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Цель учебно-практического пособия – формирование навыков работы с текстами на английском языке и их последующая интерпретация в устной и письменной формах. Содержит задания по обучению чтению, пересказу и монологическому высказыванию по темам коммуникативного подключения, переводу профессионально ориентированных аутентичных текстов.

Предназначено для студентов бакалавриата первого курса, обучающихся по направлению подготовки 44.03.01 – Педагогическое образование (профиль «Физическая культура»).

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## ПРЕДИСЛОВИЕ

В издании представлены тексты и задания, цель которых – обучение изучающему и ознакомительному видам чтения, краткому пересказу и монологическому высказыванию по темам, соответствующим требованиям учебного плана, переводу аутентичных текстов профессиональной направленности.

Пособие состоит из 16 разделов, в которых представлены тексты и задания по бытовой, социально-культурной и учебно-профессиональной сферам общения. Цель оригинальных текстов по специальности (физическая культура и спорт, преподавание физической культуры в школе) – познакомить студентов со спортивной терминологией, научить будущих специалистов работать с профессионально ориентированной литературой.

Пособие также содержит краткий грамматический справочник, упражнения и тесты для самопроверки. Грамматика в данном случае не является целью обучения и предполагает избирательное обращение к материалу в случае возникновения затруднений.

Форма и содержание пособия предполагают как аудиторную, так и самостоятельную работу над учебным материалом и способствуют формированию готовности к использованию английского языка в профессиональной деятельности, мотивируют студентов к использованию иноязычных печатных источников в совершенствовании профессиональной компетенции.

В процессе достижения цели обучения также решаются воспитательные и общеобразовательные задачи, способствующие расширению кругозора и повышению культурного и профессионального уровня студентов – будущих учителей физической культуры.

## Unit 1. ABOUT MYSELF AND MY FAMILY

### MY FAMILY

Meet my family: my wife, my son, my daughter and I. My name is John Brown. I'm 45. My wife's name is Rose Brown. She is 36. We have two children, a boy and a girl. The boy's name is Tom. He is ten years old. He is a schoolboy. My daughter's name is Helen. She is very young. She is only four. I'm a PE teacher. I work in a secondary school. My wife is a housewife.

We have many relatives: cousins, uncles and aunts. My parents are seventy years old. They are farmers. Rose's father is fifty eight and her mother is fifty-two. Rose's sister Ann is her best friend. Ann is a college teacher. She is twenty-nine. She is not married.

My hobby is sports. My wife's hobby is cooking. My son's hobby is playing computer games. We are a happy family.

*Задание 1. Вместо точек вставьте артикль там, где он требуется.*

1. Meet ... my family: my wife, my son, my daughter and I. 2. My name is ... John Brown. 3. I'm ... 45. 4. We have ... two children, ... boy and ... girl. ... boy's name is Tom. 5. He is ... schoolboy. 6. My daughter's name is ... Helen. 7. She is ... very young. 8. I'm ... PE teacher. 9. I work in ... secondary school. 10. My wife is ... housewife. 11. We have ... many relatives: ... cousins, ... uncles and ... aunts. 12. They are ... farmers. 13. Ann is her ... best friend. 14. Ann is ... college teacher. 15. My hobby is ... sports. 16. My wife's hobby is ... cooking. 17. My son's hobby is playing ... computer games. 18. We are ... happy family.

*Задание 2. Замените притяжательный падеж имен существительных на словосочетания с предлогом of.*

**1. My wife's name -> The name of my wife**

2. The boy's name ->

3. Rose's father ->

4. Rose's sister ->

5. My wife's hobby ->

6. My son's hobby ->

*Задание 3. Вместо точек вставьте глагол to be в нужной форме настоящего времени.*

1. My name ... John Brown. 2. I ... 45. 3. My wife's name ... Rose Brown. 4. She ... 36. 5. The boy's name ... Tom. 6. He ... ten years old. 7. He ... a schoolboy. 8. My daughter's name ... Helen. 9. She ... very young. 10. She ... only four. 11. I ... a PE teacher. 12. My wife ... a housewife. 13. My parents ... seventy years old. 14. They ... farmers. 15. Rose's father ... fifty eight and her mother ... fifty-two. 16. Rose's sister Ann ... her best friend. 17. Ann ... a college teacher. 18. She ... twenty-nine. 19. She ... not married. 20. My hobby ... sports. 21. My wife's hobby ... cooking. 22. My son's hobby ... playing computer games. 23. We ... a happy family.

