

**The History of Sports:
From the Ancient Olympic Games
to Modern Sports**

**КОМУНАЛЬНИЙ ЗАКЛАД ВИЩОЇ ОСВІТИ
«Вінницький гуманітарно-педагогічний
коледж»**

The History of Sport: From the Ancient Olympic Games to Modern Sports

**навчально-методичний посібник
для викладачів англійської мови ВНЗ
та студентів факультету фізичної культури**

Вінниця 2024

УДК 811.111'243(072+076)

I-89

Рекомендовано до друку Вченою радою
КЗВО «Вінницький гуманітарно-педагогічний коледж»
(Протокол №10 від 16 травня 2024 року)

Рецензенти:

О.В. Ковтун – кандидат філологічних наук, доцент, доцент кафедри теорії і практики перекладу факультету іноземних мов Донецького національного університету імені Василя Стуса

Ю.Б. Лебедь – кандидат філологічних наук, завідувач кафедри зарубіжної літератури та основ риторики Комунального закладу вищої освіти «Вінницький гуманітарно-педагогічний коледж»

I-89

The History of Sport: From the Ancient Olympic Games to Modern Sports = Історія спорту: від стародавніх Олімпійських ігор до сучасного спорту: навчально-методичний посібник для студентів факультету фізичної культури/ укладач: Людмила ПАВЛІЧЕНКО, ТОВ: Вінницька міська друкарня, 2024, 100с.

Матеріал посібника слугує ефективним підґрунтям для аудиторної, самостійної, індивідуальної роботи здобувачів освіти, сприяє розвитку навичок усного та писемного мовлення з англійської мови за професійним спрямуванням, допоможе опанувати мову на достатньо високому рівні. Навчально-методичний посібник рекомендований для викладачів англійської мови ВНЗ, для здобувачів освіти першого (бакалаврського) рівня вищої освіти і освітньо-професійного ступеня фахового молодшого бакалавра, волонтерів спортивно-масових заходів.

© Павліченко Л. В.

© КЗВО «ВГПК», 2023

PREFACE

Навчально-методичний посібник “The History of Sports: From the Ancient Olympic Games to Modern Sports” рекомендований студентам факультету фізичної культури.

Матеріал посібника слугує ефективним підґрунтям для аудиторної, самостійної та індивідуальної роботи студентів, сприяє розвитку навичок усного та писемного мовлення з англійської мови за професійним спрямуванням.

Посібник написаний з урахуванням сучасних технологій навчання іноземних мов, містить ефективну систему вправ, спрямованих на забезпечення формування рецептивних і продуктивних видів мовленнєвої діяльності, та сприяє розвитку навичок наукового пошуку.

Основна мета посібника: сприяти у підготовці здобувачів освіти до читання та перекладу текстів фахового спрямування, цілеспрямованого вивчення спортивної термінології та удосконалення комунікативних умінь і навичок усного мовлення.

Посібник містить навчально-методичний матеріал для проведення практичних занять: підбірку текстів за професійним спрямуванням та лексику до них, питання для самоконтролю, ефективну систему вправ, спрямованих на забезпечення формування рецептивних і продуктивних видів мовленнєвої діяльності рекомендовану літературу.

У першому розділі подано розмовні теми спортивної тематики для формування навичок перекладу та стилістичного аналізу, спеціальну лексику з одинадцяти видів спорту та їх переклад українською мовою.

У другому – підбірку текстів за професійним спрямуванням та лексику до них, питання для самоконтролю та ефективну систему вправ. Вправи посібника мають на меті надати здобувачам освіти

лінгвокраїнознавчі знання, сформувати навички і вміння, що забезпечують їх здатність розпізнавати, адекватно розуміти та критично інтерпретувати експліцитну й імпліцитну соціокультурну інформацію, що містить автентичний англомовний текст.

Після опанування матеріалу навчального посібника здобувачі освіти повинні **знати** термінологічну лексику за фахом; розуміти зміст спеціальних текстів, самостійно підготувати усне повідомлення обсягом 20 – 25 речень; **уміти** читати та перекладати спеціальну літературу за фахом; вести професійно-спрямоване монологічне та діалогічне мовлення; володіти навичками ситуативного мовлення та стилістичного аналізу текстів; а також виконувати лексичні вправи, текстові завдання до прочитаного або прослуханого тексту та реалізовувати власні комунікативні компетенції у галузі фізичного виховання та спорту.

PART I

Physical culture and sports



What is the useful profession of a physical education teacher?
Educational impact on students. In the framework of the educational work of the teacher is to help students become a person who can blend in with society. The teacher does not just share information, but teaches the child to watch, learn and draw conclusions. This helps him acquire skills that he will use throughout his life. And that the teacher should be able to see the potential in the child, and not judge it by generally accepted criteria and standards.



MY FUTURE PROFESSION

There are many professions in modern life and it is not easy to choose a future career. One must take into consideration his mental and physical abilities, interests and possibilities.

Choosing a career should be a person's own decision. As for me I have taken my choice. In a year I shall graduate from the college and become a specialist in the field of physical education and sport. A physical education teacher profession is interesting and necessary. It is also important and responsible. Physical education teachers are required to have good professional knowledge how to perform and teach different physical activities. One must truly enjoy being around kids and

teenagers. This is a helping profession and you will be spending a lot of time with a large numbers of pupils.

Secondary school physical education teachers usually have four-six classes a day. Physical education teacher's duties include planning, teaching, coaching, directing and program promotion. After classes the pupils take part in athletic competitions under the teacher's guidance.

Some school children attend sports sections to perfect their sporting skills. To be a teacher in today's secondary schools requires love and attention to children. Teachers bring up, educate and develop young generation. All teachers, beginning and experienced, play a very important role in the process of upbringing, especially if they want their pupils to be healthy and strong. Every teacher must constantly enrich his professional knowledge to work more effectively. Beginning teachers have excellent opportunities to learn and grow as professionals.



1. What is your future profession?
2. Are you going to be a physical education teacher or a coach?
3. Why did you decide to be a specialist in the field of physical education and sport?
4. Why is physical education teacher profession interesting and necessary?
5. What are professional duties of every physical education teacher?
6. How many classes a day usually has a physical education teacher?
7. Must a teacher enrich his professional knowledge?

8. What do school children do to perfect their sporting skills?

HEALTHY LIFESTYLE



► Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought

to take care of their physical and mental health. There are several ways to do it. The state of your body depends on how much time you spend doing sports.

At least everybody must do morning exercises every day. The most healthy kinds of sports are swimming, running and cycling. Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in

vitamins, fat, proteins and etc. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in the wrong way. To be healthy, people should get rid of their bad habits. It's necessary to stop



smoking and drinking much. Everyone should remember that cigarettes, alcohol and drugs destroy both body and brain. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol. In addition it is recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it's hard to follow all these recommendations, but every person have to choose between healthy life style and numerous illnesses.

SPORT AND HEALTHY LIFESTYLE

► The fitness boom of the past decades led to a big rise in the numbers of people participating in sports and activities. Those who pursue the latest fitness fashion are convinced that staying in good physical form requires much more than regular exercise and balanced meals. For anyone who really wants to be healthy, fitness has become an integral part of their lives. A lot of health and fitness club, and public leisure centers indicate the popularity of sports during the past thirty years. There are many opportunities for keeping fit. First of all it's necessary to do exercises. Running, jumping, swimming, bending and stretching are among the most popular exercises. Many people prefer jogging, which is the cheapest and the most accessible sport. Popular running competitions are now held everywhere. The big city marathons have become sporting events. A healthy body becomes a fashion, an ideal of the modern life. Many sports activities have become part of daily Russian life. Football has always been the most popular sport among boys. Playing football is healthy, football also bring people close because in order to win people have to work as a team. The best way to avoid depression caused by the city life is doing exercises. Taking exercise is only one part of keeping fit. It's important to get slim. Some people eat nothing but fruit for several days. But it won't be of any use without proper exercises. Besides to avoid

serious disease one should give up smoking. Smoking should be banned in all public places.

As for me, I'm interested in different kinds of sport. At school we have physical training lesson twice a week. I like to ski in winter. Sometimes the whole family goes skiing at the weekend. In summer I like to swim. I also do some cycling. I'm very fond of hockey. I try to watch every hockey match on TV.

HEALTHY FOOD

► All food is made up of nutrients which our bodies use.



There are different kinds of nutrients: carbohydrates, proteins, fats» vitamins and minerals. Different foods contain different nutrients.

Before we cut down on fat, sugar and salt, we have to know a bit more about the kind of food these things might be in. The biggest problem comes when these things are hidden in other foods: biscuits, crisps, sausages, meat pies, soft drinks and so on.

The best way is to get into the habit of checking the ingredients and nutritional value on the sides of packets although this isn't always easy to do. Another thing to know is, for example, that we do need fat to live, it's an essential part of our diet and physically we couldn't exist without it.

But we all know that to eat much fat is bad for our health. The matter is that there are different kinds of fat. There are fats that are good for us and fats that are bad for us. Eating less of the bad ones and more of the good ones can actually help us to live longer! Bad fats are the saturated fats, found in animal productions, like red meat, butter and cheese.

Friendly fats are the unprocessed fats found naturally in foods like nuts and seeds, olives, avocados and oily fish, including tuna.

One more thing to know is that when food is cooked, its structure changes. It can change the vitamin and nutrient contents of food.

More and more people feel strongly about the way, their food is produced. Nowadays so much of the basic food we eat — meat, fish, fruit and vegetables — is grown using chemicals and additives.

Although fertilizers and pesticides have greatly increased the quantity of food and helped to improve its appearance, there is a growing concern about the effects of these chemicals in the food chain. This concern has led to a growth in the demand for organically grown products.

Today there is another problem. It is modified food, which is cheaper than ordinary one. There is a rumour that such food can cause cancer and other problems. Nobody knows, either it is just an imagined fear or a real problem. This problem could be solved and examined, but it will take some time.

The food we eat, depends on lots of things. Taste is a big factor. Culture, religion and health also play a part in what food we eat. Advertising and social factors also have a big influence.



Income is also an important factor. That is why not surprisingly, money, rather than a lack of knowledge about how to eat well, is at the heart of the problem.

Finally, there are three main messages to follow for healthy eating:

First, we should eat less fat, particularly saturated fat.

Secondly, we are to cut down on sugar and salt.

Thirdly, we must eat more fresh fruit and vegetables.

VOCABULARY



- nutrient - живильна речовина
- carbohydrate — дуглевод
- protein — білок, протеїн
- fat — жир
- to contain — містити
- to cut down on — зменшити прийом чого- л.
- to hide (past hid, p.p. hidden) — ховати, сховати
- crisp — ламкий, тендітний
- to get into the habit of - взяти за звичку
- essential — істотний, життєво важливий
- saturated fat — жири з високим змістом насичених жирних кислот
- butter - масло
- unprocessed fat — неопрацьовані жири
- seed — насіння, насіннячко
- avocado — авокадо, аллігаторова груша
- tuna — тунець
- additive - добавка
- fertilizer — добриво
- pesticide — пестицид, ядохімікат
- to increase - збільшити
- to improve — поліпшити
- concern — інтерес, участь, зацікавлення, відношення
- food chain - харчовий ланцюжок
- to lead (past led, p.p. led) - вести, приводити
- demand - потреба
- modified food - модифікована їжа
- to cause — бути причиною, викликати

- cancer — рак (онкологія)
- fear — страх, острах, побоювання
- to solve - вирішувати
- to depend on — залежати від
- income — прибуток; заробіток
- lack — недолік, нестаток; відсутність чого-небудь.



1. What nutrients do you know?
2. What are the main things to know about food we eat?
3. What fats are good?
4. What fats are dangerous for our health?
5. What are the main factors that determine the food we eat?
6. What are three main messages to follow for healthy eating?

MY ATTITUDE TO SPORTS

► Let me tell you about my own attitude to sports and sportsmen.

To begin with I must say that sport is one of the things that always keep people fit. I think that everyone must do all he can to be healthy. Physically inactive people get older earlier than those who have plenty of exercises. If you do daily exercises regularly, you feel refreshed, have a good posture and that makes you feel well.



Wise people say that good health is a great blessing. Everyone should do all possible to stay healthy. Being in good health means

- to do daily exercises — щодня робити фізичну зарядку
- to feel refreshed [rɪ'freʃt] — почувати себе бадьорим, оновленим
- posture ['pɒstʃə] — поза; положення, постава
- blessing ['blesɪŋ] — благо; щастя; щасливий дар
- disease [dɪ'zi:z] — хвороба
- truthful ['tru:θfʊl] — вірний, правильний; правдивий (про людину)
- competitions [,kɒmpɪ'tɪʃ(ə)n] — змагання
- wrestling ['reslɪŋ] — боротьба
- callisthenics [,kælis'thenɪks] — ритмічна гімнастика



1. Why should people go in for sports?
2. Is it difficult to choose the kind of sport you would like to go in for?
3. Why are the lessons of physical training at school so important?
4. What kind of sport are you fond of?
5. Why are you fond of this kind of sport?

THE IMPORTANCE OF SPORT

► Sport is an important part of today's society and plays an important role in many people's lives. Now more than ever, sport events dominate headlines and athletes have become national heroes.

From a social standpoint, sport plays a positive role in uniting people from different social backgrounds in support of their favourite team. This can help people's understanding and

tolerance of each other. However, just as sport unites people so it can divide them, as is often demonstrated by crowd violence at football matches.

As far as education is concerned, sport is an important part of every child's schooling, as it plays a big role in both their physical and mental development. It teaches children how to work as part of a team and cooperate with others, while at the same time improving physical condition. The only drawback to this is that children who are less able to perform well in sport are likely to feel inadequate in comparison to their more gifted classmates which may affect their self-confidence.

From an economic point of view, sport can be very profit and advertising. On the one hand this creates revenue for the sporting industry which allows for improvement and expansion. On the other hand large sums of money are often paid to event organisers to promote products such as cigarettes, which are harmful to one's health.

Sport should be used as much as possible to encourage people to lead a more healthy and peaceful life instead of being used to promote unhealthy products.

VOCABULARY



- background – походження
- comparison – порівняння
- concern – стосуватися, відноситися
- condition – стан
- crowd – натовп
- dominate – переважати
- drawback – перешкода, завада
- event – подія
- expansion – розширення
- harmful – шкідливий

- headline – заголовок
- however – однак
- mental – розумовий
- peaceful – мирний
- revenue – дохід
- society – суспільство
- standpoint – точка зору
- to concern – відноситися
- to cooperate – співпрацювати
- to divide – ділити
- to encourage – підбадьорювати, заохочувати
- to promote – сприяти, допомагати
- to unite – об'єднувати
- violence – сила, жорстокість

THE 4 MOST IMPORTANT TYPES OF EXERCISE

► Exercise is the key to good health. But we tend to limit ourselves to one or two types of activity. “People do what they enjoy, or what feels the most effective, so some aspects of exercise and fitness are ignored,” says Rachel Wilson, a physical therapist at Harvard-affiliated Brigham and Women's Hospital. In reality, we should all be doing aerobics, stretching, strengthening, and balance exercises. Here, we list what you need to know about each exercise type.

