Health

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ACTIVITY ONE

Check the English Reading and answer the questions

1. Read the text, look up the unknown words in your dictionary and write them with the meaning.

2. Answer the questions about the reading

There are many different kinds of sports that are undertaken by a wide variety of different people. Some people do sport for their career and other people purely do sport for enjoyment and recreation. Some sports, like cricket, require the use of a lot of equipment, while others need very little in order to successfully play a game in that sport. Some people use public playing fields to play sport for free, while other sports such as squash, tennis, badminton and table tennis are usually paid for on an hourly basis in the comfort of a local leisure centre.

Most sports are played with a round object often known as a ball. Some sports use more than one ball and snooker is one of the unique sports that make use of a number of balls while being played. The game itself is often controlled by an impartial individual known as an umpire in cricket and a referee in sports like football and rugby. Most sports have a duration of not more than a few hours, however some athletic tournaments can last for up to a week and a game of cricket can be five days in duration before a winner is announced.

Some people prefer to watch sport. This can either be done by going to a stadium, a local leisure centre, park or on the television. It is often cheaper to watch sport from the comfort of a person’s home than to visit the stadium or a special event. Some sports, such as football and cricket, are really popular in the United Kingdom but not in the USA. In the USA people often play basketball and baseball. However, most countries put aside time to compete in world sporting events such as the football world cup or the Olympics, which occur every four years.

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Nowadays, people who suffer from any kind of disability are also encouraged to participate in sport and most sport equipment is adapted to suit the needs of a disabled person. This means sport is something that can be enjoyed no matter the physical ability of the person. The para-olympics takes place a week after the main event and it is equally popular. Participation in sporting activity is encouraged by doctors and at schools given the beneficial impact it has on the health of the individual that participates, and it is for this reason and the competitive nature of individuals that sport remains a very popular activity worldwide.

Solution

1) Which sport requires the use of a lot of equipment?

A. Football B. Athletics C. Cricket D. Rugby

R// C

2) What sport is popular in the United Kingdom?

A. Baseball B. Cricket C. Basketball D. Athletics

R// B

3) What sport is popular in the United States?

A. Cricket B. Baseball C. Football D. Squash

R// B

4) What sport can last longer than a day in duration?

A. Football B. Baseball C. Basketball D. Rugby

R// C

5) How often is the Olympics held?

A. Every year B. Every two years C. Every four years D. every day

R// C

ACTIVITY 2

 1. Read the text, look up the unknown words in your dictionary and write them

2. Write a text about your favorite sport, you can take the reading about swimming like an example.

WHY I LOVE SWIMMING

If you were to ask me what my favourite sport is, my answer would be swimming. I started learning how to swim when I was five years old and I have been swimming ever since.

There are many reasons why I love swimming but I’ll just share a few with you, and maybe I can even encourage you to go for a swim.

The first reason that I love swimming is that it can be extremely relaxing. I love the feeling of floating on the water and feeling almost weightless. I find that whenever I leave the pool I feel totally relaxed.

On the other hand, it can also be a fast-paced competitive sport which raises your heartbeat. It’s amazing pushing yourself to the challenge of beating someone else to the finish line and it’s great fun racing across the pool as fast as you can! Trying little tricks like underwater handstands and flips also puts a big smile on my face.

Another reason that I love swimming is that it has more variety than other sports. Swimming offers many different strokes, so it doesn’t feel like you’re stuck doing the same thing over and over again. Adding swimming equipment like flippers, a snorkel or a noodle (a flexible cylindrical piece of foam) changes the experience yet again and can help you develop your swimming technique.

In the summer, swimming provides a nice, refreshing break. There’s nothing better than jumping into the water on a hot, sweltering summer’s day. The pool makes you feel instantly better. And I think it adds to the summer holiday feeling, as for me the summer months are when I swim the most. It is a sport which can be done all over the world in many beautiful locations. You can choose to swim in a swimming pool or to go splash in the sea.

And finally, it’s a life skill which everyone should have. Not only is it good for your health, but you never know when you’ll need your ability to swim.

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In the summe, swimming, provides a nice refreshing break There’s nothing better than jumping into the water on a hot, sweltering summer’s day. The pool makes you feel instantly better. And I think it adds to the summer holiday feeling, as for me the summer months are when I swim the most. It is a sport which can be done all over the world in many beautiful locations. You can choose to swim in a swimming pool or to go splash in the sea.

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Solution

1. unknow words:

* kinds: tipos
* undertaken: emprendid@
* wide: amplia
* purely: puramente
* enjoyment: disfrute
* cricket: grillo
* while: mientras
* fields: campo
* being: siendo
* trying: molesto
* announced: anunciada
* occur: ocurrir
* leisure: ocio
* heartbeat: latido del corazón
* pushing: emprendedora
* floating: flotante
* feeling: sensación
* Racing: carreras
* Weightless: ingrávida
* Flips: voltea
* Another: otra
* Splash: chapoteo

2. FAVORITE SPORT…

My sport favorite is the basketball it seems to me very good, ad what not the practice but me would like play, I think what is good for the health and it serves to the grow, can play the people what him satisfies practice.

The basketball me taste because I know what is a sport good and besides we can do varied exercise in the.