression, nervousness, restlessness, anger, etc. This drains their physical health and energy, and creates a vicious cycle where they use up so much energy for unnecessary and wasteful activities that the brain has little or no time for constructive feelings and intuition.

There is a limited amount of gray matter in each of us, and a limited number of hours for wakeful activity every day. If we are going to use it for thinking all the time about negative feelings or ideas, then we have limited or no energy for other feelings and emotions and experiences.

Here is one idea on how to keep both your physical being and your mental state in perfect harmony: before thinking too much or letting your emotions carry you away, ask yourself whether what you are doing is really worthwhile or necessary, and whether it is constructive (going to lead to change or action) or destructive (passive and negative in tone).

Remember that each moment devoted to your negative feelings and thought patterns not only is lost forever, but also will have a cause and effect in your body's balance and harmony. There will be an inevitable reaction and adjustment by your body. In contrast, each moment devoted to more constructive activities keeps your body and soul in harmony and in a state of balance, and conserves your body's energy for dealing more effectively with other stresses.

WHAT IS HYDROTHERAPY?

The science of hydrotherapy is very precise and sophisticated, and at the same time very simple. If you take a cold shower your body can be totally rebuilt. How? When you take a cold shower, your blood rushes out to meet the challenge. This means all the capillaries open up, and all deposits have to go. Everything is cleaned; it is a very cleansing process.

If you take a cold shower and let it fall just below the lower lip for ten or fifteen minutes, you will be bright and your mind will be very clear. If you put the part water between the eyebrows and the upper lip, you will stay be very energetic. And if you put the water on the forehead, you will be so sleepy. If you put the water on your neck in the front and let the water run down your entire body and hands, you will totally change your cells.

And the procedure is very simple. Take your hands, let the cold water fall, and rub them to the extent that they become hot under the ice cold water. And so with every part of the body; let it go, let it be, and stimulate yourself heating your neck, your shoulders, your elbows, and so on and so forth. And everywhere that cold water hits, the blood will come, and the psyche of each cell of the body will be reconstructed.

After that all you have to do is come out and totally towel yourself, put on warm clothes, and put a blanket around you. Then your body will become wild hot. All the blood that is in the capillaries and in circulation will go back to the organs, and they will get a rich supply of blood like a crop getting beautiful rain, and then crops grow up. This is how you can balance your health.

WHAT IS REMARKABLE ABOUT THE HEART?

Our heart is an amazing organ that keeps blood moving through the blood vessels in our skin. The heart pumps blood to the lungs, back to the heart, out to every part of the body, and back to the heart again. The blood makes each round trip in about a minute.

The blood carries digested food and oxygen to all parts of the body. The body needs food and oxygen to stay alive and to grow.

The blood also picks up a waste gas called carbon dioxide. The blood carries this waste gas from each part of the body back to the lungs. When we breathe out, we get rid of the carbon dioxide gas.

When we relax, the heart pumps about two and a half litres of blood a minute through the body. But if we run or jump, the heart speeds up because muscles need the extra oxygen for energy. It may pump as much as seven and a half litres of blood a minute.

In boys and girls, the heart beats about 90 times a minute. A grown-up's heart beats about 70 or 80 times a minute. But the heartbeat is different in the same person at different times. For example, the heartbeat is faster during exercise and when a person is angry, scared, or excited. During sleep, the heartbeat slows down.

UNIT 4. EXTREME SPORTS.

Extreme sports are nontraditional sports characterized by high speed or high risk. Organized extreme sports include aggressive inline skating, wakeboarding, and street luge, for which competitions are held. Many of these sports were made popular by television's "XGames." Such sports as mountain-bike racing, snowboarding, and skateboarding, which were previously considered to be extreme sports have now been included in recent Olympic Games. Less organized extreme activities include ice climbing, glacier skiing, canyoning, free climbing, and bungee jumping.