*Задание 4. Закончите предложения, используя информацию о себе.*

1. This is my family: ...
2. My name is ...,
3. I'm ...
4. I'm a/an ...
5. I study in/at ...
6. I have got many/not many relatives: ...
7. My parents are ...
8. My hobby is ...

*Задание 5. Расскажите о себе и своей семье.*

*Задание 6. Прочитайте и переведите текст на русский язык.*

### **Sport: general outlook**

A very important part of our life is sport. Doing sports keeps us relaxed, healthy, strengthens our character, maintains our figure fit.

Amateurs and professionals are two kinds of athletes. Amateur sportsmen exercise, jog, swim or go to the gym once in a while. Sports are often performed together as a team, instead of just as individuals.

Some people make sport their main livelihood. They get payment for their travels and equipment, and if they improve their results, they

could go to the world competitions. This improves their chances of earning more money. To win a gold medal is the highest achievement for a sportsman.

The Olympic Games take place every four years. Not all kinds of sports are represented there but however new disciplines are added every time the games are held.

The Olympic Games first took place in 776 B.C. in Greece. Their goal was to promote perfect men both in body and soul. The contemporary games started in 1896 in Athens. This initiative is connected with the name of Pierre de Coubertin.

The IOC (International Olympic Committee) is in Lausanne, Switzerland. The symbol of the games is the five intertwined different coloured circles on a white background. They symbolise the five continents.

Here is a list of some of the different categories of sports:

**Winter sports:** cross country skiing, downhill skiing, ski jump, snowboarding, ice hockey, figure skating, speed skating, and sledging.

**Water sports:** swimming (free style, backstroke, crawl), windsurfing, surfing, diving, deep-sea diving, water-skiing, rowing, canoeing, water polo, sailing, yachting.

**Martial sports:** boxing, fencing, judo, karate, wrestling, Aikido, jiu-jitsu.

**Nature sports:** fishing, rock climbing, hiking, cycling, horse riding, cross-country running.

**Track and Field Athletics:** sprinting events, long-distance running, hurdle racing, relay racing, speed walking, jumping (high jump, long jump, triple jump and pole vault), throwing the discus, the hammer, the javelin, putting the shot.

**Team sports:** football, volleyball, basketball, handball, tennis, rugby, baseball, cricket.

Sports are performed at specialised facilities such as: sports halls, tennis and golf courts, an open air stadium, a winter stadium, an open air pool, a swimming pool, a gym, a bowling alley, ski slopes, trails and playgrounds.

Various equipments used in each of the disciplines are a tennis racket, a ball, a net, a goal, a golf ball, a baseball, a hockey stick, skates, protective clothing, basketball, volleyball, skis and the various gymnastic 'obstacles'.

## Unit 2. ABOUT MY HOME

### MY FLAT

I live in Vladimir in a new 12-storeyed block of flats. Our flat is on the fifth floor. It is very comfortable and well-planned. We have all modern conveniences, such as central heating, electricity, gas, cold and hot running water. There are three rooms, a kitchen, a bathroom and a hall in our flat.

The living room is the largest room in our flat. We use it as a dining room and as a sitting room. In the middle of the room there is a big table and six chairs round it. Opposite the window there is a wall unit, a TV-set and a video cassette recorder. There are two comfortable armchairs and a small coffee table in the right-hand corner. There is also a sofa and an electric fire in our living room. In the evenings we gather there to have tea, watch TV, talk and rest.

My room is very cozy and light. There is a bed, a wardrobe, a desk, an armchair and several bookshelves in my room. There is a thick carpet on the floor. The walls in my room are light-brown and there are some big posters on them. From time to time I change it round move the furniture and change the posters on the wall.

Our kitchen is large and well-equipped. We have a refrigerator, a freezer, a washing machine, a microwave oven, a coffeemaker and a toaster. We haven't got a dishwasher yet, because it is very expensive. But I'm sure we shall buy it in the nearest future.