1. Aerobic exercise

Aerobic exercise, which speeds up your heart rate and breathing, is important for many body functions. It gives your heart and lungs a workout and increases endurance. “If you're too winded to walk up a flight of stairs, that's a good indicator that you need more aerobic exercise to help condition your heart

and lungs, and get enough blood to your muscles to help them work efficiently,” says Wilson.

Aerobic exercise also helps relax blood vessel walls, lower blood pressure, burn body fat, and lower blood sugar levels, reduce inflammation, boost mood, and raise “good” HDL cholesterol. Combined with weight loss, it can lower “bad” LDL cholesterol levels, too. Over the long term, aerobic exercise reduces your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls.

Aim for 150 minutes per week of moderate-intensity activity. Try brisk walking, swimming, jogging, cycling, dancing, or classes like step aerobics.

2. Strength training

As we age, we lose muscle mass. Strength training builds it back. “Regular strength training will help you feel more confident and capable of daily tasks like carrying groceries, gardening, and lifting heavier objects around the house. Strength training will also help you stand up from a chair, get up off the floor, and go upstairs,” says Wilson.

Strengthening your muscles not only makes you stronger, but also stimulates bone growth, lowers blood sugar, assists with weight control, improves balance and posture, and reduces stress and pain in the lower back and joints.

A physical therapist can design a strength training program that you can do two to three times a week at a gym, at home, or at work. It will likely include body weight exercises like squats, push-ups, and lunges, and exercises involving resistance from a weight, a band, or a weight machine. “Remember, it's important to feel some muscle fatigue at the end of the exercise to make sure you are working or training the muscle group effectively,” Wilson says.

3. Stretching

Stretching helps maintain flexibility. We often overlook that in youth, when our muscles are healthier. But aging leads to a loss of flexibility in the muscles and tendons. Muscles shorten and don't function properly. That increases the risk for muscle cramps and pain, muscle damage, strains, joint pain, and falling, and it also makes it tough to get through daily activities, such as bending down to tie your shoes. Likewise, stretching the muscles routinely makes them longer and more flexible, which increases your range of motion and reduces pain and the risk for injury.

Aim for a program of stretching every day or at least three or four times per week. Warm up your muscles first, with a few minutes of dynamic stretches – repetitive motion such as marching in place or arm circles. That gets blood and oxygen to muscles, and makes them amenable to change. Then perform static stretches (holding a stretch position for up to 60 seconds) for the calves, the hamstrings, hip flexors, quadriceps, and the muscles of the shoulders, neck, and lower back. “However, don't push a stretch into the painful range. That tightens the muscle and is counterproductive,” says Wilson.

4. Balance exercises

Improving your balance makes you feel steadier on your feet and helps prevent falls. It's especially important as we get older, when the systems that help us maintain balance – our vision, our inner ear, and our leg muscles and joints – tend to break down. “The good news is that training your balance can help prevent and reverse these losses,” says Wilson.

Many senior centers and gyms offer balance-focused exercise classes, such as tai chi or yoga. It's never too early to start this type of exercise, even if you feel you don't have balance problems. You can also go to a physical therapist, who can determine your current balance abilities and prescribe specific exercises to target your areas of weakness. “That's

especially important if you've had a fall or a near-fall, or if you have a fear of falling,” explains Wilson.

Typical balance exercises include standing on one foot or walking heel to toe, with your eyes open or closed. The physical therapist may also have you focus on joint flexibility, walking on uneven surfaces, and strengthening leg muscles with exercises such as squats and leg lifts. Get the proper training before attempting any of these exercises at home.



1. Who is a physical therapist?
2. What are the benefits of aerobic exercises?
3. Why is strengthening so important for us?
4. Enumerate all the weight exercises from the text and if it is possible name out some of your own.
5. What types of stretching do you know? What are their peculiarities?
6. What are the typical balance exercises?

PHYSICAL TRAINING LESSON

► As we are students of Physical Education we have a physical training lesson almost every day. We can have our PT lessons in the gymnasium, swimming pool, sports hall or on sports ground. Before the PT lesson we put on our sport uniform. Every PT lesson consists of 3 parts: preliminaries, main part of the lesson and conclusion. At the beginning of the lesson the coach gives the



command: “Line up!”/“Fall in!” We line up in a single or double file. Next come the commands: “Dress!”, “Eyes right/left/front!”. One of the students of our group gives the report. He says: “Shun! Our group is ready for our physical training lesson”. Then comes the coach’s greeting and he gives the command: “At ease!”. We stand relaxed while he explains healthy and educational tasks of the lesson. We always begin our lesson with free standing exercises. During the lesson our coach gives different commands: “Attention! Count in twos! Right turn! Forward march! Round about turn! Double time march! Slow down! Keep in step! Break!” and others. We perform different exercises depending on the kind of sport in which we engage.

From time to time we are given series of tests such as sit and reach, sit up, push up, running vertical jump, sprint test, (gymnastics, track-and-field athletics), quick strike, punching speed and punching power (boxing), lane agility, sprint 3/4 court, max touch (basketball), intermittent shuttle test, FIFA interval test (soccer/football) swimming beep test, swimming step test (swimming) and others. Testing clearly identifies strengths and weaknesses so athletes and coaches can adjust training and competition schedules accordingly using objective data, not guesswork. We can test an athlete’s abilities in all aspects of any sport. We measure speed, agility, endurance and accuracy in any combination thereof up to the highest level. The possibilities are truly limitless. At the end of the lesson we again line up in a single file. The coach analyses our work during the lesson and we get marks. Than we say good-bye to our coach and our lesson is over.

QUESTIONS



1. What are the main parts of the lesson?
2. Where does your physical training lesson take place?
3. How many times a week have you a physical training lesson?
4. What do you do before you come to the sports hall?
5. Who gives the report at the beginning of the lesson?
6. You stand relaxed while your coach explains the object of the lesson, don't you?
7. What commands does your coach give during the lesson?
8. What do you usually do at the end of the lesson?

SPORT COMPETITION

► Athletes compete in organized, officiated sports events to entertain spectators. Most summer and winter sports are considered competitive.

Sport competition is generally broken down into three categories: individual sports, dual sports and team sports. Such sports as archery, gymnastics, wrestling are considered individual ones; tennis, beach volleyball, synchronized swimming

are dual sports. Baseball, basketball, football, hockey belong to team sports. For example, in a game of basketball two teams compete against one another to determine who can score the most points.



Professional sports are intense and extremely competitive while recreational sports are often less intense and enjoyable by many spectators. While most sport competitions are recreation, there exist several professional sports leagues in the world. A regularly scheduled (for instance, annual) competition meant to determine “the best” competitor of a cycle is called a championship.

Umpires, referees and other sports officials usually watch the game; determine any violations established by the rules of various sports. Regardless of the sport, the job is highly stressful because officials often make a decision in a split second; sometimes resulting in disagreement among competitors, coaches and spectators. Many athletes train all the year round to be in excellent form and peak physical condition because competitions at all levels are extremely intense. They spend many hours each day perfecting their sporting skills or improving teamwork under the guidance of a coach. Some athletes work regularly to gain muscle and stamina and to prevent injury.

Athletes must also keep to diets during their sports season to supplement any physical training program.

Competitive sports are governed by certain rules agreed upon by the participants. Violating these rules is considered to be unfair competition. The world`s greatest international competition is known as the Olympic Games. Thousands of the best athletes from many countries of the world compete against each other in individual, dual and team sports. Over 1 billion people watch the games on TV. Ukrainian athletes are in good form and compete in all big national and international competition. The winners of sport competitions receive cups, prizes, medals.



1. What sports events do athletes compete to entertain spectators?
2. Are most sports considered competitive?
3. Name some individual, dual and team sports.
4. How do athletes prepare for competition?
5. What are competitive sports governed by?
6. The world`s greatest international competition is known as the Olympic Games, isn`t it?
7. Do Ukrainian athletes compete in all big national and international competition?
8. What do the winners of sport competitions receive?

THE HISTORY OF THE OLYMPIC GAMES

► Long ago ancient Greeks often waged wars. Small states suffered and lost much even if they did not take any side and stayed out of wars. The ruler of such a small state, Elis, wanted to live in peace with all neighbours. He was a good diplomat because his negotiations were successful and Elis was recognized a neutral state. To celebrate this achievement, he organized athletic games.



In the beginning this feast lasted one day, but later a whole month was devoted to it. All wars and feuds were stopped by special heralds who rode in all directions of Greece.

The games were held every four years in Olympia on the territory of Elis. The first games which later were called the Olympic Games were held about a thousand years before our era.

Usually the Olympic Games began before the middle of the



summer. Best athletes arrived from many Greek states to Olympia to compete in running, long jumps, throwing of discus and javelin and wrestling. In the course of time fist fighting (boxing) and chariot races were also included

in the Games.

All athletes took an oath that they had been preparing well for the Games and promised to compete honestly and keep the rules of the sacred Olympics. The athletes took part in all kinds of competitions. Winners were called «olympionics», they were awarded olive wreaths and cups of olive oil. This tradition has survived. In our time sportsmen often get cups and wreaths for winning the first place in sports competitions.

The olympionics of ancient Greece became very popular. Best craftsmen were chosen to make honorary cups, many poets wrote and recited in public poems about the best athletes. Sculptors made their statues which were put up at the birthplace of the winners.



The Olympic Games were accompanied by arts festivals. Poets recited their poems, singers sang hymns dancers danced and orators pronounced speeches — all this in honour of the sacred Games.

Only men could take part in the Olympic Games. Women were not allowed even to watch the competitions at the stadium under the fear of death penalty. There was a single exception, when a woman coached her son and accompanied him to the stadium in men's clothes. That brave woman was spared the penalty because her son excelled in many events.

Magnificent strong bodies inspired artists and sculptors. They painted wall pictures and made statues of marble and bronze, so now we can admire the corporal beauty of ancient and eternally young discus thrower, javelin bearer and others.

The Olympic Games had been held for about eleven hundred years, until the emperor Theodosius banned them for religious reasons in 394 A. D.

The revival of the Olympic Games began long time afterwards, in 1892, when a young French teacher Pierre de Coubertin made a public speech before the Union of French sports clubs in Paris.

At that time many people in many countries practised various kinds of sports and games. They wanted to make friends and compete with sportsmen from other lands. Pierre de Coubertin understood the importance of sports which unified peoples of the world and served the cause of peace like in ancient time.

On the 23rd of June 1894 the International Congress of amateur sportsmen made an important decision: to revive the Olympic Games and to establish the International Olympic Committee which would be responsible for the administration of the modern-Olympic Games.

The first Committee consisted of 12 members. Now 82 members of the International Olympic Committee control the affairs of all member countries which joined the Olympic movement.

VOCABULARY



- to wage wars — вести війни
- ruler — правитель
- feast — свято
- herald — гонець, посланник
- javelin — спис
- sacred — священний
- wreath — вінок
- chariot races - перегони
- to be spared the penalty — бути врятованим від покарання

QUESTIONS



1. What did ancient Greeks do long ago? .
2. What did the ruler of a small state want to do?
3. Why did the ruler organize athletic games?
4. How long did the first feast last?
5. When did the Olympic Games begin?
6. How were the winners called?
7. What were the Olympic Games accompanied by?
8. Who was not allowed to take part in the Olympic Games?
9. When did the revival of the Olympic Games begin?

OLYMPIC GAMES

► The world's greatest international sports games are known as the Olympic Games which are held every four years. Thousands of athletes from all over the world compete against each other in individual and team sports. The Olympic idea means friendship, fraternity and cooperation among the people of the world. The Olympic Movement proves that real peace can be achieved through sport. The Olympic emblem is five together linked rings: blue, yellow, black, green and red.

The Olympic Games have a very long history. The first Olympic Games were held in Greece in 776 B.C. These games were part of a festival in honour of God Zeus at the place called Olympia. It was a great athletic festival including competitions in wrestling, boxing, running, rowing and others. The games were for men only. Greek women were forbidden not only to participate but also to watch the Olympics. For the period of the Games all the wars stopped. So the Olympic Games became the symbol of peace and friendship. In 394 A.D. the Games were abolished and not renewed until many centuries later.

The modern Olympic era began in 1894 when Baron Pierre de Coubertin revived the ancient Greek tradition of celebrating health, youth and peace with a sports festival. Baron de Coubertin created the International Olympic Committee (IOC) and the first modern Olympiad took place in Athens in 1896. The IOC is the central policy-making body of the Olympic movement. It is formed by the representatives of all countries which take part in the Olympic Games. The IOC chooses the locations of both summer and winter games, controls the rules of the competitions and selects new Olympic sports. Over one hundred and fifty countries are represented in the International Olympic Committee now. Besides, each country has its National Olympic Committee. The National Olympic Committee of

Ukraine was created in 1990 and recognized by the International Olympic Committee in 1993.

Summer and Winter Games are held separately. The ancient Greeks had no winter sports. Only in 1924 the first Winter Olympic Games were held in France, now they are being held regularly. Ukraine participated in the Olympic Games as an independent state for the first time in 1994 and has sent athletes to compete in very summer and winter Olympic Games since then.

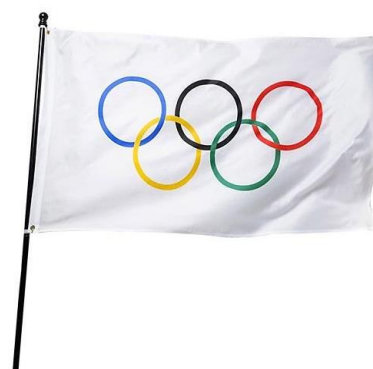


1. How do we call the world's greatest sports competitions?
2. What is the Olympic emblem?
3. When and where did the first Olympic Games take place?
4. Who revived modern Olympic Games?
5. When was the International Olympic Committee set up?
6. Why is the IOC the central policy-making body of the Olympic Movement?
7. When was the Olympic Committee of Ukraine created?
8. Did Ukraine as an independent state take part in the Olympic Games for the first time in 1994?

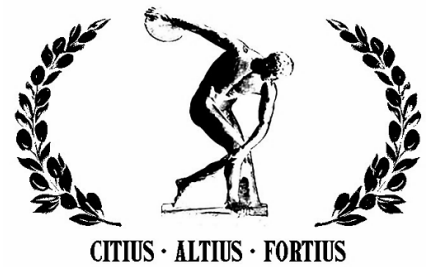
OLYMPIC SYMBOLS

THE FLAG OF THE OLYMPIC GAMES

► In the stadium and its immediate surroundings, the Olympic flag is flown freely together with the flags of the participating countries. The Olympic flag presented by Coubertin in 1914 is the prototype: it has a white background, and



in the center there are five interlaced rings – blue, yellow, black, green, and red. The blue ring is farthest left, nearest the pole. These rings represent the “five parts of the world” joined together in the Olympic movement.



