

20 - Sport and games

Sport

Talk about:

- ***Sport in general:***
- ***divide sport activities***
- ***the reasons why people sport***
- ***dangers of sport***
- ***My attitude to sport + my favourite sport***
- ***Sport in my country***
- ***Sport facilities and equipment***
- ***The Olympic Games***

There is a difference between **sport and games**: **Sport** includes all kinds of physical activities that help people to keep fit physically and mentally. It is one of the most popular leisure activities. **Games** are usually played between 2 people or 2 teams. A game has certain rules, there is a referee who makes sure that the players obey the rules. The referee also decides who has won. The most popular games are football, basketball, baseball, ice-hockey, tennis and golf.

include - zahrnúť **all kinds** – všetky druhy **keep fit** – udržiavať sa fit **game** -

hracertain - určit **rule** - pravidlo **referee** - rozhodca **obey** – poslúchať,

dodržiavať **decide** - rozhodnúť **win** - vyhrať **SPORT ACTIVITIES**:

Sport activities can be divided into: **INDOOR**: for example: gymnastics, swimming, basketball, table tennis, badminton, boxing, wrestling and so on. **OUTDOOR**: for example: golf, skiing, snowboarding, cycling /bicyklovanie/, mountaineering /lezenie po horách a skalách/, hiking /turistika/, sailing /plachtenie/, water-skiing /vodné lyžovanie/, diving /potápanie/, windsurfing, jogging /kondičný beh/, fishing /rybárčenie/, athletics /atletika/ and so on. **Athletics** includes these sport activities: marathon, long distance run /beh na dlhú trať/, jumping /skok/, throwing a hammer or a discus /hod kladivom alebo diskom/ and so on.

Some sports and games can be played **both indoors and outdoors**. For example: football, tennis, swimming, skating (speed skating = rýchlokorčuľovanie, figure skating = krasokorčuľovanie, roller-skating = korčuľovanie na kolieskových korčuliach) and so on.

WINTER SPORTS: They can be played only in winter. For example: skiing, snowboarding, ice-hockey, bobsleighing /bobovanie/ and so on. **SUMMER**

SPORTS: football, tennis, cycling, golf and so on. **INDIVIDUAL SPORTS:** cycling, swimming, skating, skiing, snowboarding, shooting /streľba/, bodybuilding /kulturstika/, weight lifting /vzpieranie/ and so on. **COLLECTIVE SPORTS:** ice-hockey, rugby, tennis, water polo /vodné pólo/, fencing /šermovanie/.

The most popular collective sports are **BALL GAMES** – for example football, basketball, volleyball, water polo

THE REASONS WHY PEOPLE SPORT: **Amateurs** - amateurs are people who do sport for pleasure, not for money or as a job.

They do sport because:

- they want to be fit and healthy
 - sport is a form of relaxation
 - sport can help us to lose weight (pomáha schudnúť)
 - they can meet many new people
- Professionals** – they do sport because it is their job. By doing sport, they earn their living. Most of them want to become famous and achieve success. It is not easy to become a professional sportsman. You have to start young and be prepared to work hard. You should train a lot and have a healthy lifestyle. Famous sportsmen are popular with people and they have many fans.

If you want to be a **successful sportsman**, you should have these **qualities**:

- * **stamina /endurance/** – výdrž
- * **strong will** – silná vôľa
- * **discipline** – disciplína
- * **the sense for fair-play** – zmysel pre fair-play

amateur - amatér **for pleasure** – pre potešenie **healthy** - zdravý **a form of relaxation** – druh oddychu (relaxácie) **to lose weight** – schudnúť (doslova: stratiť váhu) **earn their living** – zarobiť si a žiť **famous** - slávny **achieve** - dosiahnuť **success** - úspech **become** – stať sa **sportsman** - športovec **to be prepared** – byť pripravený **to work hard** – pracovať tvrdo **a lifestyle** – životný štýl

DANGERS OF SPORT:

Sport can sometimes be **harmful** /škodlivý/ to your health. While doing sport, people can get seriously injured – for example they can get bruises (= odreniny), they can break a leg or an arm (= zlomiť si nohu alebo ruku) or even hurt their spine. (= poraniť si chrbticu). It is important to be very careful when you do sport.

MY ATTITUDE TO SPORT:

* Sport is one of my hobbies. I like sport because it's good fun and you can meet many new people. My favourite sports are I also like ball games – for example football, volleyball. I play them with my friends after school. In winter I like.....

* I don't like sport. I prefer (e.g. watching TV / reading books / listening to some music / going to the cinema ...) I don't like sport because (e.g. my parents have never played any sport and they never taught me to play any / I got hurt while I was playing a sport in the past – e.g. I broke my arm/leg).

Extreme sports:

* I would like to try bungee jumping, sky-diving / parachuting (skok s padákom) or rafting because they involve adrenalin and they give us the sense of achievement. I like dangerous sports.

