

Дата: 26.10.2022

Група № 13

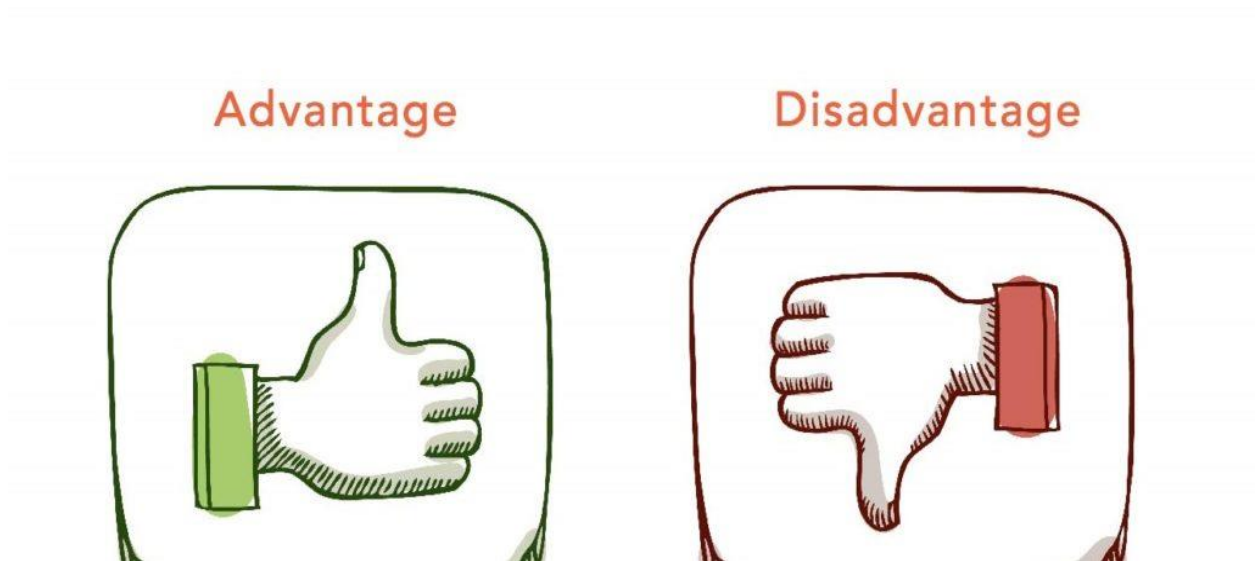
Урок № 13-14

Тема уроку: «Sport and health. Extreme kinds of sport»

Мета уроку: продовжити вивчати лексику з теми «Спорт»; провести паралелі між заняттями спортом та здоров'ям людини; ознайомитися з екстремальними видами спорту.

Матеріал уроку:

1. Написати переваги та недоліки від занять спортом.



2. Записати та перекласти слова і словосполучення. Розділити їх на дві колонки (що приносить користь здоров'ю, а що ні).

fresh fruit
smoking
plenty of fresh air
lots of sugar
fish

a lot of stress at work
regular exercise
too much alcohol
salad
too much salt

.....	is good for you.
.....	is bad for you.