THE MOTTO

► In the 19th century, sporting organizations regularly chose a distinctive motto. As the official motto of the Olympic Games, Coubertin adopted “Citius, altius, fortius,” Latin for “Faster, higher, stronger,” a phrase apparently coined by his friend Henri Didon, a friar, teacher, and athletics enthusiast. Equally well known is the saying known as the “credo”: “The most important thing in the Olympic Games is not to win but to participate.” Coubertin made that statement on a day when the British and Americans were bitterly disputing who had won the 400-metre race at the 1908 London Games.

THE FLAME AND TORCH RELAY



► Contrary to popular belief, the torch relay from the temple of Hera in Olympia to the host city has no predecessor or parallel in antiquity. A perpetual fire was indeed maintained in Hera’s temple, but it had no role in the ancient Games. The Olympic flame first appeared at the 1928 Olympics in Amsterdam. The torch relay was the idea of Carl Diem, organizer of the 1936 Berlin Games, where the relay made its debut. The 2004 relay reached all seven continents on its way from Olympia to Athens. The relay is now one of the most splendid and cherished of all Olympic rituals; it emphasizes not only the ancient source of the Olympics but also the internationalism of

the modern Games. The flame is now recognized everywhere as an emotionally charged symbol of peace.

MASCOTS

► The organizers of the 1968 Winter Olympics in Grenoble, France, devised as an emblem of their Games a cartoonlike figure of a skiing man and called him Schuss. The 1972 Games in Munich, West Germany, adopted the idea and produced the first “official mascot,” a dachshund named Waldi who appeared on related publications and memorabilia. Since then each edition of the Olympic Games has had its own distinctive mascot, sometimes more than one. Typically the mascot is derived from characters or animals especially associated with the host country. Thus, Moscow chose a bear, Norway two figures from Norwegian mythology, and Sydney three animals native to Australia.



ARE THESE SENTENCES TRUE (T) OR FALSE (F)?

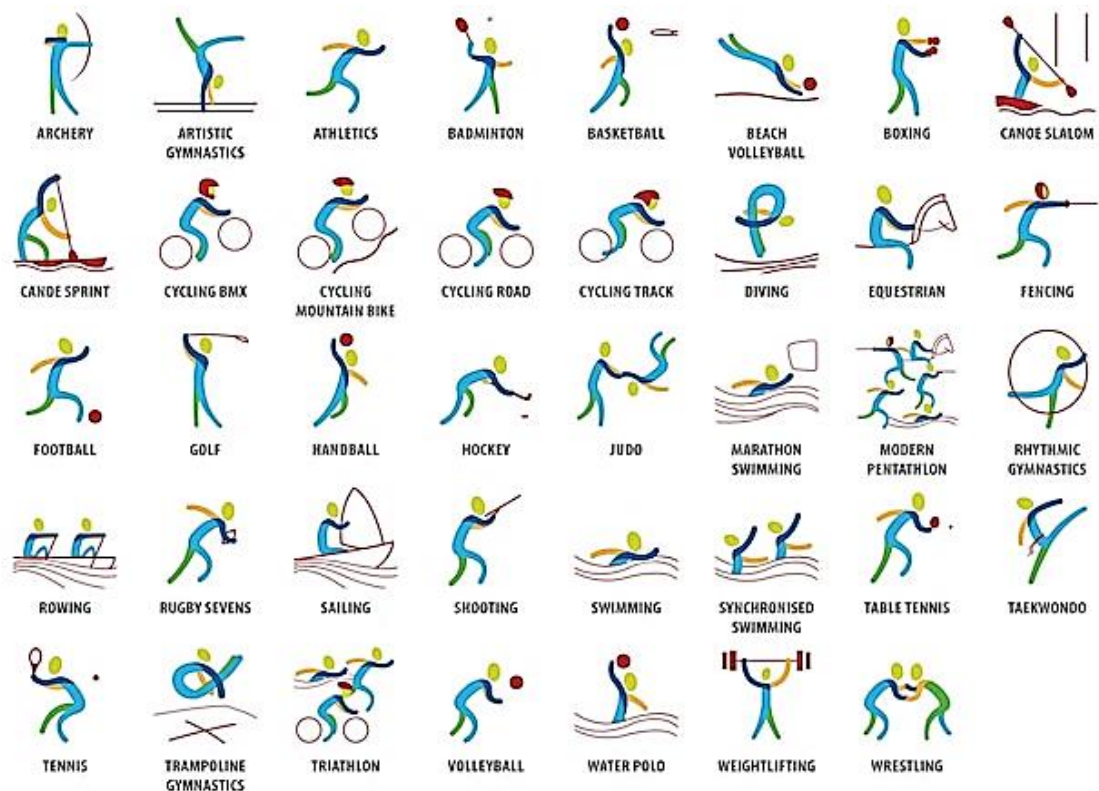
1. The five rings on the Olympic flag represent the “five parts of the world” joined together in the Olympic movement.
2. Henri Didon adopted “Citius, altius, fortius,” as the motto of the Olympics.
3. The torch relay from the temple of Hera in Olympia to the host city has a predecessor in antiquity.
4. The Olympic flame first appeared at the 1928 Olympics in Amsterdam.
5. The flame is now recognized everywhere as an emotionally charged symbol of war.

6. Typically the mascot is derived from characters or animals especially associated with the host country.

TYPES OF OLYMPICS

► Olympic Winter Games have been held separately from the Games of the Olympiad (Summer Games) since 1924 and were initially held in the same year. In 1986 the IOC voted to alternate the Winter and Summer Games every two years, beginning in 1994. The Winter Games were held in 1992 and again in 1994 and thereafter every four years; the Summer Games maintained their original four-year cycle.

The maximum number of entries permitted for individual events is three per country. The number is fixed (but can be varied) by the IOC in consultation with the international federation concerned. In most team events only one team per country is allowed. In general, an NOC may enter only a citizen of the country concerned. There is no age limit for competitors unless one has been established by a sport's international



federation. No discrimination is allowed on grounds of “race,” religion, or political affiliation. The Games are contests between individuals and not between countries.

The Summer Olympic program includes the following sports: aquatics (including swimming, synchronized swimming, diving, and water polo), archery, athletics (track and field), badminton, basketball, boxing, canoeing and kayaking, cycling, equestrian sports, fencing, field hockey, football (soccer), golf, gymnastics (including artistic, rhythmic, and trampoline), team handball, judo, modern pentathlon, rowing, rugby, sailing (formerly yachting), shooting, table tennis, tae kwon do, tennis, triathlon, volleyball (indoor and beach), weightlifting, and wrestling. Women participate in all these sports, whereas men do not compete in synchronized swimming or rhythmic gymnastics.

The Winter Olympic program includes sports played on snow or ice: biathlon, bobsledding, curling, ice hockey, ice skating (figure skating and speed skating), luge, skeleton sledding, skiing, ski jumping, and snowboarding.

Athletes of either gender may compete in all these sports. An Olympic program must include national exhibitions and



demonstrations of fine arts (architecture, literature, music, painting, sculpture, photography, and sports philately).

Paralympic Games, major international sports competition for athletes with disabilities. Comparable to the Olympic Games, the Paralympics are split into Winter Games and Summer Games, which alternately occur every two years. Many of the same Olympic events are included – such as Alpine skiing, cross-country skiing, and biathlon for winter sports and cycling, archery, and swimming for summer sports – although sports equipment for the Paralympics may be modified for specific disabilities. Since the late 20th century the Paralympics have been held in the same city that hosts the corresponding Olympic Games; the Paralympics follow shortly after the Olympics conclude. The International Paralympic Committee, which was founded in 1989 and is based in Germany, governs the Paralympic Games.

Paralympic athletes compete in six different disability groups – amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual disability, and “les autres” (athletes whose disability does not fit into one of the other categories, including dwarfism). Within each group, athletes are further divided into classes on the basis of the type and extent of their disabilities.

The Paralympics developed after Sir Ludwig Guttmann organized a sports competition for British World War II veterans with spinal cord injuries in England in 1948. A follow-up competition took place in 1952, with athletes from the Netherlands joining the British competitors. In 1960 the first quadrennial Olympic-style Games for disabled athletes were held in Rome; the quadrennial Winter Games were added in 1976, in Sweden. Since the Seoul 1988 Olympic Games (and the 1992 Winter Olympics in Albertville, France), the Paralympics have been held at the Olympic venues and have used the same facilities. In 2001 the International Olympic Committee and the

International Paralympic Committee agreed on the practice of “one bid, one city,” in which every city that bids to host the Olympics also bids to hold the related Paralympics.



1. When were the first Winter Games held?
2. Define the maximum number of countries permitted for individual and team events per country?
3. Does any discrimination concerning the participation in Olympic Games exist?
4. Which sports are included into The Summer Olympic Program?
5. Dwell upon Winter Olympic Sports.
6. Can men participate in all the types of the Olympics?
7. What must include any kind of the Olympic program?
8. Which types of sports are included into Paralympic Games?
9. Name out all the disability groups of Paralympic athletes.
10. What do you know about the history of Paralympic Games?

SPORTS SUPERSTITIONS

► Players and fans have their ways of avoiding bad luck.

Some sports superstitions are stranger than others. For example, Michael Jordan (a graduate of North Carolina) always wore his blue North Carolina shorts under his Bulls uniform for good luck. Here are some common superstitions in the world of sports.

BASEBALL. Baseball players may be the most superstitious. Spitting into your hand before picking up the bat is said to bring good luck. It is bad luck if a dog walks across the

diamond before the first pitch. Lending a bat to a fellow player is a serious jinx.

BASKETBALL. The last person to shoot a basket during the warm-up will have a good game.

Wipe the soles of your sneakers for good luck. Bounce the ball before taking a foul shot for good luck.

FOOTBALL. Double numbers on a player's uniform brings good luck. It's bad luck for a professional football player to take a new number when he is traded to another team.

ICE HOCHEY. It is bad luck for hockey sticks to be crossed. Players believe they'll win the game if they tap the goalie on his shin pads before a game.

Many players must put their pads and skates on in exactly the same order every day.

TENNIS. It's bad luck to hold more than two balls at a time when serving. Avoid wearing the colour yellow. Avoid stepping on the court lines.

VOCABULARY



- to avoid – уникати
- to bounce – підстрибувати. відскакувати
- common – загальний, спільний, звичайний
- diamond – ромб
- exactly – якраз, саме
- foul shot – вільний кидок
- graduate – випускник
- jinx – знак, що приносить нещастя
- pitch – подача

- serve – подача (м'яча)
- shin pads – щитки на гомілці
- sneakers – кросівки
- sole – підошва
- to spit – плювати
- stick – палиця
- strange – дивний, незвичайний
- superstition – забобон
- to tap – хлопати
- to bring – приносити
- to pick up – піднімати
- to shoot – робити сильні удари (по м'ячу)
- to wipe – витирати
- to trade – обмінювати
- winning streak – смуга перемог
- to step – ступати

SPORT IN UKRAINE

► Ukrainian people are fond of sports and games. Professional and amateur sports are very popular in our country. The most popular sports in our country are football, basketball, volleyball, swimming, ice hockey, figure skating, tennis and gymnastics. Thousands boys and girls train in sports schools and sports sections. All necessary facilities are provided for Ukrainian people: stadiums, sports grounds, swimming pools, skating rinks, skiing stations, football fields.

Ukrainian sports have many glorious pages. In all times our sportsmen have been the strongest in many kinds of sports. Our sportsmen with brilliance defend the honour of our Ukrainian flag in all big national and international competitions. The

Ivano-Frankivsk Hoverla basketball and Zaporizhia's Orbita volleyball teams enjoy great popularity with their fans. The Ukrainian school of gymnastics is recognized in the world. Its representatives – Lilia Podkopayeva, Anna Bezsonova, Olena Vitrychenko, and Olexandra Tymoshenko have won world and European Championships. Serhiy Bubka, eight times world champion and Olympic champion in the pole-vaulting holds 35 world records. He has been named World's Best Athlete.

Ukraine first participated at the Olympic Games as an independent country in 1994 and has sent athletes to compete in every Summer and Winter Olympic Games since then. The best Ukrainian athletes set up new national, world and Olympic records. A team of 238 Ukrainian athletes competed in 21 sports at the 2012 Summer Olympics in London. Among the winners of the 30-th Olympic Games are Yana Shemyakina (fencing), Olexiy Torokhtiy (weightlifting) Yuriy Cheban (canoeing), Vasyl Lomachenko (boxing), Olexandr Pyatnytsya (Athletics), Valeriy Andriitsev (wrestling) and others. These and many other victories of Ukrainian sportsmen give hope to their fans for future records and Olympic medals.



1. Are Ukrainian people fond of sports and games?
2. Name the most popular sports in our country.
3. Ukrainian wrestler I. Piddubniy was a real legend throughout Europe in the 19-th century, wasn't he?
4. What prominent names does Ukraine give the international sports arena today?
5. Give some examples of the most brilliant Ukrainian athletes' achievements in different sports.

6. When did Ukraine participate at the Olympic Games as an independent country for the first time?
7. Do Ukrainian athletes set up new national, world and Olympic records?
8. What can you say about the participation of Ukrainian athletes in the 30-th Olympic Games in London?

SPORT IN GREAT BRITAIN

► The British have a reputation for being mad about sports. In fact they like watching sports more than playing it. The British are spectators and the most popular spectator sports are football and cricket.

The game of football was first played in Britain and later people began to play football in other countries. The football league in England and Wales has four divisions. Each division contains twenty teams. There are two main prizes each season. The football league championship is won by the team that is top of the first division. The final of this competition takes place every May at the famous Wembley stadium in London. Some of the best-known clubs in England are Manchester United, Liverpool and Arsenal.

Cricket is the favourite summer sport. A typical amateur cricket match takes place on a village green, an open space in the centre of the village. It is played between two teams – the “home” team and the “visitors” who come from another village. Rugby is another popular British sport which is played in other countries. It is also called rugby football. There are two forms of rugby football: the amateur game and the professional game. The two games have different rules. Cricket is considered to be the English national game. Its rules are very complicated. It is played by two teams of eleven men each; the player at a time tries to hit the ball with a bat.

Golf is the Scottish national game. It originated in the 15th century and the most famous golf course in the world, known as the Royal and Ancient Club, is at St. Andrew's. Lawn tennis was first played in Britain in the late 19th century. The most famous British championship Wimbledon played annually during the last week of June and the first week of July.

Those are the most popular kinds of sport in the UK. But there are many other popular sports such as swimming, boxing, horse racing and traditional fox hunting.



1. What reputation do the British have?
2. What are the most popular games in England?
3. How many divisions does league in England and Wales have?
4. Name the most famous football clubs in England.
5. When and where is the Football Association Cup final played?
6. What is considered to be the English national game?
7. What is the name of the Scottish national game? When did it originate?
8. What do you know about Wimbledon?

EXTREME SPORTS

Speed, excitement, danger... You can find all these in the different extreme sports.