*Задание 1. Вместо точек вставьте артикль там, где он требуется.*

1. I live in Vladimir in ... new 12-storeyed block of ... flats. Our flat is on ... fifth floor. It is ... very comfortable and ... well-planned.

2. We have all modern conveniences, such as ... central heating, ... electricity, ... gas, ... cold and ... hot running water.

2. The living room is ... largest room in our ... flat. In ... middle of ... room there is ... big table and ... six chairs round it. Opposite ... window there is ... wall unit, ... TV-set and ... video cassette recorder. There are ... two comfortable armchairs and ... small coffee table in ... right-hand corner. There is also ... sofa and ... electric fire in ... our living room. In ... evenings we gather there to have ... tea, watch TV, talk and rest.

3. Our kitchen is ... large and ... well-equipped. We have ... refrigerator, ... freezer, ... washing machine, ... microwave oven, ... coffeemaker and ... toaster. We haven't got ... dishwasher yet, because it is very expensive. But I'm sure we shall buy it in ... nearest future.

*Задание 2. Вместо точек вставьте предлоги и наречия.*

1. I live ... Vladimir ... a new 12-storeyed block ... flats. Our flat is ... the fifth floor.

2. My room is very cozy and light. There is a bed, a wardrobe, a desk, an armchair and several bookshelves ... my room. There is a thick carpet ... the floor. The walls ... my room are light-brown and there are some big posters ... them.

3. ... time ... time I change my room. I ... move the furniture and change the posters ... the wall.

*Задание 3. Составьте словосочетания, подбирая слова из левой и правой колонок.*

lovely	➤	fire
new 12-storeyed	➤	carpet
sitting	➤	supermarket
ground	➤	room
right-hand	➤	floor
big	➤	block of flats
nearest	➤	place
modern	➤	armchairs
living	➤	corner
comfortable	➤	kitchen
dining	➤	walls
electric	➤	future
cozy and light	➤	sitting room
thick	➤	poster
light-brown	➤	bus stop
well-equipped	➤	conveniences



*Задание 4. Переведите предложения на английский язык, используя оборот **there is/there are** в нужной форме настоящего времени.*

1. На первом этаже моего дома есть большой супермаркет. 2. В нашей квартире 3 комнаты, кухня, ванная и коридор. 3. В центре комнаты – большой стол и 6 стульев вокруг него. 4. Напротив окна – стенка с большим количеством книг и телевизор. 5. В правом углу – кофейный столик и два удобных кресла. 6. В гостиной также есть софа и камин. 7. В моей комнате есть несколько больших постеров на стене.

*Задание 5. Распределите слова по тематическим группам.*

<i>Modern conveniences</i>	<i>Furniture</i>	<i>Kitchen appliances</i>	<i>Rooms</i>
----------------------------	------------------	---------------------------	--------------

a sofa, an electric fire, a bathroom, an armchair, a refrigerator, central heating, a carpet, a sitting room, a desk, a microwave oven, electricity, a dining room, a bed, a wall unit, a dishwasher, a kitchen, a chair, a hall, a wardrobe, a coffeemaker, a table, a freezer, a coffee table, living room, gas, a bookshelf, a telephone, a toaster, a TV-set, a video cassette recorder.

*Задание 6. Закончите предложения, используя информацию о себе.*

1. I live ...
2. It is situated ...
3. My flat/house is ...
4. It is very ...
5. I have all modern conveniences, such as ...
6. There are ... (rooms), a ... , a ... , and a ... in my flat.
7. There are ... and ... corner.
8. There is also ... .
9. My kitchen is ... .
10. We have got a ... , a ... , a ... , ... .
11. I like my flat/house, because ... .

*Задание 7. Расскажите о своей квартире/своем доме.*

*Задание 8. Прочитайте и переведите текст на русский язык.*

## Sport as a physical activity

From Wikipedia.org

**Sport** includes all forms of competitive physical activity or games which, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Sports can bring positive results to one's physical health.

Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, simultaneously or consecutively, with one winner; in others, the contest (a *match*) is between two sides, each attempting to exceed the other. Some sports allow a "tie" or "draw", in which there is no single winner; others provide tie-breaking methods to ensure one winner and one loser. A number of contests may be arranged in a tournament producing a champion.

Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs.

Sport is generally recognized as system of activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organizations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports. However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognizes both chess and bridge as *bona fide* sports, and SportAccord, the international sports federation association, recognizes five non-physical sports: bridge, chess, draughts (checkers), Go and xiangqi, and limits the number of mind games which can be admitted as sports.

Sport is usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first. It can also be determined by judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

Records of performance are often kept, and for popular sports, this information may be widely announced or reported in sport news. Sport is also a major source of entertainment for non-participants, with spectator sport drawing large crowds to sport venues, and reaching wider audiences through broadcasting. Sport betting is in some cases severely regulated, and in some cases is central to the sport. The world's most accessible and practised sport is running, while association of football is the most popular spectator sport.

### **Unit 3. ABOUT MY DAILY ROUTINE**

#### DAILY ROUTINE

I wake up at 7.00 on weekdays and my working day begins. I switch on my player and do my morning exercises. Then I take a warm shower, clean my teeth and shave. After that I get dressed. My mother usually makes breakfast for me but when she is away on business I do it myself. While having breakfast I listen to the latest news on the Internet.

I leave the house at 8.30 and go to the nearest bus stop. It takes me half an hour or so to get to work. I usually arrive at work at ten minutes to nine.

I work in a big joint company. My job is to translate fax messages from English into Russian. Sometimes my boss wants me to write a letter to our business partners abroad.

We usually have lunch at 1 o'clock in the afternoon in a small cafe just round the corner. At 2 o'clock we come back to work. And we work hard till 5 o'clock. During the working day we also have several short coffee breaks. But sometimes we have no time for them.

I come home from work at about 6 o'clock in the evening. My parents usually wait for me at home. We have dinner together. Then we sit in the living room, drink tea, watch TV or just talk.

Sometimes when we have a lot of things to do I stay at work till 7 or even 8 o'clock in the evening. So by the end of the week I get very tired. On Sundays I sleep till eleven o'clock, watch television, listen to music and read something in English. And still I always look forward to my next working day because I like my job. I think I get a lot of useful experience.

*Задание 1. Вместо точек вставьте предлоги и наречия.*

1. I wake ... at 7.00 ... , switch ... my player and do my morning exercises.
2. My mother usually makes breakfast ... me but when she is ... ... business I do it myself.
3. I leave the house ... 8.30. I usually arrive ... work ... ten minutes ... nine.
4. My job is to translate fax messages ... English ... Russian.
5. We usually have lunch ... 1 o'clock ... the afternoon ... a small cafe just ... the corner. ... 2 o'clock we come ... to work. And we work hard ... 5 o'clock. ... the working day we also have several short coffee breaks.
6. I come home ... work at ... 6 o'clock in the evening. My parents usually wait ... me ... home. We have dinner ... .
7. Sometimes when we have a lot ... things to do I stay ... work ... 7 or even 8 o'clock ... the evening.

*Задание 2. Напишите 3 формы неправильных глаголов.*

*to do – did – done, to wakes up, to begin, to go, to be, to have, to leave, to write, to take, to come, to sit, to drink, to get, to sleep, to make, to read*

*Задание 3. Составьте словосочетания, подбирая слова из левой и правой колонок.*

- |              |                           |
|--------------|---------------------------|
|              | ➤ my player               |
|              | ➤ my morning exercises    |
| To clean     | ➤ to the bathroom,        |
| To switch on | ➤ a warm shower           |
| To leave     | ➤ my teeth                |
| To make      | ➤ breakfast               |
| To be away   | ➤ on business             |
| To get       | ➤ the latest news         |
| To take      | ➤ the house               |
| To listen to | ➤ to the nearest bus stop |
| To arrive    | ➤ to work                 |
| To translate | ➤ at work                 |
| To do        | ➤ fax messages            |
| To write     | ➤ a letter                |

To have	➤	lunch
To come back	➤	to work
To read	➤	several short coffee breaks
To come	➤	home
To like	➤	in the living room
To get	➤	tea
To drink	➤	TV
To go	➤	at work
To sit	➤	to music
To listen	➤	something in English
To watch	➤	my job
To stay	➤	a lot of useful experience

