**REASONS**

against overweight (regular exercises), better condition, prevention from diseases, boost our immunity system, want to be resistant to germs/viruses/illnesses, increase our will or stamina/persistance, make friends, keep fit and healthy, fill our spare time, relieve stress – mental and physical health, improve our self-confidence, learn how to admit our failure, respect rules, love challenges, being competitive, success, fame, money –> proffesional sportsmen

**FACILITIES**

gym, fitness centres, ice rink, pitch, court, golf course, pool, racetrack, slope, racecourse (horse riding), arena, stadium, ski resort, sports halls...

**TYPES (DIFFERENT CATEGORIES)**

**collective** = team (ball games) – **individual** (gymnastics)

**summer** (diving, surfing) – **winter** (sledging)

**indoor** (gymnastics) – **outdoor** (mountaineering, motocross)

**extreme** = adrenailne (sky diving, parachuting, bungee jumping)

**amateur** (leisure activities) – **professional** (competitions)

**active** – **passive**

**water (aquatic):** canoeing, scuba diving, snorkelling

**martial arts:** Karate, Judo, Aikido

**NEGATIVES**

doping – taking forbidden substances (anabolic steroids, stimulants) -> improve performance, increase muscle mass, energy

corruption, bribery – buying results

some sportsmen earn more money which could be used for better purposes

betting – people who bet can lose their property

violence among fans – vandals

possibilities of injuries /fatal in some cases/

**SPORTS**

**Games** are usually played between 2 people or 2 teams. A game has certain rules, there is a referee who makes sure that the players obey the rules. The referee also decides who has won.

**SPECIAL VOCABULARY**

**Sports equipment:** **wallbars, balance beam, rings, vaulting horse, mats, climbing rope, pole, horizontal bar, stick, puck, jerseys**

**Football match: the offense, defenders, goalkeeper, referee**, fans, tribune, seats, fair play

swimming (butterfly, backstroke, breaststroke, crawl)

**Athletics**: relay race, running, long/high/triple jump, hurdling, pole vault, javelin/discus/hammer throw, sprint

**Gymnastics**: uneven bars, still rings, pommel horse, balance beam

**VERBS**

To achieve, succeed, focus on, practise, work hard, host, take part, involve, organise, emphasize, compete, do exercise, leap, fail, calm (nerves), train, aim, improve, increase, enlarge, destroy, establish, betray, underrate, be fond of, be keen on...

1. Do you do some sports regularly? Tell us about your favourite sport.
2. Tell us something about your favourite sportsman.
3. Do you watch any of sports competitons?
4. What do you think about doping? Are there any pros of it?
5. **Would you like to be a professional sportsman? Why? Why not?**

**SPORTS EVENTS, COMPETITIONS**

**The Olympic Games**: are held every 4 years (winter/summer changes once every 2 years); ancient Greece – in Athens (only men); modern games thanks to Pierre de Coubertin; symbols: 1. **olympic flag** – 5 circles -> continents ; 2. **olympic fire** – is lit on the Olymp – official star, brought by runners; 3. **olympic anthem**; 4. a **mascot**

**Paralympic Games**: disabled and handicapped competitors

**World Championship – e.g. IIHF**

**GB: Wimbledon, The Grand National, Premiere Leauge**

**USA: NHL; The Super Bowl; The NBA Finals**

**SK: Fortuna League**

**POPULAR SPORTS**

UK: golf, soccer, cricket, horse racing, horse polo, athletics, tennis

USA: American football, baseball, basketball, ice hockey, athletics, swimming, skiing

Canada: lacrosse, curling, ice hockey, skiing

Australia + NZ: tennis, surfing, diving, rugby, Australian footballl, beach volleyball, swimming

Slovakia: football, ice hockey, handball, tennis, floorball