An extreme sport, also called free sport, action sport and adventure sport is a popular term for certain activities perceived as having a high level of inherent danger. It gained popularity in the 1990s when it was picked up by marketing companies to promote the X Games. Extreme sports are rarely sanctioned by

schools. Extreme sports tend to be more solitary than traditional sports. Rafting and paintballing are notable exception, as they are done in teams. In addition, beginning extreme athletes tend to work on their craft without the guidance of a coach. Extreme sports like windsurfing, auto racing, bungee jumping, cave diving, freestyle scootering, ice climbing, motorcross, mountain bike, paragliding, rock climbing, scuba diving, skydiving, snowboarding.

Take bungee jumping. You jump off a bridge and you fall and fall, and then, just before you hit the ground or water, an elastic rope pulls you back. In sky surfing you jump out of aeroplane and use a board to “surf” the air, doing gymnastics in mid-air! And extreme sports on land can be just as dangerous.

Winter sports have always an element of danger. For example snowboarding, which has all the excitement of surfing but on snow, is more dangerous even than skiing. Probably the most dangerous of all the new winter sports is snow rafting. You sit in a rubber boat and sail down a mountain at great speed – and you can't control the boat!

Of course, water sports have always been fun. Ice diving is for those people who are absolutely crazy. You put on diving equipment and dive under a frozen lake. And, if that's not enough, you try to walk upside down on the ice! I feel cold just thinking about it.

VOCABULARY



- adventure – пригода, ризик
- certain – певний
- craft – судно. літак
- danger – небезпека
- equipment – обладнанняг. оснащення
- exception – виняток
- excitement – збудження, хвилювання

- extreme – крайній, екстремальний
- guidance – керівництво
- inherent – властивий. притаманний
- notable – визначний. помітний
- raft – пліт
- rarely – рідко, нечасто
- rope – канат, мотузка
- solitary – окремий. поодинокий
- speed – швидкість
- to gain – вигравати, здобувати, одержувати
- to perceive – сприймати. розуміти
- to promote – сприяти. допомагати
- to pull – тягти, відтягувати
- to sanction – схвалювати

SUMMER AND WINTER SPORTS

► People all over the world are fond of sports and games. Sport makes people healthy and strong. Millions of people begin their working day with morning exercises. Many people, both adults and children, are members of various sports groups and societies. At their disposal there are many stadiums, Palaces of Sport and swimming pools. So we can play football and volleyball or swim in winter and skate or ski in summer. But nevertheless we differ winter and summer sports.

Winter sports are skating, figure skating, skiing, ice hockey, ski jumping and others. Some people prefer to be out of town in frosty weather. They like to sledge or to ski in the woods. Many people greatly enjoy figure skating and ski jumping.

Summer kinds of sport are running, jumping, swimming, boxing, wrestling, cycling, weightlifting, fencing, diving, tennis, ping-pong and others. Among outdoor games football takes the

first place in public interest. This game is played in all the countries of the world. The other popular games in different countries are cricket, volleyball, basketball and so on. Badminton is also very popular both with young and old.

All the year round many people go in for boxing, wrestling, gymnastics, track-and-field athletics. Calisthenics 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) there are billiards, ping-pong, draughts and chess. If you want to keep fit you must go in for sport all the year round. So, let's make it our motto.



1. What are people all over the world fond of?
2. What are the most popular outdoor winter sports?
3. Where do some people prefer to spend their weekend in frosty weather?
4. What sports can you go in for in summer?
5. When do many people go in for boxing, wrestling, gymnastics, track-and-field athletics?
6. Who goes in for calisthenics and aerobics?
7. Do you like to play indoor games?
8. What outdoor game are you good at?

THE KING OF FOOTBALL

Edson Arantes do Nascimento was born in 1940 in the small Brazilian town of Três Corações. Young Edson was like many Brazilian boys, he could kick a football almost before he could walk. He grew up spending hours playing football in the street with his friends.

It was when he was playing for the local youth teams that people noticed that there was something very special about young Edson. At 16 the first division club “Santos” took him on as a professional and young Edson’s incredible career had begun.

As a professional he became known as Pelé and the name Pelé was soon famous throughout the world.

When he was seventeen he played for the Brazilian national team and with several brilliant goals he helped his team to win the World Cup in Sweden, in 1958.

In 1961, he scored probably the most spectacular goal ever, when he beat the entire opposition team before scorings.

In the 1962 World Cup in Chile he was injured after two games. In 1966, he had to leave the World Cup in England early because he was injured.

But he went on to play for a superb Brazil side in Mexico in 1970 to win the World Cup for a third time. After his retirement from Brazilian football on 2 October, 1974, he joined the New York Cosmos of the North American Soccer League. A reported \$7,000,000 contract for three years made him the highest paid football player of the North American Soccer League.

He played his last game as a professional on October 1, 1977, in front of a capacity crowd at Giants Stadium against his old club, Santos; he played the first half with the Cosmos and the second half with Santos.

He was awarded the International Peace Award in 1978, and was named “Athlete of the Century” in 1980.

During his career Pelé scored 1,217 goals in 1,254 games, which is an incredible achievement. He became a hero not only in Brazil, but also all over the World.

VOCABULARY



- achievement – досягнення, успіх
- capacity – здібність
- division – дивізіон, подія
- incredible – неймовірний
- injure – поранити
- join – приєднуватися, вступати
- retirement – відставка
- spectacular – захоплюючий
- superb – чудовий
- throughout – по всьому, протягом, упродовж
- to award – нагороджувати (чимсь)
- to notice – помічати, звертати увагу
- to score – вести рахунок, зараховувати (у грі)

PART II

Sport and Games



THE HISTORY OF FOOTBALL



Football (or soccer as the game is called in some parts of the world) has a long history. Football in its current form arose in England in the middle of the 19th century. But alternative versions of the game existed much earlier and are a part of the football history.

The first known examples of a team game involving a ball, which was made out of a rock, occurred in old Mesoamerican cultures for over 3,000 years ago. According to the sources, the ball would symbolize the sun and the captain of the losing team would be sacrificed to the gods.

The first known ball game which also involved kicking took place in China in the 3rd and 2nd century BC under the name Cuju. Cuju was played with a round ball on an area of a square. Other earlier variety of ball games had been known from Ancient Greece. The ball was made by shreds of leather filled

with hair. In the Ancient Rome, games with balls were not included in the entertainment on the big arenas, but could occur in exercises in the military. It was the Roman culture that would bring football to the British island (Britannica).

The most admitted story tells that the game was developed in England in the 12th century. In this century, games that resembled football were played on meadows and roads in England. Besides from kicks, the game involved also punches of the ball with the fist. This early form of football was also much more rough and violent than the modern way of playing. An important feature of the forerunners to football was that the games involved plenty of people and took place over large areas in towns. The rampage of these games would cause damage on the town and sometimes death. These would be among the reasons for the proclamations against the game that finally was forbidden for several centuries. But the football-like games would return to the streets of London in the 17th century. It would be forbidden again in 1835, but at this stage the game had been established in the public schools.

It took, however, long time until the features of today's football had been taken into practice. For a long time there was no clear distinction between football and rugby. There were also many variations concerning the size of the ball, the number of players and the length of a match. The game was often played in schools and two of the predominant schools were Rugby and Eton. At Rugby the rules included the possibility to take up the ball with the hands and the game we today know as rugby has its origin from here. At Eton on the other hand the ball was played exclusively with the feet and this game can be seen as a close predecessor to the modern football. The game in Rugby was called "the running game" while the game in Eton was called "the dribbling game".

An attempt to create proper rules for the game was done at a meeting in Cambridge in 1848, but a final solution to all questions of rules was not achieved. Another important event in the history of football came about in 1863 in London when the first Football association was formed in England. It was decided that carrying the ball with the hands wasn't allowed. The meeting also resulted in a standardization of the size and weight of the ball. A consequence of the London meeting was that the game was divided into two codes: association football and rugby.

The game would, however, continue to develop for a long time and there was still much flexibility concerning the rules. For one thing, the number of players on the pitch could vary. Neither were uniforms used to distinguish the appearance of the teams. It was also common with players wearing caps – the header was yet to be a part of the game yet. Another important difference at this stage could be noticed between English and Scottish teams. Whereas the English teams preferred to run forward with the ball in a more rugby fashion, the Scottish chose to pass the ball between their players.

The sport was at first an entertainment for the British working class. Unprecedented amounts of spectators, up to 30,000, would see the big matches in the late 19th century. The game would soon expand by British peoples that traveled to other parts of the world. Especially in South America and India would the interest in football become big.

I. CHECK YOUR UNDERSTANDING.

1. What do you know about the history of the first ball? How did it appear? What did it symbolize?
2. How were the first ball games played in The Ancient Rome?

3. How and where were the forerunners to football played in England in the 12th century?
4. What is the main distinction between football and rugby?
5. What were the first football rules?
6. What do you know about the development of football as the game in the 19th century?
7. Do you like to play football? Why Yes/No? Who is your favorite footballer? What is your favorite team?

II. FIND THE APPROPRIATE ENGLISH EQUIVALENTS IN THE TEXT.

Сучасний, існувати, командна гра, ударяти ногою, розваги, удар кулаком, передвісник, проголошення, бути забороненим, чисельність гравців, тривалість гри, підхоплювати м'яч руками, мистецтво володіння м'ячем, футбольне поле, передавати/пасувати м'яч між гравцями, глядачі.

III. ARE THESE SENTENCES TRUE (T) OR FALSE (F)?

1. The first known examples of a team game involving a ball, which was made out of a rock, occurred in old Mesoamerican cultures for over 5,000 years ago.
2. Another important event in the history of football came about in 1863 in London when the first Football team was formed in England.
3. The English teams preferred to run forward with the ball in a more rugby fashion and the Scottish chose to pass the ball between their players.
4. The sport was at first an entertainment for the British royal class.
5. The first known ball game which also involved kicking took place in China in the 3rd and 2nd century BC under the name Cuju.

6. In the Ancient Rome, games with balls were included in exercises in the military.

7. It was the Greek culture that would bring football to the British island.

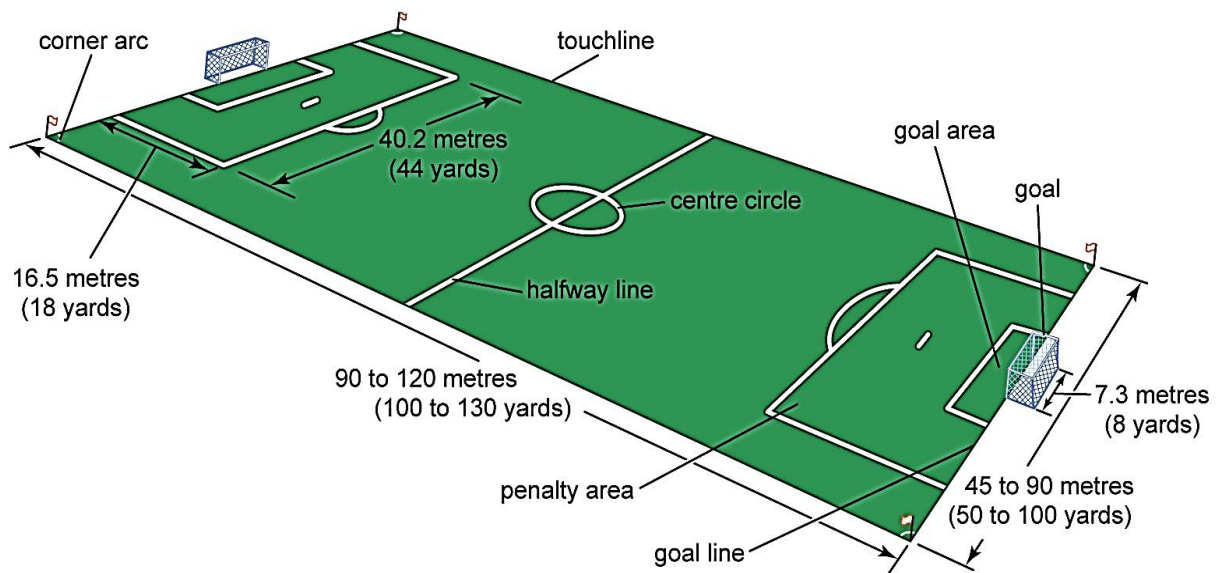
RULES OF FOOTBALL (SOCCER)

A match consists of two 45 minutes halves with a 15 minute rest period in between.

Each team can have a minimum of 11 players (including 1 goalkeeper who is the only player allowed to handle the ball within the 18 yard box) and a minimum of 7 players are needed to constitute a match.

The field must be made of either artificial or natural grass. The size of pitches is allowed to vary but must be within 100-130 yards long and 50-100 yards wide. The pitch must also be marked with a rectangular shape around the outside showing out

A professional football pitch



of bounds, two six yard boxes, two 18 yard boxes and a centre circle. A spot for a penalty placed 12 yards out of both goals and centre circle must also be visible.

The ball must have a circumference of 58-61cm and be of a circular shape.

Each team can name up to 7 substitute players. Substitutions can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side. In the event of all three substitutes being made and a player having to leave the field for injury the team will be forced to play without a replacement for that player.

Each game must include one referee and two assistant referee's (linesmen). It's the job of the referee to act as time keeper and make any decisions which may need to be made such as fouls, free kicks, throw-ins, penalties and added on time at the end of each half. The referee may consult the assistant referees at any time in the match regarding a decision. It's the assistant referee's job to spot offside in the match, throw-ins for either team and also assist the referee in all decision making processes where appropriate.

If the game needs to head to extra time as a result of both teams being level in a match then 30 minutes will be added in the form of two 15 minute halves after the allotted 90 minutes.

If teams are still level after extra time then a penalty shootout must take place.

The whole ball must cross the goal line for it to constitute as a goal.

For fouls committed a player could receive either a yellow or red card depending on the severity of the foul; this comes down to the referee's discretion. The yellow is a warning and a red card is a dismissal of that player. Two yellow cards will equal one red. Once a player is sent off then they cannot be replaced.

If a ball goes out of play off an opponent in either of the side lines then it is given as a throw in. If it goes out of play off an

attacking player on the base line then it is a goal kick. If it comes off a defending player it is a corner kick.

1. MATCHING.

<i>Word</i>	<i>Definition</i>
1. Boxes	a) an area on a sports field that is marked by lines and used for a particular purpose;
2. Pitch	b) an area of ground specially prepared and marked for playing a sports game;
3. Red card	c) an act of using one person or thing in the place of another;
4. Throw-in	d) a kick taken by one team after the ball has been kicked over their goal line by the other team without a goal being scored;
5. Yellow card	e) the act of throwing the ball back onto the playing field after it has gone outside the area;
6. Substitution	f) the official who controls the game in some sports;
7. Referee	g) a way of deciding the winner when both teams have

	the same score at the end of a game. Each team is given a number of chances to kick the ball into the goal and the team that scores the most goals wins;
8. Penalty shootout	h) a free kick that you take from the corner of your opponent's end of the field;
9. Penalty	i) a card shown by the referee to a player as a warning about bad behavior;
10. Linesman	j) an action that is against the rules of the game;
11. Free kick	k) a card shown by the referee to a player who has broken the rules of the game and is not allowed to play for the rest of the game;
12. Goal	l) a chance to score a goal or point without any defending players, except the goalkeeper, trying to stop it; the goal or point that is given if it is successful. This chance is given because the other team has broken the rules;

13. Goal kick	m) an opportunity to kick the ball without any opposition, that is given to one team when the other team does something wrong;
14. Corner kick	n) a frame with a net into which players must kick or hit the ball in order to score a point;
15. Foul	o) an official who helps the referee in some games that are played on a field or court, especially in deciding whether or where a ball crosses one of the lines.