*Задание 4. Составьте предложения со следующими глаголами.*

<b>to go</b>	to the bathroom	<b>to have</b>	lunch	<b>to get</b>	very tired
	to work		(no) time		dressed
	to the bus stop		dinner		experience
			breakfast		
			coffee		
			breaks		

*Задание 5. Расскажите о своем рабочем дне.*

*Задание 6. Прочитайте и переведите текст на русский язык.*

### **A typical day in the life of an athlete**

by Osborn Oliver

The day starts early for an athlete. The alarm rings before the sun is up and in the first few rings, the athlete wakes up, ready for a new day and all its challenges. The first few minutes are spent recalling the schedule for the day and as the athlete makes a mental note of the important things, the body automatically moves to the foot of the bed preparing for the waking up workout. A couple of pushups and jumping jacks later, the body is fully awake ready to move. The next half hour is spent going through a few morning chores, except for showering. Then on comes the jogging attire,

shoes shorts and the lot. Not all days are good for jogging but as an athlete, trained to push the boundaries, bad jogging conditions are just new challenges that needs to be conquered.

The path is well worn and familiar. Muscle memory and a trained breathing help the athlete concentrate on the songs being listened to while the body takes itself through a path a mile or so long. Today is a three-lap day because there is time to kill before the day starts. As the third lap comes to a finish just outside home, the sun is up and shining bright.

In an hour, the training starts. The athlete goes straight to the shower, refreshing the body and making both mind and body ready for a long day. There is always an event around the corner or a competition just a few weeks away. Training never stops and there is always room for improvement. The athlete's goal is to be in peak condition for every tournament. The training includes a variety of exercises, interspersed with specific event training, and a session of working out all the wrong muscles through sports and other activities. This form of conditioning is necessary.

As the athlete leaves home, having had an athlete's breakfast of a balanced diet of high calorie foods, the preferred mode of transport is to walk or cycle to the gym. The day starts with the athlete warming up the right muscle groups required for that day's activities. After an hour or so of this, the athlete takes a few minutes of much required rest. The coach comes calling, the athlete promptly responds. To a sportsman, the coach is almost family. The coach is the most integral part of the training, bringing valuable experience and feedback. To have a person who can see potential and push one beyond limits thought unbreakable is the greatest asset on the athlete's side. However, not all days go reaching goals on the dot. In fact, most days go by with a goal set in mind but not reaching it until weeks down the line. The body is a fickle mistress, one day reaching great heights and then spending the next few not even coming close. Hence training is important.

The athlete trains in his sport for a good chunk of the day and then moves on to other activities. Helping maintain the gym or training area brings a sense of belonging to the athlete. It helps in keeping a grounded and disciplined lifestyle. At the start of the training, the athlete goes about clearing the track of random rocks and other hazards. At the end of the training, the athlete promptly puts away the gear in the appropriate places. This is the lifestyle and by those disciplines, the athlete lives.

On a normal mundane day, the training finishes and the athlete goes back home, just maybe taking a tad longer than the time it took to go from home to the gym in the morning. The tiredness starts to set in but that is a welcome sign. It means that the body was pushed to work hard. At home, a warm bath later comes time for some well-deserved relaxation. A movie one day, video games another, a book sometimes, recreations aplenty exist and the athlete chooses his preferred method.

After a light dinner, it is time to go to bed and by this time, the mind is excited about tomorrow. Another day brings its own set of struggles and challenges, but also, its own set of victories and experiences. With a content heart that can only stem from working hard and a tired body craving sleep, the athlete goes to bed. A sound slumber awaits, for a good day it has been.

www.toppr.com

## **Unit 4. ABOUT MY HOBBY**

### HOBBY

A hobby is any activity of a person that brings him pleasure and satisfaction. Moreover, this occupation has nothing to do with earning or acquiring status. Hobbies help to cope with many character flaws, develop creativity and self-confidence.

The word "hobby" came to us from the English language. It means an occupation that a person is fond of and is ready to devote all his free time to it, even sometimes to the detriment of his main activities.

A hobby begins with an interest in a particular occupation, art form, topic.