* I wouldn't like to try any of the extreme sports because I think they are too dangerous and I would be afraid of hurting myself.

extreme sports – extrémne športy
I would like - chcel by som
to try - vyskúšať
involve – zahŕňať, obsahovať
give - dať
a sense of achievement – pocit, že som niečo dosiahol
dangerous - nebezpečný
to be afraid of – báť sa (niečoho)
hurt - ublížiť
attitude - postoj
prefer - uprednostňovať
break an arm / a leg – zlomiť si ruku / nohu

MY FAVOURITE SPORT:

Example:

In our country, ice-hockey is very popular. It has many fans. It is played in sport stadiums. It is a game played on ice between two teams who try to hit a puck into a goal with long wooden stick. The team who gives the most goals is the winner. In an ice-hockey game, there are these people present during the game:

- **the offense** – útočníci
- **defenders** - obrancovia
- **a goalkeeper** - brankár
- **a referee** - rozhodca
- choose** – vybrať
- describe** - opísať
- an aim** - cieľ
- between** - medzi
- to try** – skúsiť, pokúsiť sa
- to hit** – udrieť, streliť
- a puck** - puk
- into** - do
- a goal** – bránka, gól
- wooden** - drevený
- stick** – palica /tu: hokejka/
- give** - dať
- winner** víťaz
- present** - prítomný
- during** - počas

SPORT IN MY COUNTRY:

In my country these sport games are popular: football, ice-hockey, cycling, volleyball, tennis and so on.

In summer volleyball and football are popular. Especially football is popular because many people play it in their free time and you don't need to have expensive equipment.

In winter ice-hockey, skating and snowboarding are popular because we have long winters. Ice-hockey is very popular in Slovakia and it has many fans. We have many excellent ice-hockey players who are successful in Slovakia and also in the world. Our hockey players won a gold medal and also the international cup in the past.

divide - rozdeliť **indoor sports** – športy, ktoré sa hrajú vo vnútri **outdoor sports** – športy, ktoré sa hrajú vonku **both** – obidva **and so on** – a tak ďalej **especially** – hlavne, najmä **expensive** drahý **equipment** - vybavenie **fans** - fanúšikovia **successful** - úspešný **a gold medal** – zlatá medaila **also** - tiež **an international cup** – medzinárodný pohár **in the past** – v minulosti **SPORT FACILITIES** /zariadenia/ **AND SPORT EQUIPMENT**/vybavenie/:

We can do sport in these **sport facilities**:

- **sports stadiums** = športové štadióny
- **sports halls** = športové haly
- **a ski resort** = lyžiarske stredisko
- **fitness centres**
- **a gym** = telocvičňa
- **a football field** = futbalové ihrisko
- **a golf-course** = golfové ihrisko
- **an ice rink /skating rink/** = klzisko, ľadová plocha – we can skate there
- **a tennis/volleyball court** = tenisový/volejbalový kurt
- **a swimming pool** = bazén

Sports equipment:
Gym equipment:

- **wallbars** - rebriny
- **balance beam** - kladina
- **rings** - kruhy
- **vaulting horse** - koza
- **mats** – žinenky
- **climbing rope** - lano
- **pole** – tyč na šplhanie
- **a horizontal bar** - hrazda

THE OLYMPIC GAMES:

The first Olympic Games were held in Athens /Greece/ in 776 B.C. They had then an important political meaning. Women in Old Greece could not take part in the Olympic Games. The first modern Olympics were held also in Athens in 1896. From then on they take part every 4 years, every time in a different country of the world. The Olympic Games promote the idea of liberty and friendship between people all over the world. Only professional sportsmen and sportswomen take part in them. The symbols of the Olympic Games are the Olympic flag with 5 rings and the Olympic fire which is lit at the beginning of the Olympics. It is a dream of every sportsman and sportswoman to take part in the Olympic Games.

harmful - škodlivý **while** - počas **while doing sport** – počas športovania **seriously** - vážne **injure** - poraniť **people can get seriously injured** – ľudia sa môžu vážne

poraniť **bruises** - odreniny **a spine** - chrbtica **important** - dôležitý **careful** - opatrný **you should** – ty by si mal => You should be very careful. = Ty by si mal byť veľmi opatrný. **were held** – sa konali **Greece** – Grécko **B.C. /before Christ/** - pred Kristom **then** - vtedy **a meaning** - význam **take part** – zúčastniť sa **from then on** - odvtedy **every 4 years** – každé 4 roky **every time** - za každým **different** – rôzny, rozličný **promote** – podporovať, hlásať **the idea** - myšlienka **liberty** - sloboda **friendship** - priateľstvo **all over the world** – po celom svete **the Olympic flag** – Olympijská zástava **the Olympic fire** – Olympijský oheň **rings** - kruhy **lit** – zapálený /minulý čas od „light“/ =: The Olympic fire is lit at the beginning of the Olympic Games. = Olympijský oheň je zapálený na začiatku Olympijských hier. **a beginning** - začiatok **a dream** - sen **every** - každý **a sport event** – športová udalosť **a sport competition** – športová súťaž * **What are the advantages / disadvantages of being a professional sportsman?** (Aké sú výhody a nevýhody toho, keď je človek profesionálny športovec?)* **Would you like to be a professional sportsman? Why? Why not? Explain.** (Chcel by si byť profesionálny športovec? Prečo? Prečo nie? Vysvetli.)* **Which of the games do you like playing or watching? How often do you play or watch them? Who do you play or watch with?** (Ktoré z športových hier rád hráš alebo pozeráš? Ako často ich hráš alebo pozeráš? S kým ich hráš / pozeráš?)* **Would you go to a stadium to watch an important match? Why? Why not? Explain.** (Šiel by si pozerieť dôležitý zápas na štadión? Prečo? Prečo nie? Vysvetli.)* **Do you have a favourite sportsman or a sportswoman? Describe him/her.** (Máš obľúbeného športovca alebo športovkyňu? Opíš ho/ju.)