HOW MANY SOCCER PLAYERS ARE THERE ON A TEAM?

Each team has 11 players on a field. This includes 10 outfielders and a goalkeeper. The most common setup is known as the 4-4-2. This has four defenders, four midfielders, and two forwards.

Goalkeeper: The keeper is the only player allowed to use his hands, and that activity is restricted to the rectangular penalty area extending 18 yards from each side of the goal.

Defenders: They play in front of the goalkeeper, and their primary duty is to stop the opposition from scoring.

Midfielders: These players are the link between the defense and attack. They should be able to penetrate deep in enemy territory on attack and make the transition to defense when the opposition retains possession of the ball.

Forwards: Their primary job is to score goals or to create them for teammates. A center forward, also known as a striker, should be a team's leading goal scorer and the most dangerous player in the attacking third of the field.

Captain: The captain is the only player allowed to talk to the referee.

Substitute: A player who comes into play during the game.

Referee: the person who enforces the rules of soccer. He whistles when a foul is committed. He gives yellow cards or red cards.

1. PUT THESE PLAYERS ON THE FIELD:

**Goalkeeper – Defender – Midfielder – Forward – Striker
– Coach – Attack – Defense**

1. _____;
2. _____;
3. _____;
4. _____;
5. _____;

6. _____;
7. _____;
8. _____;
9. _____;
10. _____;
11. _____.



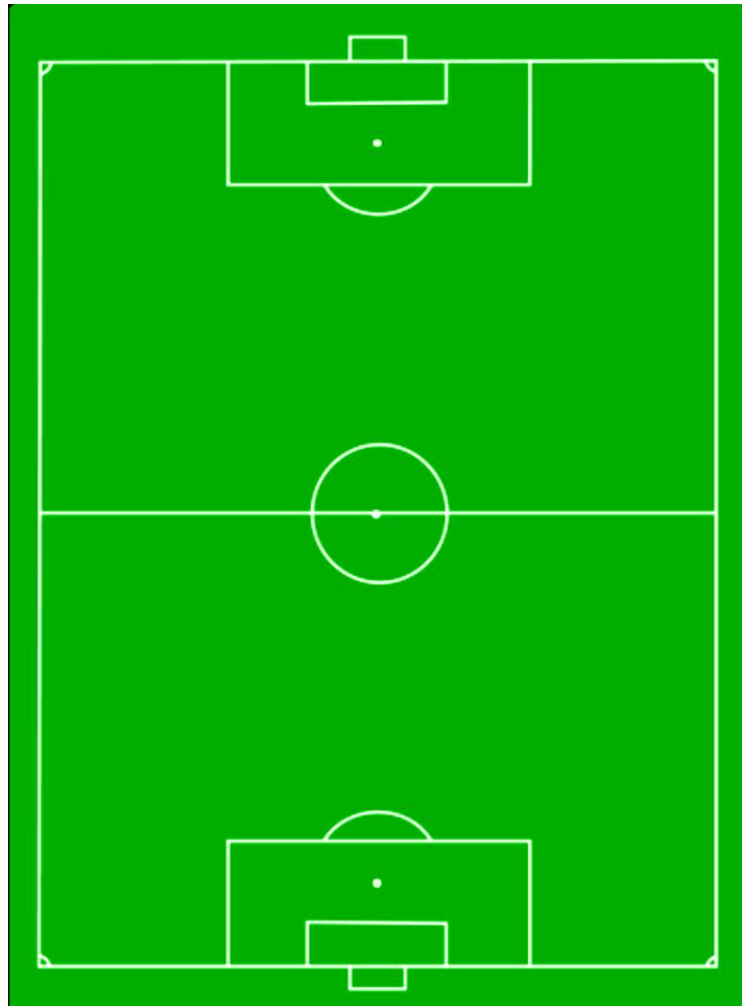
EQUIPMENT

Essentially the equipment that is needed for a soccer match is pitch and a football. Additionally players can be found wearing studded football boots, shin pads and matching strips. The goalkeepers will additionally wear padded gloves as they are the only players allowed to handle the ball.

SOCCER FIELD

2. MARK THE FOLLOWING LINES

1) goal box, 2) goal line, 3)midfield line, 4)center circle, 5) sidelines, 6) penalty arc, 7) center spot, 8) penalty box ,9) penalty spot, and 10) corner arc on the given soccer field.



3. MARK THE FOLLOWING LINES

1) goal box, 2) goal line, 3) midfield line, 4) center circle, and 5) sidelines on the given soccer field.

SOCCER EQUIPMENT HISTORY

In the earliest days of soccer, it seems that all a team needed was a ball to kick around and shoes that protected. That's changed. Soccer equipment today includes much more: shin guards, goalie equipment, soccer referee equipment, football kit

bag, and soccer training equipment, such as flags, cones, agility ladders, and slalom poles.

Soccer equipment begins with the **ball**. Skulls, pig's bladder, and round objects made from animal skins all served to be kicked in competitive, often violent and even ritualistic ways. Pagan customs prompted humans to smack a ball around an open field for the promise of a bountiful harvest, for the ball symbolized the sun.

In the nineteenth century, soccer balls began to be manufactured out of rubber. Charles Goodyear created the first vulcanized rubber soccer ball in 1855. In 1862, H.J. Lindon created the first inflatable rubber bladder, making the ball easier to kick and control without destroying its shape. The English Football Association gave to the ball an official design complete with shape, measurements, and materials from which to make the ball. The first official soccer ball served the first match between US's Oneida Football Club, and a team from the Boston Latin and English schools. The ball stands today on the Boston Common to commemorate that game.

Shoes. In a few hundred years soccer footwear has gone from a pair of heavy leather boots made by Cornelius Johnson in 1525 and famously worn by King Henry VIII, to high-performing lightweight shoes specially designed for kicking, lifting, and manipulating the ball. Having undergone much change over the centuries, the soccer shoe's first traceable history began in the 1800s with the steel-toed work boot. Metal tacks were pounded into the soles for traction. The Football Association's 1863 ruling prohibited only the use of "projecting nails, iron plates," or plastic made from tree rosin projecting out

of the soles or sides of boots. Eventually, the slipper shoe called “soccus” replaced the heavy steel-toed boot, and for once player's feet began to look the same. But much progress was on the horizon for the soccer shoe, as it sought to become more resilient, lightweight, and less prone to absorbing moisture. And that would be the work of the next century. To this day, science and technology have combined to create superior, high performing soccer shoes.

Shin Guards. Safety soccer equipment such as shin guards became more prominent after soccer rules (Laws of the Game – 1863) became a permanent fixture to protect against the brutal forces that soccer was famous for. Shin guards protect the shin from injury during the game. Adidas is known as a leader in design and protection, but other names, such as Umbro, are known for comfort, and many people like Estero.

To get the best fit, make sure the shin guard is appropriate for the age of the wearer. A shin guard should fit snugly around the ankle and underneath the knee, and try them on with socks designed to hold the pad in place. It's also a good idea to try them on with cleats or soccer shoes, and wear them to a few practices to make sure they'll hold up well during a game. The pad should allow free range of motion while arming the shin. When you're shopping for a shin guard, know that they're sized according to the length of the shin. Measuring the length of the shin from an inch above the ankle to an inch just below the kneecap should provide the correct size. Something else to keep in mind about proper fit is to make sure the ankle cup fits snugly around the ankle.

The main job of socks is to support the shin guards. Staying in place is the most important element of any good-fitting sock. They should neither slip down, nor impede circulation.

GOALKEEPER EQUIPMENT

Without the goalkeeper, there would be no points scored in the game. Some people say the goalkeeper is the reason soccer was invented. So soccer goalie equipment is of the utmost importance, and includes gloves, shirts, shorts, pants, and goalkeeper kit.

Gloves. Padded gloves prevent injury resulting from catching the ball. It's best to choose a pair that is durable and flexible. Today's gloves are designed a little stiff for added protection to the fingers. Goalkeeper gloves should be comfortable, good-fitting, and offer great grip.

GOALKEEPER UNIFORMS

Shirt. You might even say the goalkeeper is the distinguished member of the team. His or her shirt is going to look different from that of teammates. Usually it's a different color, and is long-sleeved to prevent injury.

Shorts. Goalkeeper shorts are generally longer and padded compared to those of teammates in order to prevent injury. Often Goalkeepers wear long, padded pants.

Soccer training equipment for the serious team is a must. Training equipment can include the soccer ball machine, corner flags, cones, hurdles, balls, and nets designed to improve speed and agility.

Corner flags come in many choices and styles, such as stakes, spring loaded bases, hollow plastic bases, or a weighted base for fields that cannot take stakes. They all have one thing in common: their height is 5 feet, 60 inches, or 1.42 meters. Whichever the case for your team, it's important that corner flags are well-maintained. And best to find a style that will meet all weather and field conditions.

Marker cones are important as they designate outlying areas of the field.

Other recommended items of training equipment can include spiked pole bases, and passing arcs, which improve passing techniques, and agility ladders, and slalom poles to improve a player's flexibility and speed.

Referee equipment. What would a soccer game be without the referee? There was a time when soccer was played without a referee, or rules for that matter, other than a set of common rules teams would agree on. The referee was added to the game to make sure rules and order are followed. A referee's main duty is to enforce the Laws of the Game. Soccer referee equipment includes a whistle, watch, and of course a uniform.

The whistle. Before the whistle, referees waved a handkerchief in the air to communicate with players. It wasn't until the 1870s with the production of the pea whistle by the ACME Whistle Company that soccer referees began to signal players using a high-pitched device. It is thought that the first whistle was used in a match between Nottingham Forest and Sheffield Norfolk, in 1878. And only recently added to the Laws of the Game, whistles today are used to signal the start, stop, or

delay of play. That, and verbal and body communication, are important tools of any good soccer referee.

The uniform. During soccer's earliest days, a person donning black and white from head to heel would have most likely been a referee, simply known as "man in black". Prior to mid-20th century, the referee often wore a black blazer, or an otherwise bright or eye-catching color, like red, that distinguished him from his team. The referee uniform has changed little. Today, refs and their assistants sport a uniform consisting simply of jersey, socks and shorts. FIFA allows jerseys to come in five colors: black, yellow, red, green and blue. Besides the jersey, refs in most cases must wear black shorts, black socks, with black shoes.

1. Translate the following words and expressions into Ukrainian. Try to create the sentences of your own with them as in the example.

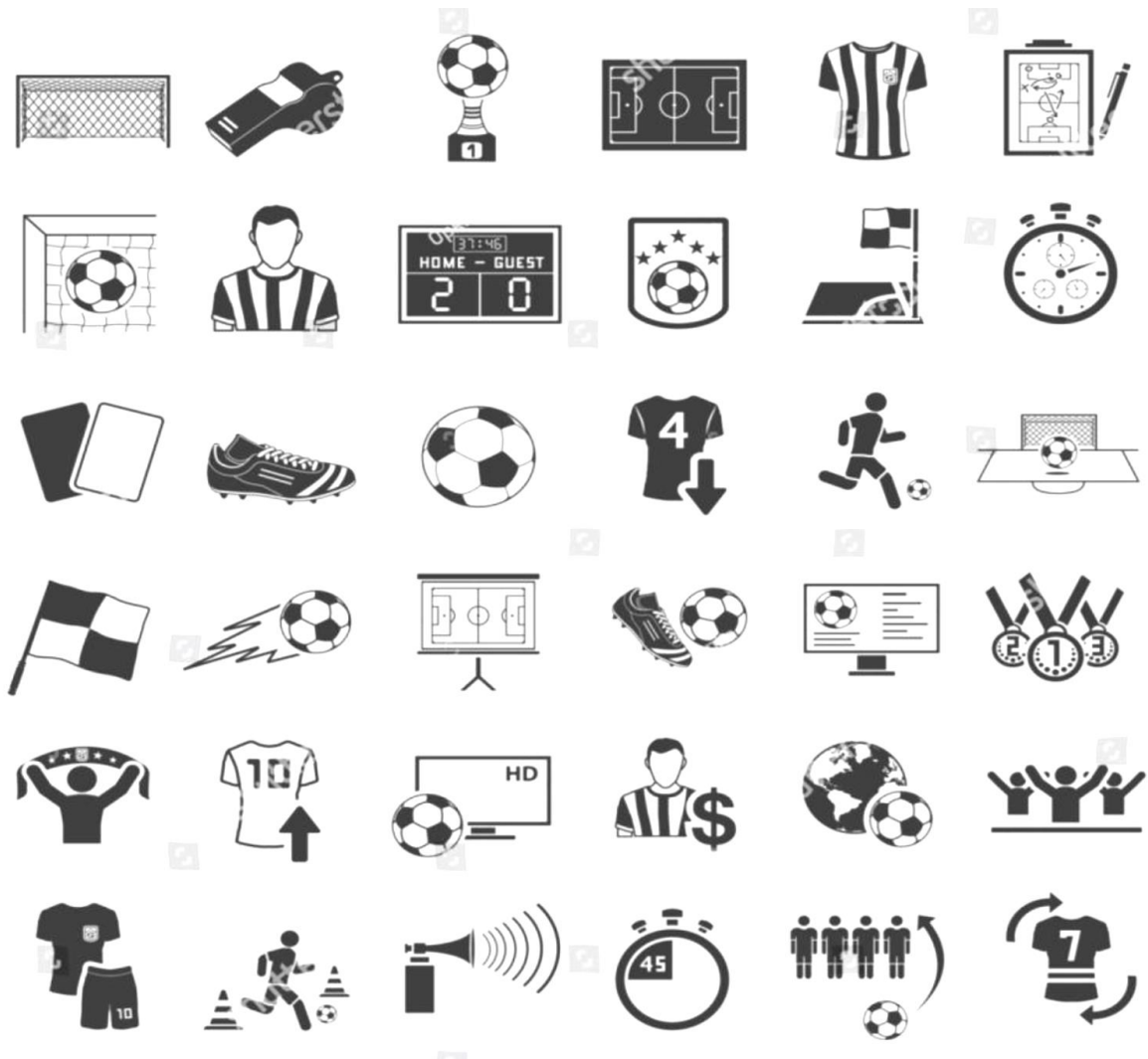
Shin guards, goalie equipment, football kit bag, agility ladders, slalom poles, to smack a ball, to kick and control a ball, to commemorate the game, to be appropriate for, kneecap, ankle, to impede circulation, padded gloves, to offer great grip, teammates, a must, to improve passing techniques, to improve a player's flexibility and speed, to meet all weather and field conditions, to agree on a set of common rules, a delay of play, jersey.

