

SPORT

What role do movement and sports play in our lives?

We need sport and movement for our health, better mood or physical appearance. Sports help people to stay healthy and relaxed, keep them fit, increase their immunity. Doctors recommend sports but only in the right amount and in the right way. The best sport for developing muscles is swimming or walking.

What are passive and active sport activities?

Doing sports passively means watching sports on TV or during contests and matches.

Doing sports actively means regular exercising, jogging or going to the fitness-centres. There are many sport centres, which include also solariums, saunas, workout gyms, swimming pools.

What features do people have to have when doing particular sports?

Every sport is different and requires different personal qualities but in general people need stamina and concentration. You need to be cooperative and competitive in collective sports, accurate to do archery, daring and brave to do bungee jumping, careful to do skiing, supple for gymnastics, patient for fishing and angling, graceful for dancing, agile for fencing.

What equipment is necessary for particular types of sports?

Diving: wet suit, flippers, mask, snorkel, goggles

Fishing: fishing rod, fishing line

Volleyball: net, volleyball

Bowling: bowling track, bowling ball, skittles

Baseball: pads, baseball bat, baseball gloves, baseball

Gymnastics: back horse, horizontal bar, parallel bars, beam, mat, vaulting horse, rings

Golf: golf clubs, golf ball, golf bag

Horse riding: horse, saddle, whip, helmet, riding shoes, special outfit

Tennis: tennis racquet, tennis ball, net

Cross-country skiing: cross-country skis and boots, binding, sticks, gloves, cap

Downhill skiing: downhill skis, buckled shoes, binding, sticks, ski lift, ski costume

Cycling: cycling goggles, water bottle, cycling helmet, child carrier, cycling gloves, pump

Name kinds of...

a) water sports: swimming, snorkelling, canoeing, rowing, sailing, paddling, motorboat ride, rafting, yachting, windsurfing, surfing, water polo, beach volleyball

- b) combat sports:** boxing, judo, fencing, wrestling, karate, sumo
- c) ball games:** football, volleyball, floorball, basketball, handball, tennis, table tennis, squash, badminton
- d) summer sports:** beach volleyball, swimming, sailing, surfing, windsurfing, badminton
- e) winter sports:** cross country skiing, ski jump, snowboarding, ice skating, figure-skating, sledging, bobsledding, ice hockey, downhill skiing
- f) indoor sports:** fencing, volleyball, netball, basketball, table tennis
- g) outdoor sports:** hiking, cycling, in-line skating, run, fishing, angling, shooting, mountain climbing, riding, archery, discus throw, hammer throw, high jump
- h) athletics:** hurdling, short/long-distance run, marathon, high/long jump, pole vault/pole jump, decathlon, throwing discus/javelin/the hammer, weight lifting, pentathlon
- i) extreme sports:** caving, skydiving, white water rafting, rock climbing, bungee jumping, paragliding

What sport facilities are in the place where you live?

There are a lot of sport facilities, for example the biggest sport company is Sareza. Sareza includes a summer swimming pool, which is the largest in central Europe, an indoor pool, ice rink, football stadium, bowling, tennis and chess circles. Winter stadium in Vitkovice is the largest football stadium in Silesian Ostrava. Ostrava-Vítkovice hosts the **Golden Spike** athletics meeting every year and it is possible to see great sport stars such as Usain Bolt. Our football club Ostrava Banik has lots of fans and rowdies who often cause problems during matches. People can choose from various sport pitches, stadiums, gymnasiums, arenas, outdoor swimming pools, indoor swimming pools, sport clubs or jockey clubs. There is a wide range of sport facilities in **ČEZ ARENA** which is a multi-purpose hall used for championships of tennis or ice hockey. Sportsmen or usual tennis players can use local clay courts, tennis courts or indoor tennis halls.

There are many possibilities what to do during all seasons of the year - in winter people go to a water park because it offers whirlpool, pool, sauna, solarium and helter-skelter, go ice-skating or skiing on Vaňkův kopec and in summer people use special cycling routes for riding a bike.

Olympic Games

When and where were the first Olympic Games held and who is the founder of modern OG?

The Olympic Games were first held in 776 BC and then every four years. The place was the Greek town of Olympia. The first Olympic Games in modern history were held in Athens in 1896. They were proposed by French historian Pierre de Coubertin who is the founder of modern Olympic Games.

What do the Olympics stand for and what are their symbols?

These days, the Olympic Games called in short Olympics are held every two years and symbolize peace, peaceful cooperation and international friendship. Their symbols are Olympic Flame which is lit on the Olympus and starts the Games officially and the Olympic Flag with five rings of different colours symbolising five continents.

Countries and Sports

Which sports are typical for English?

Sport is a popular leisure activity in GB. Sports that originate from Britain include **cricket, football, box, lawn tennis, table tennis, badminton, golf** and **rugby**. England's national sport is **cricket**, however **football (soccer)** is the most popular kind of sport. World famous football teams are **Manchester United, Arsenal** and **Liverpool**.

Rugby originated at Rugby school in Warwickshire. It is similar to football but it is played with an oval ball. The world's most famous tennis tournament is **Wimbledon**. Visitors eat strawberries and cream while they watch the **tennis**.

Netball is the largest female team sport in England.

Horse racing and **greyhound racing** are popular spectator sports. British passion is to bet on the races and matches.

Polo is the fastest ball sport in the world and army officers brought it from India.

Students at Oxford and Cambridge began to race in **rowing** against each other on the Thames River in the nineteenth century. At present time, the University Boat Race is held every spring.

Angling is one of the most popular outdoor sports in the UK. Fishermen sit beside rivers and lakes. When the British go to a pub, they probably play **darts** which has its origin in the north of England too.

What sports are popular with Scots and the Irish and what are the typical sports in America, New Zealand, Australia, Canada?

Scotland is the home of **golf**. Scots are enthusiastic about their **Highland Olympics** which consist of unusual sports like **throwing the hammer, tossing the caber** or a **tug-of-war**. **Chasing giant pieces of cheese** down a steep hill is a popular sport in some Scottish parts.

The Irish like **hurling** which is very similar to hockey.

The Americans are very good **ice hockey, basketball** and **baseball players**.

Lacrosse, curling and **ice hockey** is popular in Canada, **sailing** and **surfing** in Australia, **rugby** and **netball** in New Zealand.

Underline the odd word out. Give reason for your choice:

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|-----------------|-----------|---------|--|
| 1. bat | racket | stick | <u>mask</u> – you wear it, you don't play with it |
| 2. costume | trunks | goggles | <u>parachute</u> – you don't use it when you go swimming |
| 3. tracksuit | trainers | gloves | <u>net</u> – you don't wear it |
| 4. boots | skates | kit | <u>goal</u> – you cannot wear it |
| 5. weightlifter | skier | gymnast | <u>instructor</u> – not a competitor |
| 6. goalkeeper | referee | player | <u>jockey</u> – is not part of a game of football |
| 7. amateur | spectator | coach | <u>track</u> – is not a person |
| 8. gym | course | court | <u>fan</u> – is a person, not a place |