**DO YOU LIKE SPORT?**

***29.04.2022 8А Хоменко А.Ю.***

***Хід уроку.***

1. **Reading.**

The modern way of life when people have little physical activity, use cars instead of walking, watch television for many hours and work on com­puters is turning them into legless creatures. Although a lot of people are interested in staying healthy, not many people do very much about it. Only 10 per cent of adults take part in sport more then twice a week.

The majority of people life in towns and cites, where space for team sports is limited. To keep fit, most people take part in individual sports. Taking part in all of these sports is Informal and casual. Most people just want to relax. If they do aerobics or go swimming, they usually go to the sports centre, but not many people join a sport club.

Some people argue that sport is not very useful. It takes a lot of energy and time. As a result of going in for sports, people have broken legs and arms and other injuries. Besides, it makes you unhappy when you lose. A lot of people prefer to watch sports competitions rather than take part in sports. Thousands of people go to the stadiums to support their favourite teams and sportsman. The most popular spectator sports are football, hockey and figure skating. Most of the important competitions are televised and people enjoy watching sports programmes on TV. They needn’t buy tickets and go to a stadium, especially in cold and rainy weather. But certainly watching sports events and going in for sports are two different things. In my opinion, people can’t do without sport. Sport plays an important role in our lives. I think sport helps us in different ways. First of all, it helps us to stay in good shape, to keep fit and to be healthy. It makes people strong, fast and agile. What is more, sport builds character, it teaches us to win and to lose. It makes us more organized and better disciplined in our daily activi­ties. Besides, it is a good way to meet people and to make new friends. Sport is an essential part of our everyday life. To have a healthy mind you must have a healthy body. But to be healthy, it is not necessary to become a pro­fessional sportsman. You may go in for sports just for pleasure when you have free time. Some people jog every morning, some follow fitness classes shown on TV. Young people usually put on their roller-skates and skate in the streets and parks. A lot of young people spend their holidays hiking. It doesn’t cost much and it is a really good way of getting away from crowds.

Physical education is an important subject at school. It helps pupils to keep fit and to relax after a hard working day. Each school has good sports facilities. A lot of different competitions are usually held at school and a great number of pupils take part in it. That’s why I think sport is so popu­lar in our country.

The most popular sports in Ukraine are football and hockey, skating and skiing, track and field and swimming, tennis and basketball. It is not always easy to decide which sport to take up. The aim of all sports train­ing is to improve fitness and skills, and to develop training programmes that are both safe and effective. The important thing, however, is that any­one who is not used to exercising should not do too much at the beginning. Moreover, it is better to do a little regularly exercise are a healthier heart, stronger bones, quicker reaction times and lees susceptibility to various ill­nesses. Scientists believe that if you go in for sports on a regular basis, it could even help you to live longer.

**2. Writing.**

1) What kinds of sport are popular in Ukraine?

2) Are you against or for sports?

3) What are the advantages of going in for sports?

4) What are the disadvantages of going in for sports?

5) Is sport important to you? Why?

6) Do you go in for sports? Why?

7) What is your favorite kind sport?

8) Do you like to watch sports competitions? What competitions do you like to watch?

9) What outstanding sportsman/women do you know?

3. Listening. ([перегляньте презентацію](https://youtu.be/yZUeOF1UAk8))

**Home work:**

* Прочитати і перекласти текст усно.
* Написати у зошити основну думку тексту і надіслати мені на перевірку на Human.
* дати письмово відповіді на питання у зошиті і надіслати на перевірку.