Example: Where can I find replica Iranian soccer jerseys?

2. Try to define all soccer items on the given picture and name them out using the texts above as a prompt.

1. Goal

2. _____
 3. _____ etc.



GOLF

Golf is a sports game in which individual participants or teams try to hit a small ball into special holes with the help of golf clubs. What is important is that the ball needs to be rolled

into the hole with the help of a small number of strokes as possible.

History of Golf

The exact date of the emergence of golf is unknown, but it is believed that it was invented by Scottish shepherds who tried to roll stones into the rabbit holes with their staffs. Although many historians disagree with this, there exists the opinion that golf originated in the Roman Empire and this game was played with the bent sticks and the ball full of feathers. According to other theories, golf appeared in China, during the rule of Ming dynasty. This is proved by a scroll with an image of the emperor who is trying to hit the ball into the hole with something like a golf club. However, modern golf originates from Scotland. The first mention of the game is considered to be the decree of 1457 issued by King James II of Scotland to ban golf, as it distracted archers from training. In this country, there were also invented the rules and the system with 18 holes on the golf course.

Rules of Golf

Before starting the game, one must do the following: Read the local rules of the game. Put an identification mark on the ball. This is necessary for you to distinguish your ball from the others. If the ball cannot be identified, it is considered lost. Check the number of clubs, it is allowed to have no more than 14 pieces. A golf game begins in the starting zone, also known as teeing ground. It called in this way because of the T-shaped stand, on which the ball is put. Ideally, the player should direct the ball to the main zone with the first stroke, then, with the help of next several strokes, he or she should cross it and send the ball to the platform with perfect grass (“green”). In order to roll

the ball into the hole from the green, you must use a special club called putter. In addition to standard rules, there are the following rules of etiquette in golf: Refrain from playing until the moment when the team ahead moves away to a safe distance. Never delay a game. Remove yourself from putting green immediately after all the players in your team have passed the hole. Give the priority to the groups playing faster than you. Repair sod. Remove traces in bunkers. Do not stand on another partner's putting line. Do not put the clubs on the putting green. Put the flag in a careful way.

Golf Course

The golf course consists of a series of holes, each of which has its own starting point. On the starting area, there are two marks that show the permissible boundaries of the zone for the installation of the ball peg. Apart from the starting zone, the golf course also contains a fairway, rough and other obstacles. The final part of the area is the hole, which is marked for easy orientation. The hole is placed on the area with the grass of minimum height, which is called "green". In the remaining areas, the height of the grass may vary; this is done in order to make it difficult for players to pass certain zones. As a rule, the holes are located in the line of sight, from the starting zone to the green. But this is not always the case, if the holes are deviating to the left or to the right, they are called "dogleg left" and "dogleg right", respectively. If the direction is turned twice, the hole is called the "double dogleg". The golf course consists of 18 holes, but there are the courses with 9 holes, in such a case they are passed twice, which adds up to the same 18 holes.

Golf Equipment

Let's start the review of golf equipment with clubs. A player can bring no more than 14 clubs with him to the game, each of them is designed to perform a certain stroke. Golf clubs are divided into two types: "Woods" is the clubs designed to perform strikes at maximum distances. As a rule, such strikes are the first ones. They are called the "woods" because of the wooden heads, although modern woods are made of metal alloys based on titanium. "Irons" are the clubs designed to perform strikes at different distances, depending on the position of the ball. The clubs have obtained this name because their head is made of metal. In addition to the material, the clubs differ in the shape of the heads. Therefore, "pitching wedge" clubs are used for the short-distance strikes with a high trajectory. The inclination angle of such clubs is 50-60 degrees. If the stroke must be made from a sand bunker, then the sand wedge club will be suitable for this as it has a heavy base and a special shape. For the final strokes, players use a club called "putter", it is designed specifically for the strokes on a flat surface that requires great accuracy. In the "wood" and "iron" groups, the clubs are numbered depending on the angle between the shaft and the front striking surface of the head. The smaller the number is, the longer the potential trajectory of the stroke. The difference in the length of strikes performed with the clubs with proximate numbers is about 10 meters.

Another important part of golf equipment is balls. They must have the following characteristics: the diameter must be not less than 4.27 cm; the mass must range from 41 to 46 grams; the surface of the ball should have 300-500 dimples (the larger the dimples are, the higher the ball flies). Considering

the golf balls, it is worth mentioning the “compression” index. In simple terms, compression is the level of deformation of the ball under the influence of the stroke. Its conditional value varies from 0 (when the ball is strongly deformed by the stroke) to 200 (when the ball is not deformed by the stroke). Most of the balls have the compression of 80-100 (they are compressed by 2-3 mm by the stroke). As for the internal structure, balls can consist of one, two, three or more layers. Single-layer balls are ideal for training the beginners due to their low cost. Double-layer balls consist of a hard nucleus and a thin hardcover. They combine low cost, durability, and flying range, therefore, they are suitable for most golf players. Three-layer balls have the elastic thread wrapping over a tight or gel-like nucleus. Such balls can be covered very tightly and sometimes it is very beneficial for athletes. In four-layer balls, there is an additional layer between the wrapping and the cover. The potential of such balls can be revealed only by professionals.

Golf Tournaments

The most prestigious and popular professional tournaments include the following: The Olympic Games. Golf was included in the program of the Olympic Games in 2016. Before that, golf was at the Olympiads only 2 times (1900, 1904). The Masters Tournament is one of the four major tournaments in the golf major series (it is similar to the Grand Slam in tennis). US Open is the annual open golf championship held in the United States. The Open Championship is the oldest golf competition which is held in Britain. It is one of the four tournaments of the major series. Professional Golf Association Championship (PGA Championship) is an annual golf tournament held by the Professional Golfers' Association of America.

1. Are these sentences true (T) or false (F)?

1. The most important rule in golf is the ball needs to be rolled into the hole with the help of a small number of strokes as possible.

2. It is believed that golf was invented by Irish shepherds who tried to roll stones into the rabbit holes with their staffs.

3. In order to start the game a player must put an identification mark on the ball.

4. It is allowed to have no more than 16 clubs per game.

5. As a rule, the holes are located in the line of sight, from the starting zone to the green on a golf course.

6. Golf clubs are divided into two types: “Woods” and “Irons”.

7. Balls in golf must have the following characteristics: the diameter must be not less than 4.25 cm; the mass must range from 41 to 51 grams; the surface of the ball should have 300-500 dimples.

8. Four-layer balls are usually used only by professionals.

9. The Open Championship is the oldest golf competition which is held in Australia.

10. Golf was included in the program of the Olympic Games in 2016.

2. Translate the following word and expressions into Ukrainian from the text above. Try to create the sentences of your own with them.

Individual participants, number of strokes, golf course, a club, teeing ground, to perform a stroke, to roll the ball into the hole, putting line, sod, a ball peg, a fairway, to perform strikes at different distances, a sand bunker, the potential trajectory of the stroke, annual open golf championship.

3. Use the text above as a prompt for defining the following golf equipment and rules and mark them.



TENNIS

Tennis is one of the oldest sports in the world. The name 'tennis' is said to have come from the French expression 'tennis' which means take. The player preparing to serve the ball usually called out this word to the receiver at the other end of the court.

Tennis started off as an indoor game called Court or royal tennis, which used to be played by French and English royalty. It was only in 1873 that 'lawn tennis' (which is popularly played today) was introduced by a British army officer, Major Walter Winfield.

Lawn Tennis was first played on a court shaped like an hour glass and divided by a high hung net. It required speed, agility and a great deal of accuracy in hitting the ball. It soon became popular with the English young people.

Shortly after lawn tennis was introduced in Britain, an English officer who was sent on duty to Bermuda took a long supply of balls and rackets. The game became popular, there too. At that time an American girl by the name of Mary Erwin Outerbridge happened to be visiting the island. When she saw the game of tennis being played, she became very enthusiastic about it. Before returning home to New York, she purchased a few rackets and balls and took them with her.

Miss Outerbridge had hoped to interest her friends in the new game, but the other girls did not take to it first. They feared it was not very lady like to leap and dash about the court. However, the boys, especially her brothers enjoyed it tremendously. Gradually, tennis spread throughout United States and Canada.

In 1877, the first lawn tennis championship matches were held at the old Wimbledon grounds near London. A few changes were made in the game during the championship. The court was no longer hour-glass shaped but was rectangular. The net was lowered and the badminton method of scoring abandoned.

Not long after, tennis began to spread to other countries of the world. Today, it has become popular, a popular sport enjoyed internationally by both the sexes.

1. Choose the correct answer and underline it:

1. Tennis was first played
 - a) by the Japanese
 - b) in China
 - c) in Africa
 - d) by the French and English loyalty.
2. Lawn tennis was originally played in
 - a) a rectangular shaped court
 - b) a square shaped court
 - c) an oval shaped court
 - d) an hour-glass shaped court
3. The skill required in the game of tennis is
 - a) speed
 - b) agility
 - c) accuracy
 - d) all of the above
4. Tennis was brought to America by
 - a) Mayor Winfield
 - b) Mary Erwin Outerbridge
 - c) an English officer
 - d) an American General
5. The first lawn tennis matches were held in
 - a) 1871
 - b) 1875
 - c) 1873
 - d) 1877

2. Answer the following questions.

1. Where did the word 'tennis' originate from and why was this word used?
2. What is lawn tennis?
3. How is the court of lawn tennis divided?
4. How did tennis become known in America?
5. Why did the girls not like tennis initially?
6. What is the difference between tennis played then and tennis as it is played today?
7. What does 'it' in the last paragraph refer to?

3. Are these sentences true (T) or false (F)?

1. Tennis is one of the oldest sports in the world.
2. Tennis was first played in the United States.
3. Tennis started off as an outdoor game.
4. Miss Outerbridge tried to interest her friends to play tennis.
5. Today tennis is played only by men.

TENNIS RULES

Players or teams should be on different sides of the_____. One of the players serves, the other one _____the serve, correspondingly. The server should serve the ball in such a way that it hits the court zone at the opponent's_____. The receiver should redirect the ball to the opponent's side in due time before it falls onto the _____or before it touches the court for a second time. If one of the tennis players misses the ball, his/her opponent gets a_____.

A tennis match consists of “sets”, which, in turn, consist of “games”. Winning games requires _____ points (at least 4 points: 15-30-40-game, while being up by at least two points). When_____, the player has two attempts, during which s/he alternately serves the ball to the left and right service court. After the game is played, the serve goes to the opponent. After an odd number of games are played, players have a minute _____ and the sides are_____.

The player, who is the first to win 6 games, is considered to win the_____. To win a match, the player must win 2 of 3 or 3 of 5 sets. The player, who wins the required number of sets, wins the match. There is a referee at the official matches, who sits on the chair tower. In addition to the referee on the chair tower, there may be line_____, who record the ball entering the court area. In 2006, the age of electronic refereeing systems (Hawk-Eye) began in tennis. These systems determine the place of the ball fall to high_____.

Serving, court, referees, set, point, break, half, net, receives, precision, scoring, switched.

1. Read the text and fill in the words from the box.

Serving, court, referees, set, point, break, half, net, receives, precision, scoring, switched.

2. Read the abstract about the tennis court and the equipment. Do the matching activity after the text.

The tennis court is rectangular, 23.77 meters long and 8.23 meters wide (10.97 meters for doubles matches).

The court has a flat surface with marks on it: Lines along short sides of the court are called baselines, and lines along long sides of the court are called sidelines. Service areas are marked

on the court with the help of service lines, which are parallel to the baselines and the net, at the distance of 6.40 m from the net, and drawn only between the sidelines for a singles game, as well as the center service line, which is drawn in the middle of the court parallel to the sidelines and between the service lines. The center service line is also marked on the net with a vertical white line stretched from the surface of the court to the upper edge of the net.

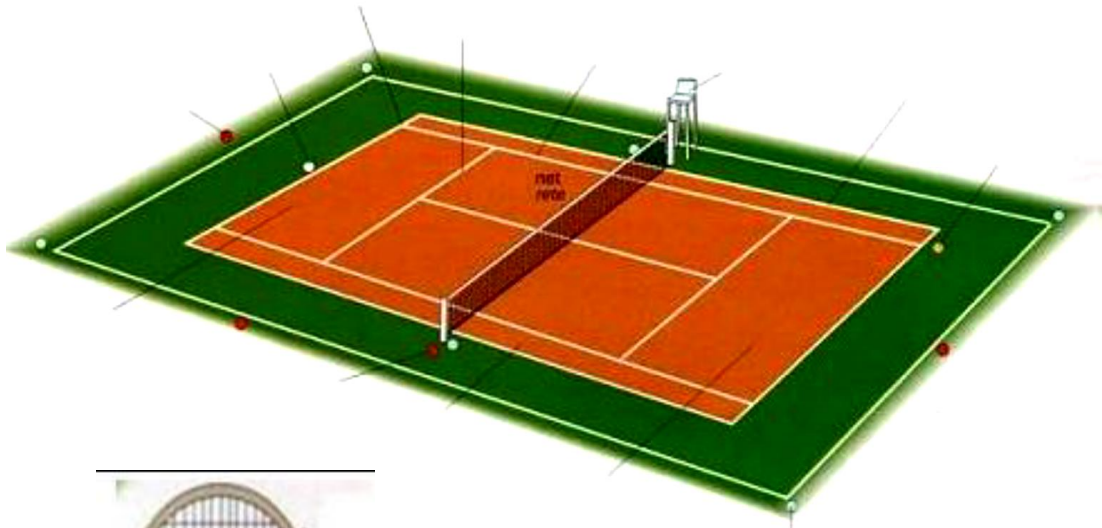
A short mark is placed on the baselines, indicating their midpoint. The net is stretched in the middle of the court. The net is stretched full width and divides the court into two equal parts. The standard net for tennis is 1.07 meters wide and 12.8 meters long, and has square cells with a side of 4 centimeters. Types of tennis court surface: grass, clay, hard synthetic carpet (artificial turf, acrylic). There are other types of tennis court surfaces, such as asphalt, wood or rubber, but they are not used at official matches.

Tennis player equipment is as follows: a tennis racket and ball. The racket consists of a handle and a rounded frame with tightly pulled strings. The frame of the racket is made of complex composite materials (ceramics, carbon fiber, metal). Strings for tennis rackets can be both natural and synthetic. They used to think that natural strings have better properties, but nowadays artificial strings have caught up with natural ones in terms of properties. Interestingly, as a rule, the tension force of horizontal and vertical strings is different. Usually, a tennis racket is chosen individually for each player.

3. Match the word with the picture using the text above as a prompt.

Strokes, net, umpire, strings, forehand, alley, handle, receiver, linesman, tennis racquet, service, service line,

server, singles sideline, tennis ball, ball boy, backhand, doubles sideline, forehand, back court, baseline, net judge, forecourt.



