

Sport and games

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INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Sports and Games

- sport is one of the most popular leisure activities
- it helps us to keep fit both physically and mentally
- we can take off some weight and develop our skills and strength
- we can meet a lot of people and see how it feels to be a winner or a loser

Fill in the gaps positive sides and negative sides of doing sports:

Positive aspect of sport	Negative aspect of sport

We divide sports and games into two groups according to where they can be practised (fill in the gaps):

Indoors: gymnastics, table tennis, boxing, bowling, fitness

Outdoors: skiing, sledging, hiking, rock climbing, horse riding, golf

Summer:

Winter:

Collective:

Individual:

Ball games:

Combat sports:

But most sports and almost all games can be done both indoors and outdoors. One of the healthiest sport is swimming.

The games are usually all-season activities, and they are practised both indoors or outdoors.

Great Britain

The British are great lovers of competitive sports, and when they are neither playing nor watching games they like to talk about them. Football is the most wide spread. As is commonly known, in this collective game two teams of 11 members play with a ball on a grass playing field. The purpose is to kick the ball so as to get it into the opposite goal. In Britain there are a great number of clubs (Manchester United, Arsenal) and in London there is one of the world's biggest football stadiums – **the Wembley Arena**. Football is played all over the world. In the United States, however, it is called soccer.

Rugby football is also very popular. In this game the ball is oval. While golf is Scottish origin, cricket was and still remains an English national game. They like horse-racing as well. The best known steeple-chase race is the Great National, run near Liverpool. The lawn tennis season reaches its peak every year at the Wimbledon tournament which is played in London in early June. For relaxation squash is also played.

The USA

In the USA most sports and games have been to a great extent commercialized. The four foremost professional games there are American football, baseball, basketball, and ice-hockey (it has its roots in Canada, though). These games are turned into big shows in which the sports stars make a lot of money.

The Czech Republic

In our country ball games belong to the most popular ones. They include especially football, volleyball, basketball, tennis. Our country has produced many sportsmen who have achieved success in top international competitions.

In our town there are rather many sports facilities available. We go to practise sports at various playgrounds, sport halls, covered pools and fitness centres.

Our physical training lessons are quite rare – we have them only twice a week. When the weather is good, our lessons are usually filled with running, jumping or simply playing games. But first we must always do a little warm-up exercise. In winter or in bad weather we go to the gym and do gymnastics.

The Olympic Games (the Olympics) were already held in ancient Greece. At that time they put emphasis on the ideal of an all-round developed person. The Olympics were renewed by Pierre de Coubertin about a hundred years ago and today as well as in ancient times they take place every four years. Since 1924 there are two parts to the games – the winter part and the summer part – which alternate once every two years.

Questions:

1. Why is sport a good way to relaxation?
(keep our bodies in good physical and mental condition)
2. Can you name any indoor and outdoor sports and games?
3. What sports events can be practised in summer/in winter/ all the year round?
4. What sports and games are popular in Great Britain?
5. What sports and games are popular with the Americans?
6. What sports and games do people in our country enjoy?
7. What is a structure of a PE (physical education) lesson?
8. What is your attitude to sports?

Solutions: all the answers are in the text above

Použité zdroje

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