Each person has free time from study or work, which s/he can dispose of at will. Many do not know what to do, and thoughtlessly sit at the computer or talk for hours with friends on the phone. But you can always find some interesting business, get carried away with something. After all, there are so many interesting things around! The main thing is not to be lazy, to do something to your liking, then life will become more interesting, and there will be no questions about how to spend your free time.

*Задание 1. Вместо точек вставьте предлоги и наречия.*

1. A hobby is any activity ... a person that brings him pleasure and satisfaction.
2. This occupation has nothing to do ... earning or acquiring status.
3. Hobbies help to cope ... many character flaws, develop creativity and self-confidence.
4. The word "hobby" came ... the English language.
5. It means an occupation that a person is fond ... and is ready to devote all his free time ... it.
6. A hobby begins ... an interest ... a particular occupation, art form, topic.
7. Each person has free time ... study or work, which s/he can dispose of at will.
8. Many do not know what to do, and thoughtlessly sit ... the computer or talk ... hours ... friends ... the phone.
9. The main thing is not to be lazy, to do something ... your liking.
10. Then life will become more interesting, and there will be no questions ... how to spend your free time.

*Задание 2. Раскройте скобки и употребите глаголы в простом настоящем, прошедшем или будущем времени.*

1. A few years ago Peter (to be) fond of collecting stamps.
2. When he (to be) five years old his mother (to have) six albums of stamps.
3. She (to give) him the albums as a birthday present.
4. He (to learn) a lot about other countries and other peoples' traditions, the world's flora and fauna.
5. Three months ago Peter's parents (to buy) him a compact disk player and Peter (to decide) to collect discs.
6. Besides jazz, Peter (to like) rock music, pop music, classical music. He (not to like) techno, metal and rap.
7. Now Peter (to collect) compact discs of his favourite groups and singers.
8. He also (to try) to find out everything about the singers he (to like).
9. Nick often (to bring) his compact discs to the concert and (to ask) the singers for their autographs.

*Задание 3. Составьте словосочетания, подбирая слова из левой и правой колонок.*



To read (about)	➤	collecting stamps
To brush up	➤	to spare
To miss	➤	stamps
To (have/not have) much time	➤	listening to music
To exchange	➤	specialized magazines
To be fond of	➤	the news in the world of ...
To ask	➤	English
To be good at	➤	a concert of a favourite group
To look through	➤	singers for their autographs
	➤	albums of stamps

*Задание 4. Задайте специальные вопросы к предложениям.*

1. My friend Nick is very busy and he doesn't have much time to spare.  
*Who ... ? Why ... ?*
2. He is free only at the weekends. *When ... ?*
3. A few years ago Nick was fond of collecting stamps. *What ... ?*
4. Three months ago Nick's parents bought him a compact disk player.  
*When ... ? Who ... ? What ... ? What player ... ?*
5. Now Nick collects compact discs of his favourite groups and singers.  
*What ... ? What discs ... ?*
6. He writes letters to some fan-clubs in other countries, so he has to brush up his English. *Why ... ?*

*Задание 5. Расскажите о своем хобби.*

*Задание 6. Прочитайте и переведите текст на русский язык.*

### **Hobby vs Sport – What's the difference**

As nouns the difference between hobby and sport is that hobby is an activity that one enjoys doing in one's spare time or hobby can be any of four species of small falcons in the genus *falco*", especially "*falco subbuteo*" while sport is (countable) any activity that uses physical exertion or skills competitively under a set of rules that is not based on aesthetics. As an adjective **sport** is suitable for use in athletic activities or for casual or informal wear. As a verb **sport** means to amuse oneself, to play.

**“Is that a Sport or a Hobby?”**  
**Debating the Purpose of Popular Pastimes**

by Martin Banks

Everyone’s got at least one hobby. It is the competitive nature of *certain* pastimes that raises the question as to whether they are sports or hobbies. A sport could be defined as a competitive activity that can be performed by an individual or team that is played against others for entertainment purposes. The activity typically involves both physical exertion and skill.

Meanwhile hobbies are understood to be activities done alone or with others in one’s spare time for personal enjoyment. While certain hobbies can be done competitively, practically *all* sports function on a timetable laid down by an organization responsible for governing all related competitions. Compare that to competitive hobbies that are done in one’s selected free time.