BOXING

Boxing is a contact sport (martial art) in which it is allowed to perform punches only with the fists and with special boxing gloves.

History of Boxing. The history of boxing is traced back more than one thousand years. Various mentions of fisticuffs are found in Egypt (the pictures on frescoes), as well as on Minoan and Sumerian reliefs. According to different sources of information, the first finds date either from 4000 BC or from 7000 BC. It is believed that boxing started to be considered as the type of martial arts in 688 BC when it was included in the program of the ancient Olympic Games. The birthplace of modern boxing is England (early 17th century). The founder and first boxing champion is considered to be James Figg. What is interesting, before being engaged in boxing, James was a famous fencer. Later, he opened the boxing academy and began to teach all those who wanted to learn the art of hand-to-hand combat.

In 1867, the journalist John Graham Chambers developed the first set of boxing rules. Ring size, the weight of gloves, and the duration of rounds were stipulated there. Later, these instructions formed the basis of modern boxing rules. In 1904, boxing was included in the program of the Olympic Games.

Boxing Rules. A boxing match is divided into rounds, each of which lasts from 3 to 5 minutes, depending on the level of such match (amateur or professional). Between rounds, the boxers have 1 minute to rest.

A boxing match ends in the following cases: when one of the boxers is knocked down and is not able to rise for 10

seconds; after the third knockdown (the rule is relevant for title fights administered by the WBA); when one of the boxers is injured and cannot defend himself (technical knockout); If both opponents have survived all the rounds and the knockout has not occurred, then the winner is determined by points. Although, if their score is the same even in terms of points, the boxer who has a higher score in the bigger number of rounds is considered to be the winner. Sometimes the matches end in a draw. In addition to the fact that it is prohibited for boxers to hit with the help of any part of the body except the fist, it is also forbidden for them to hit below the belt, hold an opponent, push, bite, spit, and struggle. The list of prohibited techniques: punch below the belt; punch (or a dangerous movement) with the head; punch to the back of the head; kidneys punch; back punch; open-glove punch (with the edge or the back of gloves, especially with the laces); capturing (of the head, arms, gloves, torso); capturing with punching; bending over; pressing the opponent's face with the help of the hand; turning back on the enemy; pushing the opponent; using ropes for punching; grabbing ropes. The entire course of the bout is controlled by the referee. He can punish the participants for violating the rules by warning, withdrawing points or even by disqualification.

Boxing Ring Size. The ring should have the shape of a square with one side of at least 4.90 m. The maximum distance between the ropes is 6.10 m. When holding international championships, a ring with a side of 6.10 m must be used. The ring must be located on the platform that is at least 91 cm high. But it should be no higher than 1.22 m from the level of the floor or the basis.

Platform and corners. The platform should be constructed according to the safety requirements. It must have a flat floor and be free from any obstacles. It should extend beyond the ropes for not less than 46 cm on each side. In the

corners of the ring, there must be installed four corner posts, which must be well-protected with special pillows or placed in a different manner to prevent possible injuries. The corner pillows should be located as follows: in the nearest left corner (in relation to the table of the Chairman of the jury), there has to be the red one, in the far left corner, there should be a white one, in the far right corner, there should be the blue one, and in the nearest right corner, there should be a white one.

Floor covering. The floor must have a coating of felt, rubber or other approved material with the same elasticity. The thickness of this cover should be not less than 1.3 cm and not more than 1.9 cm. Tarpaulin should be stretched over this cover and tightly attached to it. Felt (rubber or other approved material) and tarpaulin should cover the entire platform.

Ropes. The ring is limited with the help of three or four rows made of 3 cm thick ropes. These ropes must be stretched as tightly as possible between the four corner posts. The ropes must be wrapped with a soft or smooth material. On each side, they must be linked to each other by two connecting elements made of dense fabric that is 3-4 cm wide. These elements must be placed at equal intervals and they must not slip along the rope.

Ladders. The ring must be equipped with three ladders. Two of them must be placed in opposite corners and must be used by boxers and their corner men. The third ladder is placed in a neutral corner and is used by the Referee and Doctors.

Plastic bags. In two neutral corners outside of the ring, there must be placed small plastic bags, where the Referee will throw out cotton wool and tampons used to help the boxers if bleeding occurs.

Boxing equipment. Participants in a boxing match must be dressed and equipped as follows:

Clothing. Boxers must wear lightweight shoes with no spikes and heels, as well as socks, pants (not longer than the knee level), and a tank top covering their chest and back.

Mouthpiece. It is a flexible plastic device used to protect teeth from sports injuries.

Jockstrap. It is used to protect the groin.

Gloves. Red or blue gloves (according to the color of boxer's corner in the ring). They must be provided by the organizers of the competition. According to the requirements of the International Boxing Association, gloves should weigh 284 grams, and the weight of the leather part should constitute no more than half of the total weight.

Boxers' classifications:

Boxers are classified according to **eight (08) weight categories** which are:

Flyweight (50.8kg)

Bantamweight (53.5 kg)

Featherweight (57.2 kg)

Lightweight (61.2 kg)

Welterweight (66.7 kg)

Middleweight (72.6 kg)

Light heavyweight (79.4 kg)

Heavyweight (unlimited).

Refereeing. Competitions and matches are served by the board of referees consisting of the following members: The Chief Referee of the competition supervises the adherence to all the rules and makes the final decision about all the technical issues; Side referees evaluate the actions of boxers and decide

on the outcome of the match; Timekeeper; Public address announcer; Doctor; Supervisor.

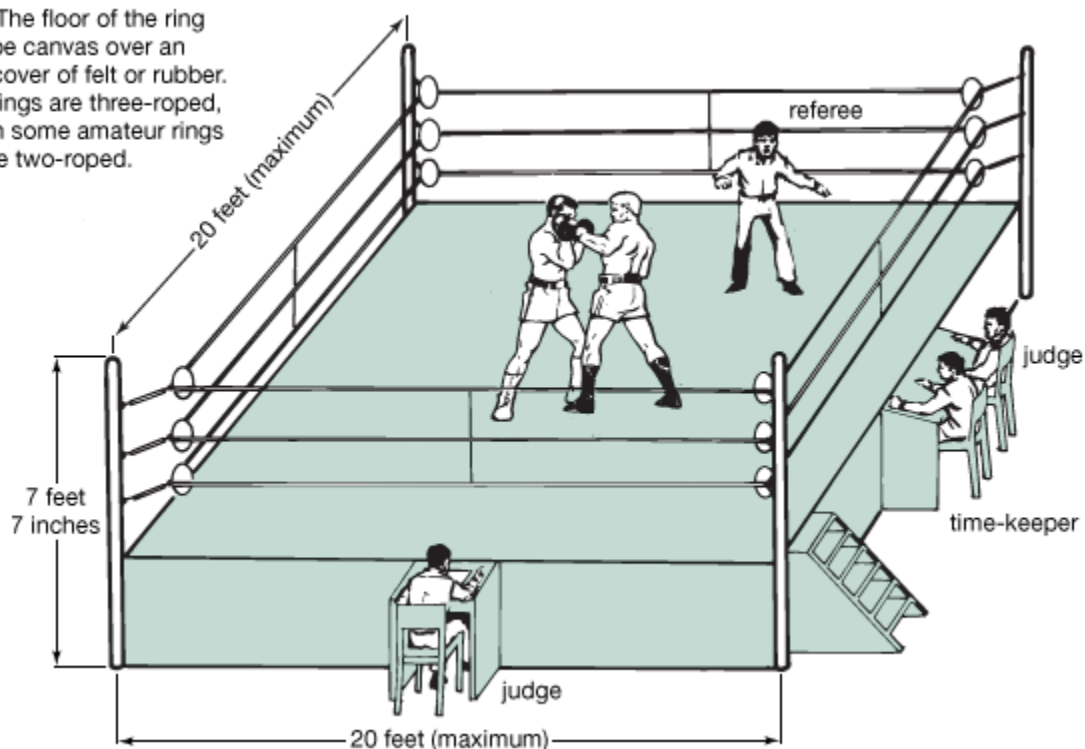
1. *Check your understanding.*

1. What do you know from the history of boxing?
2. Where and when did the first boxing appear?
3. Who was John Grahnen Chambers? What did he do?
4. Call out the major boxing rules.
5. In which cases a boxing match is considered to be ended?
6. Name out the list of prohibited techniques in boxing.
7. What are the main constituents of boxing ring and their peculiarities?
8. Dwell upon the boxing equipment.
9. What categories of boxers do you know?
10. Who can serve boxing matches and competitions?

2. *Use the text above as a prompt in order to mark all the terms concerning boxing and equipment.*

Ring post, corner pad, boxer, referee, timekeeper, rope, turnbuckle, corner, ring step, judge, apron, canvas, trainer, ringside, physician, corner stool, trainer.

Ring: The floor of the ring must be canvas over an undercover of felt or rubber. Most rings are three-rope, though some amateur rings may be two-rope.



3. Use the text above and consult the dictionary to find all the boxing equipment and name it out.

1. _____, 2. _____, 3. _____...



SWIMMING

Swimming is a water sport which consists in overcoming various distances by swimming in the shortest possible time. Regardless of the swimming stroke, sportsmen are allowed to swim no more than 15 meters underwater (at the start or after the turn).

History of Swimming

Numerous findings of archaeologists indicate that people learned to swim a long time ago. Most probably, swimming training was initiated by the search for food and warfare. In 1515, the first swimming competitions were held in Venice. In 1869, the first amateur swimming school was opened in England. Later, similar schools appeared in Sweden, Germany, Hungary, France, the Netherlands, the USA, New Zealand, Russia, Italy, and Austria. At the end of the 19th century, water sports became extremely popular. The prerequisite for this was the appearance of artificial pools. Since 1896, swimming has been the part of the program of the Olympic Games. In 1899, the major European championship was held, it was called the European Superiority. In 1908, the International Swimming Federation (FINA) developed, and there were established the main distances for competitions, as well as the order of conducting swims.

Swim Strokes

In swimming sport, there exist 4 types of strokes: The crawl is the fastest way of swimming which is characterized by alternating and symmetrical movements of arms and legs, in

turns. Each hand makes a wide stroke along the axis of the swimmer's body, while the legs are raised and lowered.

Back crawl is a swimming stroke which is visually very similar to the ordinary crawl. The swimmer also performs the hand strokes raising and lowering the legs, but he or she swims on the back and carries out a movement with his straight hand over the water.

Breaststroke is a type of swimming in which the athlete lies on the chest, and with his or her hands and feet, performs symmetrical movements in parallel to the water surface.

The butterfly stroke is one of the most technically complex and tedious types of swimming. While moving with the help of a butterfly stroke, the athlete makes a wide and powerful stroke, lifting his or her body above the water, while the legs and pelvis make wave-like movements. It is considered the second fastest swim stroke after the crawl.

In swimming, there is a freestyle, which is commonly understood as the discipline according to which the athlete is allowed to swim in any way. Currently, all the athletes use the crawl, as it is the fastest stroke.

Swimming Pool

Swimming pool (sports bath) is a rectangular bath designed for water sports. For sports swimming pool, there should be the following sizes: 50 meters long and 25 meters wide (for 2.5-meter-wide lanes); 50 meters long and 21 meters wide (for ten 2-meter-wide lanes); 25 meters long and 16 meters wide (for eight 1.9-meter-wide lanes); 25 meters long and 11 meters wide (for six 1.75-meter-wide lanes); 25 meters long and 8.5 meters wide (for five 1.6-meter-wide lanes).

According to the rules of FINA, the baths should be 50 meters long and 25 meters wide. The pool should be divided into 8 swim lanes. The lanes are separated from each other by

the garlands of floats with the diameter of 5-15 cm. The first and the last 5 meters of each of them consist of red floats. The rest of the space is filled with green floats for 1 and 8 lanes, and the blue floats are used for 2, 3, 6 and 7 lanes, while yellow floats are for 4, and 5 tracks. Water temperature should be from 25 to 29 °C.

Swimming Outfit

Equipment for swimming is designed to provide maximum comfort and reduce water resistance. Swimming equipment includes the following: Swimming cap is headwear for swimming that protects swimmer's hair from the influence of chlorinated water. Swimming caps can be made of latex, silicone, fabric, and of the combined materials. Swimming trunks or swimsuit is swim briefs made of the special material (polyamide combined with lycra or a mixture of polyester with PBT). Swimming goggles are an accessory for swimming sport which is designed to ensure normal vision under water. It also protects the eyes from chlorine fumes.

Refereeing

The main referee is responsible for holding swimming competitions. He or she also heads the panel of referees. Starter invites the swimmers to start, checks the correctness of the occupied starting positions and gives the command to start. Timekeeper measures the time of the participant's swim on a specific lane from the start to finish. The finish referee determines the order of arrival of participants to the finish if an automated system for defining the winners is not available. Inspector of turns determines the correctness of the turns on the allotted lane. A technical referee monitors the technique of performing the appropriate style of swimming.

Competition System

At modern official competitions, there are morning and evening programs. The morning program includes preliminary swims the results of which are determined by the participants of the semi-finals and finals (the evening program). At the official crawling contest, both men and women compete at the distances of 50, 100, 200, 400, 800 and 1500 meters, and if they use backstroke, the distance should be 100 and 200 meters. Swimmers use breaststroke and butterfly stroke at the distances of 100 and 200 meters.

Swimming Organizations

The International Swimming Federation (fr. Federation Internationale de Natation, FINA) is the organization that unites national swimming federations. The headquarters is located in Lausanne (Switzerland).

1. Are these sentences true (T) or false (F)?

1. Sportsmen are allowed to swim no more than 16 meters underwater.
2. In 1515, the first swimming competitions were held in Venice.
3. Since 1806, swimming has been the part of the program of the Olympic Games.
4. In swimming sport, there exist 4 types of strokes.
5. Breaststroke is a type of swimming in which the athlete lies on the chest, and with his or her hands and feet, performs symmetrical movements in parallel to the water surface.
6. The butterfly stroke is one of the most technically complex and tedious types of swimming.
7. According to the rules of FINA, the baths should be 60 meters long and 30 meters wide and the pool should be divided into 6 swim lanes.
8. Water temperature should be from 25 to 32 °C.

9. Equipment for swimming is designed to provide maximum comfort and reduce water resistance.

10. A technical referee monitors the technique of performing the appropriate style of swimming.

2. Find the appropriate English equivalents in the text.

Плавати під водою, штучний басейн, чергування і симетричні рухи рук і ніг, водна поверхня, таз, доріжка для плавання, буй/поплавець, зменшувати опір води, захищати волосся плавця від впливу хлорованої води, окуляри для плавання, забезпечувати хороше бачення під водою, колегія арбітрів, перевірити правильність зайнятих вихідних положень.

3. Fill in the gaps.

butterfly, freestyle, float, starter, timekeeper, breaststroke, crawl

1._____ a fast swimming stroke that you do lying on your front moving one arm over your head, and then the other, while kicking with your feet.