1. Skydiving consists of jumping with a parachute, out of an airplane for recreation or in competitions. Competitive events include jumping for style, landing with accuracy, and making free-fall formations
Modern skydivers typically free-fall from 3657m above the ground until 762m, where they open their parachutes.
2. Ski boarding is the art of descending a hill on ski boards. Ski boarders are basically a cross between skis and a snowboard. They are about half the length of regular skis (between 80 and 100 cm. long), and about twice as wide. The design allows the rider to do everything that skiers and snowboarders do plus go backwards, turns 360's on the ground, execute one foot turns and perform more tricks than was ever thought possible on normal skis.
3. Bungee jumping consists of jumping from a great height while attached to a long piece of elastic that is just short enough to prevent the jumper from hitting the ground.
4. Base jumping consists of jumping with a parachute from high places as buildings or mountains.
5. Street luge is the pavement version of ice luge. Both involve lying flat on your

back and steering a luge not much bigger than a skateboard with your head just inches off the ground. Complete fearlessness is essential for this sport, as well as a thick piece of rubber, preferably from a car tyre, as footwear. Top lugers can reach speed of 145 km per hour, yet their only way of braking is to use their feet, which often causes painful injuries.

6. Ice-climbing. As the name suggests, practitioners of this activity climb glaciers with the aid of an ice axe and a great deal of other specialist equipment. As well as all the equipment, incredible physical and mental strength are essential, together with the ability to work closely with other team members in the most dangerous situations.
7. Zorbing is the latest adventure experience from New Zealand. It involves rolling around in a ball, or zorb three meters in diameter. It requires no more skill than a hamster running in its wheel as centrifugal force keeps the zorbonaut pinned inside the zorb. Although zorbonauts have hurtled downhill at speed of 50 km per hour, the air cushioning inside means they do not risk hurting themselves too seriously.

1. Translate the words. Find the sentences with these words and translate them into English.

to attach	axe	
incredible		
to brake	equipment	tyre
to steer	wheel	pavement
to pin	accuracy	flat
to hurtle	glacier	canyon

2. Fill in the missing words:
 1. He goes in for He climbs.....
 2. Top lugers using their feet. It causes painful injuries.
 3. Skydivers must land withnot to cause injuries.
 4. As Jack goes in for he has physical and mental strength.
 5. Bungee jumpers are to a long piece of elastic.

3. Match up two columns:

Street	
Bungee	diving
Base	climbing
Snow	boarding
Sky	luge
Ice	jumping
Ski	
Skate	

4. True or false:

1. Ice climbing, glacier skiing, canyoning, free climbing, and bungee jumping are more organized extreme activities.
2. Zorbing is the latest adventure experience from Great Britain.
3. Ski boarding is the art of descending a hill on ski boards.
4. Base jumping consists of jumping with a parachute from high places.
5. Extreme sports are not included in recent Olympic Games.
6. Modern skydivers open their parachutes 762m above the ground.
7. Top lugers can reach speed of 145 km per hour.

5. Complete the table:

	It involves rolling around in a ball at speed of 50 km per hour.
Street luge	
	Climbing glaciers with the aid of an ice axe and a great deal of other specialist equipment.
Ski boarding	

	Jumping with a parachute, out of an airplane for recreation or in competitions.
Bungee jumping	
	Jumping with a parachute from high places

6. Of which of the sports are the following true?

- a) You do not need to have any special skills.
- b) You need to cooperate with a group of people.
- c) It was started by the inventors of another K extreme sport.
- d) You can hurt yourself whilst trying to stop.
- e) You need to be both strong and psychologically prepared.
- f) It offers reasonably good protection from injury.
- g) It could get you into trouble with the police.
- h) You can make your own protection for your feet.

7. Think and say. Give your reasons for answers.

the most enjoyable sports
the most difficult sports

the sports demanding great skills
the sports are suitable for women

the sports are shown on TV

the most interesting sports

the most dangerous sports

EXTREME SPORTS

8. Think of advantages and disadvantages of extreme sports.
9. Would you like to go in for some kind of extreme sports? Why?

SKY-DIVING

1. Translate the words:

garden shed
umbrella
full time teacher
coast

to float
to be interested in
to decide
to retire

2. Guess what it means:

- a) a large piece of cloth fastened by thin ropes to people in order to make them fall slowly from aircraft;
- b) a person who controls an aircraft or spacecraft, especially one who has been specially trained;
- c) something unpleasant or damaging, that happens unexpectedly;
- d) a person who drives a taxi;
- e) a person who is interested in sky-diving.

3. Read the text:

Sky-Diver

Clem Quinn was always interested in flying. When he was five, he tried to fly by jumping off the garden shed with a golf umbrella, but when he grew up he didn't become a pilot, he became a taxi driver. Then 20 years ago he did a parachute jump and loved it. He decided that being a taxi driver in London was a lot more dangerous than jumping out of a plane, so he moved to the country to learn parachute jumping and sky-diving. He is now a full-time teacher of sky-diving.