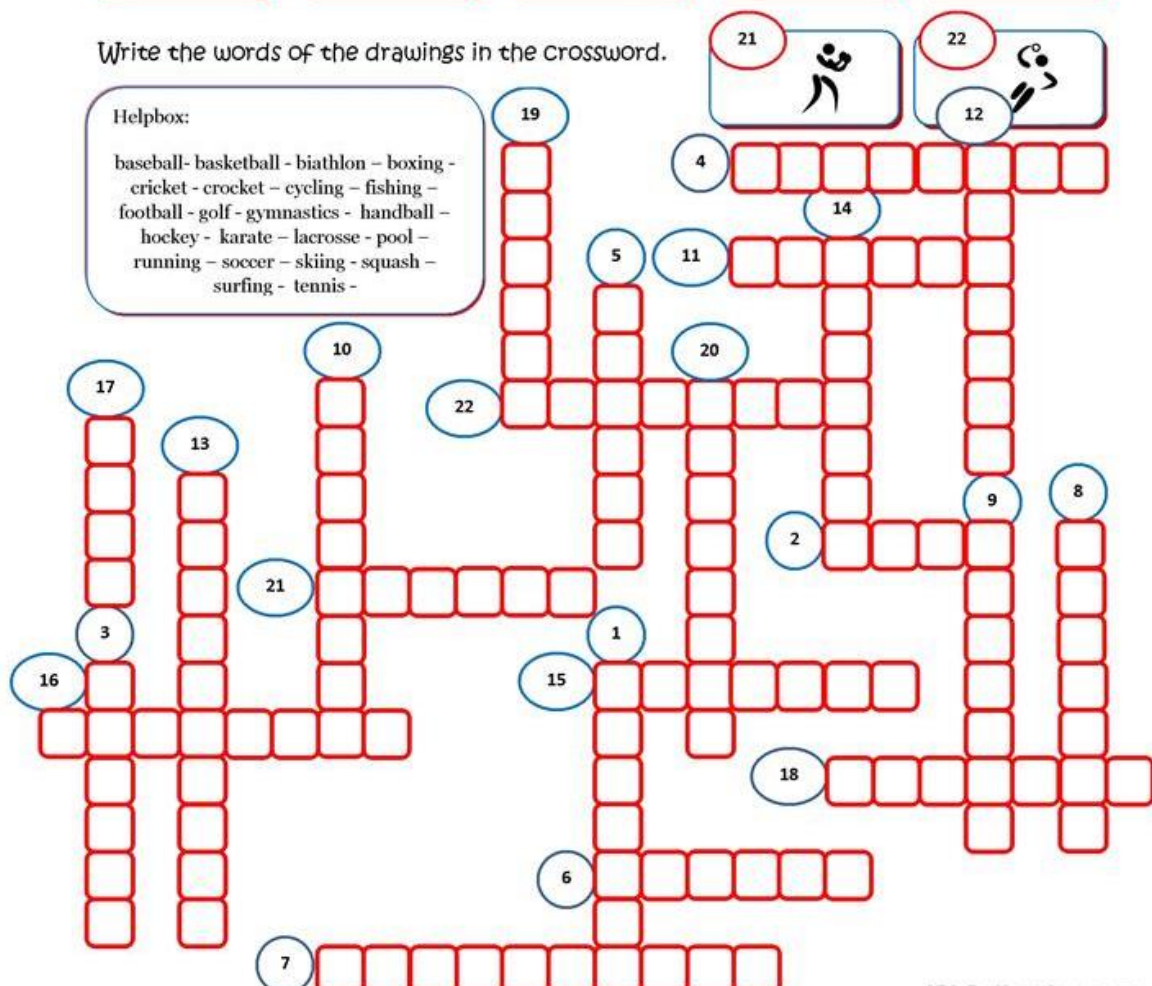
3. Заповнити кросворд.



Write the words of the drawings in the crossword.

Helpbox:

baseball- basketball - biathlon - boxing -
cricket - croquet - cycling - fishing -
football - golf - gymnastics - handball -
hockey - karate - lacrosse - pool -
running - soccer - skiing - squash -
surfing - tennis -



Домашнє завдання:

1. Прочитати та перекласти текст (письмово)

EXTREME SPORTS - current trends

Kitesurfing

Kitesurfing is a water sport where you attach a large kite to your harness and use the kite to generate power and velocity to raise you out of the water. Once out of the water, you have a kitesurfing board (similar to a snowboard or wakeboard) attached to your feet in order to skim over the water.



BASE Jumping – BASE jumping is one of the most extreme sports we know. Athletes hurl themselves off objects and pull a parachute before impacting the ground. BASE stands for buildings, antenna, spans (bridges), earth (cliffs & mountains) – the four main types of objects that athletes jump off from.

Wingsuit Flying – Wingsuit flying is a variation of BASE jumping where athletes hurl themselves off cliffs or other high objects and then “fly” through the air using their wingsuits (sometimes called “flying squirrel suits”) only to pull their parachute before narrowly crashing into the ground.



Street Luge - Street luge is very similar to luge, but instead of it being a winter sport, you do it wherever you can find a street with a downhill long enough for your liking. Have fun.

Abseiling - Run down the side of a building while holding on to a rope with a harness attached. This might sound like suicide, but it's actually quite fun (or so I've heard...).



Ironman - The Ironman is 140.6 miles of swimming biking and running. 2.4 mile swim. 112 mile bike ride and a full marathon – 26.2 miles – to finish it all off. Do you have what it takes to be an Ironman?

2. Підготуватися до контрольної роботи.

Увага! Фото виконаної класної роботи та домашнього завдання надсилати на електронну адресу викладачів згідно розподілу групи на підгрупи:

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У темі листа вказувати Ваше ПІБ, № групи, назву предмета, номер уроку.