2._____ a style of swimming that you do on your front, moving your arms and legs away from your body and then back towards it in a circle.

3._____ a swimming stroke in which you swim on your front and lift both arms forward at the same time while your legs move up and down together.

4._____ a swimming race in which people taking part can use any stroke (= swimming style) they want.

5._____ a light object that floats in the water and is held by a person who is learning to swim.

6._____ a person who gives the signal for a race to start.

7._____ a person who records the time that is spent doing something, for example at work or at a sports event.

BASKETBALL

Basketball is a team sports game with a ball that has an objective of shooting a basketball through the defender's hoop a greater amount of times than the opposing team. Each team has five players on the court.

History of Basketball

Basketball was invented in 1891 in the United States of America by a young teacher, native of Canada, Dr. James Naismith. In an attempt to keep his gym class active he nailed two fruit baskets onto elevated balcony railings and asked his students to throw a soccer ball into them. The newly created game only distantly resembled modern basketball. There was no such thing as dribbling, the players passed the ball to each other and tried to score by throwing it into the basket. Whichever team threw more balls won the game. In a year Dr. Naismith developed the first rules of basketball. The first games according to these rules led to their first modifications.

Basketball gradually spread throughout Eastern countries: Japan, China, the Philippines, and then to Europe and Latin America. In 10 years at the Olympics in St. Louis the Americans held a demonstration tournament between teams of several cities. In 1946, the Basketball Association of America (BAA) was formed. The first game under its patronage took place on November 1 of the same year in Toronto between Toronto Huskies and New York Knickerbockers. In 1949, the BAA merged with the National Basketball League (NBL) to form the National Basketball Association (NBA). In 1967, the American Basketball Association was formed to threaten the dominance of the NBA, but after 9 years NBA and ABA merged. Today NBA

is one of the most powerful and famous professional basketball leagues in the world. Federation Internationale de Basketball Amateur was founded in 1932. It included 8 countries: Argentina, Greece, Italy, Latvia, Portugal, Romania, Sweden and Czechoslovakia. The Federation was meant to oversee only amateur players. Eventually, in 1989, professional basketball players were allowed to participate in international tournaments, and the word ‘amateur’ was withdrawn from the name. The first international basketball game was held in 1904, and in 1936 basketball was included in the program of the summer Olympics.

Basketball Rules

Basketball rules changed frequently throughout an extended period of time. The final version of the rules was developed only in 2004 and it is used today. Basketball is a game in which two teams play against each other. Each basketball team consists of 12 players, 5 of which are field, and the rest is considered to be substitutions.

The player owning the ball must move across the court bouncing it on the floor. If they stop and hold the ball in any way, the referee signals “carrying” this is considered to be a violation. An occasional touch of the ball by other parts of the body is not considered to be a violation as opposed to deliberate play with a leg or fist. Basketball match consists of 4 quarters, but the length of each period varies depending on basketball association. For instance, the NBA match is played in 4 quarters 12 minutes each, while according to FIBA rules each quarter lasts for 10 minutes. Short breaks are provided between quarters, as well as a longer half-time break. A different number of points can be earned by shooting a ball through the hoop. A one-point shot can be earned when shooting from the foul line after a foul is made. A successful shot is worth two points if it is shot from a short distance (from within the three-point arc). The team earns

three points if a shot is taken from beyond the three-point arc. If the score is tied at the end of regulation play, the teams play multiple five-minute overtime periods until a winner is decided.

Basketball Court

A basketball court is a flat rectangular surface with a hard coating. The court flooring should not have any bends, cracks or any other kinds of deformations. A regulation basketball court dimensions should be 28 meters long and 15 meters wide. The ceiling height should be no less than 7 meters, professional basketball court ceiling being 12 meters high or more. Court light should not prevent players from moving and should evenly cover the whole court. Basketball matches are only held indoors, but it was not always the case. Until the end of the 60s, it was allowed to organize tournaments outdoors.

Court Lines and Markings

The borders of the court. Along the perimeter of the court (2 short baselines and 2 long sidelines). Midcourt line. Separates both halves of the court, parallel to baselines. The central zone is a circle (radius 1.8 m) exactly in the center of the midcourt. The three-point arcs are semicircles with the radius 6.75 m painted until they cross baselines. Free throw lines. Free throw line is 3.6 m long painted parallel to each baseline so that its endpoint is 5.8 m from the baseline inner edge, and its middle is at the imaginary line connecting the middles of both baselines.

Basketball

Basketball is shaped in the form of a sphere, painted approved shade of orange and has a print of eight panels and black seams. Basketballs have an inflatable inner rubber bladder, generally wrapped in layers of fiber and then covered with a surface made either from leather (traditional), rubber, or a synthetic composite.

Basketball Rim and Backboard

A basketball hoop is placed 3.05 m high above the court. The diameter of the basketball rim varies between 45 cm and 45.7 cm. The rim itself has to be painted bright orange color. A special net 40-45 cm long is attached to the rim. Rim has padding 15 cm from the backboard.

The backboard to which the rim is affixed has a number of important measures. It has to be 1.8 m wide and 1.05 m high. Modern basketball boards are made of tempered glass. Officials The makeup of the officiating corps is the following: Referee and umpire; timer; scorer(s); shot-clock operator. Referee's uniform: grey jersey; black pants; black basketball shoes.

1. Check your understanding.

1. When and where was basketball invented?
2. What types of basketball associations do you know?
3. Name out the main basketball rules.
4. What are the main peculiarities of basketball court?
5. What types of lines on a basketball court do you know?
6. Dwell upon the major characteristics of basketball rim and backboard.

Word	Definition
1. Assist	a) when a player repeatedly pushes, pats, taps or bats the ball toward the floor with one hand to cause the ball to bounce back up to either of his hands; used to advance the ball or keep control of it.
	b) when a player close to the

2. Backboard	basket jumps and strongly throws the ball down into it; an athletic, creative shot used to intimidate opponents.
3. Baseline	c) when a passer throws the ball to a teammate; used to start plays, move the ball downcourt, keep it away from defenders and get it to a shooter.
4. Basket	d) unfair advantage; players may not push, hold, trip, hack, elbow, restrain or charge into an opponent; these are also counted as team fouls.
5. Court	e) the team that has possession of the basketball. Also, a designed play that a team uses to attempt to score.
6. Defense	f) the rectangular board behind the basket.
	g) the five starters who begin a game; usually a team's best players.
	h) the boundary line behind each basket a basket scored on

7. Defensive rebound	a shot, except for a free throw, worth two or three points depending on the distance of the attempt from the basket.
8. Dribbling	i) the act of preventing the offense from scoring; The team not in possession of the ball whose objective is to keep the opponent from scoring; also a specific pattern of play used by a defending team.
9. Dunk	j) the act of gaining possession of the ball after a missed shot.
10. Field goal	k) the 94' x 50' area bounded by two sidelines and two end lines containing a basket at each end, on which a basketball game is played.
11. Free throw	l) contact between players that may result in injury or provide one team with an
	m) attached to the backboard, it consists of a metal rim 18" in diameter suspended 10' from the floor, from which a 15-18" corded net hangs, and through which points are scored; also

12. Jump ball	used to refer to a successful field goal.
13. Jump shot	n) an unguarded shot taken from behind the free-throw line after a foul. If successful, the shot counts one point.
14. Lay-up or laying	o) a shot that is released after the shooter has jumped into the air.
15. Offense	p) a shot taken after driving to the basket by leaping up under the basket and using one hand to drop the ball directly into the basket or to bank the ball off the backboard into it (lay-up).
16. Offensive rebound	basket a basket scored on a shot, except for a free throw, worth two or three points depending on the distance of the attempt from the basket.
	i) the act of preventing the offense from scoring; The team not in possession of the ball whose objective is to keep the opponent from scoring; also a specific pattern of play used by

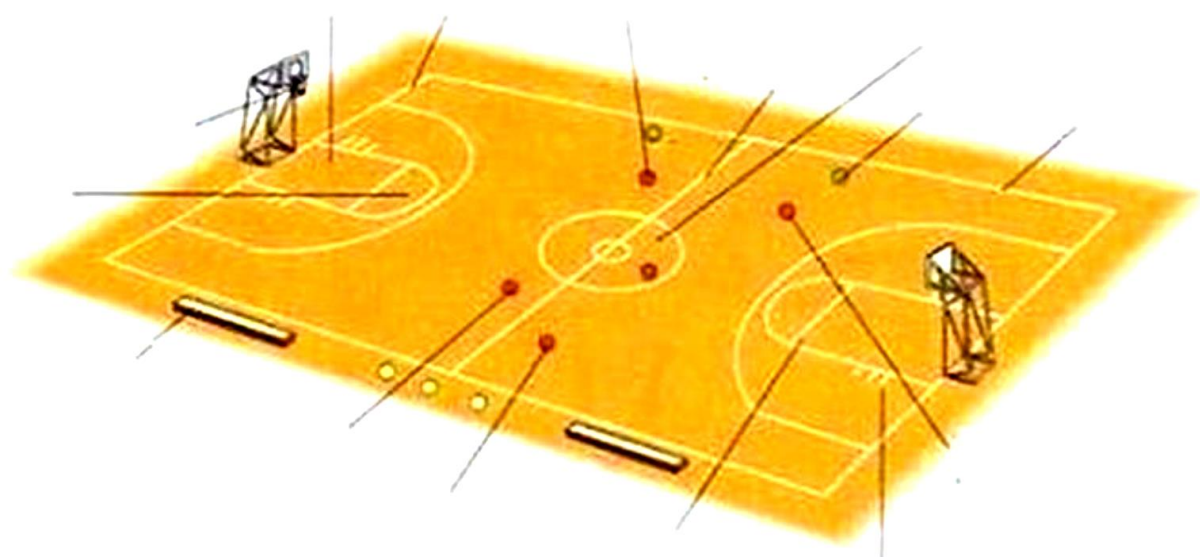
17. Passing	a defending team.
18. Personal foul	i) the act of preventing the offense from scoring; The team not in possession of the ball whose objective is to keep the opponent from scoring; also a specific pattern of play used by a defending team.
19. Rebound	q) a rebound of an opponent's missed shot.
20. Starting lineup	r) a rebound of a team's own missed shot.
21. Three-point field goal	s) a pass that immediately proceeds and sets up a scored basket.
	t) a made basket from more than nineteen feet and nine inches during a high school or college game.
	u) a loss of possession of the ball by means of an error or violation.
	v) 2 opposing players jump for a ball an official tosses above and between them, to tap it to their teammates and gain

22. Turnover	possession; used to start the game (tip-off) and all overtime periods, and sometimes to restart play.
--------------	---

3. Match the words and phrases with the pictures.

1) free throw line, 2) free throw, 3) net, 4) basket, 5) left guard, 6) right guard, 7) shot, 8) right forward, 9) left forward, 10) basketball, 11) centre line, 12) restricted circle, 13) restricted area, 14) rim, 15) referee, 16) referee, 17) sideline, 18) end line, 19) slam-dunk, 20) first space, 21) dribbling, 22) lunetta, 23) back board, 24) players' bench.





SOURCES

1. Medic [Electronic Resource]. – Mode of access: <http://www.medic8.com/healthguide/sportsmedicine/physicians/sportsphysicians.html/> Sports Physician.
2. Pentsak T. Let's Exercise the Sport you Like / Tetiana Pentsak // English (тижневик для вчителів та всіх, хто вивчає мову). – 2011. – № 42. – С. 8–10.
3. Udianska O. Healthy Lifestyle / Olena Udianska // English (тижневик для вчителів та всіх, хто вивчає мову). – 2010. – № 17. – С. 20–24.
4. Wikipedia [Electronic Resource]. – Mode of access : [http://en.wikipedia.org/wiki/CompetitionCompetitive_sports./](http://en.wikipedia.org/wiki/CompetitionCompetitive_sports/) Competitive Sports.
5. Wikipedia [Electronic Resource]. – Mode of access : [http://en.wikipedia.org/wiki/Ukraine at the 2012 Summer Olympics./](http://en.wikipedia.org/wiki/Ukraine_at_the_2012_Summer_Olympics/) Summer Olympics.
6. Wikipedia [Electronic Resource]. – Mode of access : [http://en.wikipedia.org/wiki/Paralympic Games./](http://en.wikipedia.org/wiki/Paralympic_Games/) Paralympic Games.
7. Wikipedia [Electronic Resource]. – Mode of access : [http://en.wikipedia.org/wiki/Olympic symbols./](http://en.wikipedia.org/wiki/Olympic_symbols/) Olympic Symbols.
8. Wikipedia [Electronic Resource]. – Mode of access : [http://en.wikipedia.org/wiki/Olympic Games./](http://en.wikipedia.org/wiki/Olympic_Games/) Olympic Games.
9. Wikipedia [Electronic Resource]. – Mode of access : [http://en.wikipedia.org/wiki/Sport in Ukraine./](http://en.wikipedia.org/wiki/Sport_in_Ukraine/) Sport in Ukraine.
<http://www.breakingnewsenglish.com/0701/070112-beckham.html>

10. http://www.europecities.com/en/674/uk_england/sport/people
11. http://www.myenglishpages.com/site_php_files/listening-rio-olympic-games.php/
12. <http://ukrainianguide.com/10-best-known-ukrainian-sportsmen/>
13. <http://sports.jrank.org/pages/3770/Podkopayeva-Lilia-Awards-Accomplishments.html>

CONTENTS

I. PREFACE.....	5
PART I. PHYSICAL CULTURE AND SPORTS.....	7
MY FUTURE PROFESSION.....	8
HEALTHY LIFESTYLE.....	10
SPORT AND HEALTHY LIFESTYLE.....	11
HEALTHY FOOD.....	12
MY ATTITUDE TO SPORTS.....	15
THE IMPORTANCE OF SPORT.....	17
THE 4 MOST IMPORTANT TYPES OF EXERCISE.....	19
PHYSICAL TRAINING LESSON.....	22
SPORT COMPETITION.....	24
THE HISTORY OF THE OLYMPIC GAMES.....	26
OLYMPIC GAMES.....	30
OLYMPIC SYMBOLS.....	31
TYPES OF OLYMPICS.....	34
SPORTS SUPERSTITIONS.....	37
SPORT IN UKRAINE.....	39
SPORT IN GREAT BRITAIN.....	41
EXTREME SPORTS.....	42
SUMMER AND WINTER SPORTS.....	44
THE KING OF FOOTBALL.....	45
PART II. SPORT AND GAMES.....	48
THE HISTORY OF FOOTBALL.....	49
RULES OF FOOTBALL (SOCCER).....	53
HOW MANY SOCCER PLAYERS ARE THERE ON A TEAM?.....	57

SOCCER EQUIPMENT HISTORY	60
GOLF.....	66
TENNIS.....	72
TENNIS RULES.....	75
BOXING.....	79
SWIMMING.....	85
BASKETBALL.....	90
SOURCES.....	100
CONTENTS.....	102