He says:

" I love sky-diving because the world looks so good - blue sky, green fields, white clouds. You float through the air, it's like floating in water. You can see forever, all the way to the French coast. The views are fantastic. You can forget all our worries. People think it's dangerous but it's very safe. Football is much more dangerous. Footballers often have accidents. When did you last hear of a sky-diving accident? Next July I'm going to do a sky-dive with 100 people from six planes. That's record. I'm never going to retire. . I'm going to jump out off planes until I'm an old man.

4. Match a verb or a noun or phrase.

have	sick
win	an accident
feel	in water
float	top marks
get	a race

5. Answer the questions.

6. Retell the story.
7. Make questions about Clem.

8. Read the text and say what happened to Mike.

My name is Mike and I'm a skydiver. I've recently done my first jump since the accident class that nearly killed me just over a year ago. The disaster struck on my 1,040th jump. Another skydiver collided with my parachute at 80 feet. I fell and hit the ground face down at about 30 mph. I broke both legs, my right foot, left elbow, my nose and my jaw. I lost 10 pints of blood and 19 teeth. I was lucky to survive. Lying in hospital, the thought that my sky-diving days were over tormented me. People who have never experienced skydiving will find it hard to understand that my only motivation to get better was so that I could skydive again.

9. Read some more opinions about sky-diving:

"That's how a struggling artist, a corporate executive, an erotic dancer and a minister all end up hanging out on a Saturday night," Lewis says. "They share the indescribable bond that only comes from leaping out of a plane together and hurtling toward the ground at the speed of a NASCAR race."

First comes nearly a minute of free falling. The ground screams toward them at 120 miles per hour. Then, just 3,500 feet from Earth, they tug a cord that sends out a pilot chute. That chute, the size of a garbage can lid, catches air and pulls out the main

chute, the much larger rectangular canopy that floats the sky diver to the ground at a soothing 30 or 40 miles per hour.

Occasionally, things don't go as planned. According to the United States Parachute Association, 21 people died while sky diving in 2004. That's down from 25 in 2003 and 33 in 2002. Since Skydive San Marcos opened in 1984, two people -- both experienced sky divers -- have died in accidents.

But that's why there are reserve chutes, the carefully packed backups that deploy in case of emergency. Every sky diver hopes he never has to use one, but jump long enough and he will.

10. Name advantages and disadvantages of sky-diving or any extreme sport:

In my opinion...

As for me..

I think...

To my mind....

I suppose....

Test – paper.

1. Complete the sentences using the words in the box.

to be interested in	to retire	to decide	to steer	to
hurtle				

- a) He can a luge better than a skateboard.
- b) Kate is in ski boarding.
- c) They've to go to the football match as they are football fans.
- d) Jack is still fond of skiing though he has
- e) Rocks down the cliffs.

2. Guess what it means:

- a) the kind of extreme sport that involves people in jumping with a parachute from high places;
- b) the kind of extreme sport that involves people in climbing glaciers with the aid of an ice axe and a great deal of other specialist equipment;
- c) it is the pavement version of ice luge;
- d) the kind of extreme sport that involves people in jumping with a parachute, out of an airplane for recreation or in competitions;

- e) it involves rolling around in a ball at speed of 50 km per hour;
- f) it consists of jumping from a great height while attached to a long piece of elastic;
- g) it is the art of descending a hill on ski boards.

3. Form the degrees of comparison of the following adjectives:

big, happy, clever, nice, bad, good, old, far, near, famous, comfortable, incredible, late.

4. Compare these sports:

Skydiving, ski boarding, bungee jumping, base jumping, street luge, ice-climbing, zorbing.

Which of them do you think the most dangerous, the most interesting, the most exciting. Write some sentences using the models:

e.g. *Skiing is the most exciting sport.*

Skiing is more interesting than skating.

5. Put the sentences in the logical order to get the text.

RACING DRIVER

1. He wanted to help, so he took her to Brands Hatch, a Grand Prix racing circuit.
2. When she grew up this was a problem, because she got a job with a car company.
3. Sue Glass had a car accident when she was eight so she didn't like driving.
4. He drove her round corners at 100 mph and she loved it.
5. She did the course with five men and was amazed when she got top marks.
6. Then six years ago she met Julian Swayland, a racing driver, she told him she was
afraid of cars.
7. Then she heard about a special motor racing course.

racing circuit – гоночный круг;

to amaze – изумлять