Some pastimes can be performed either as hobbies or sports, which leads to some general confusion. Are the following activities hobbies or sports? Let’s find out!

**Golf.** We begin this list with a sport that is often associated with leisure time afforded to older retire gentlemen or a “paper pusher” hoping to make a good impression on his boss.

For some, golf is very much a hobby. This is because it is strictly done during free time. But this game’s long history suggests that it is *indeed* a sport.

The sport of golf meets all three major requirements to be considered such. It requires physical exertion (swinging the golf club at JUST the right angle with a certain amount of force), skill (getting the ball in the hole within a certain number of shots) and it is played against others for entertainment purposes.

While golf’s early history suggests a leisure time activity, within the past couple of centuries a series of guidelines and guiding bodies have been formed. This allows for the sport to be played around the world in official competitions.

**Video Gaming.** Anyone familiar with the Smash Bros. tournaments knows about the groups of gamers who gather to compete for money and bragging rights.

But is it a sport or a hobby?

Video gaming can be thought of as a hobby, even though tournaments exist. The reason is that it is an activity that is typically performed in one's leisure or spare time for one's own enjoyment.

Button-mashing can be called physical exertion and there are crowds that show up to watch the tournaments. But the majority of the time video games are played in one's own home in one's spare time.

**Competitive Scrapbooking.** Before you declare this one to be obvious, it's important to know what competitive scrapbooking entails.

According to a 2008 Los Angeles Times article, scrapbooking, combined with stamp collecting, is a multi-billion dollar a year industry. It also highlighted a major scandal involving someone cheating during a competition.

Despite the hubbub, it must be said that scrapbooking cannot be considered a sport. Though it requires time and energy, it requires no great level of skill or physical exertion, even if people stay up 24 for hours to compete.

Even though some choose to compete, scrapbooking has been *traditionally* treated as a hobby.

**Bowling.** Bowling is a sport, though some feel it barely makes it into the category. It is a highly subjective sentiment, however bowling meets the standard definition of a sport.

It requires physical exertion. The average bowling ball weighs anywhere from 12 to 14 lbs. You require a certain amount of strength to hold the ball comfortably and then get a good backward swing before walking forward and rolling it down the lane.

Hitting the bowling pins requires skill. You may miss the pins entirely and watch helplessly as your ball rolls down the side and into the gutter.

Bowling can be played in individual or team competitions, where prizes are offered and crowds turn up to watch as entertainment.

Like it or not, bowling as an activity more than qualifies as a sport. However as with golf, individuals have the option of performing it at their leisure as a hobby.

### **Are activities like cheerleading, poker and paintball a sport or hobby?**

It can be confusing, especially as certain pastimes are competitive and the sport of baseball is often referred to as “America’s Pastime.”

Just remember to ask a few basic questions:

1. Does the individual decide when he or she will take up the activity or must they register as part of a tournament?
2. Does it require physical exertion or is it often done quietly while sitting?
3. Do you need a particular set of skills or can anyone with no talent or practice participate?

Sports require skills and exertion when competing against others. Do not think that a competition makes a pastime a sport.

This alone is not enough to put an activity in one category or another.

## **Unit 5. ABOUT MY MEALS**

### MY MEALS

It goes without saying that I prefer to have meals at home. At the weekend I like to get up late and have a good breakfast of scrambled eggs or pancakes, or something like that. But on weekdays I'm always short of time in the morning. So I just have a cup of strong tea or coffee and a couple of sandwiches.

As I spend a lot of time at the university it's necessary to have a snack at midday just to keep me going. That's why I have to go to the university canteen to have lunch. For lunch I usually have a chop with mashed potatoes and a glass of cocoa or stewed fruit.

But I enjoy my evening meal at home. My mother is a wonderful cook and her dinners are always delicious.

To begin with, we usually have some salad - tomato and cucumber salad or mixed salad (I like it very much). For the first course we have some soup - noodle, mushroom or cabbage soup, or maybe some fish for a

change. For the main course we have meat, chicken or fish dishes, for example, steak or fried fish with spaghetti or potatoes (boiled or fried). We also have a lot of vegetables - green peas, carrots, tomatoes, cucumbers.

For dessert we have some fruit, fruit juice or just a cup of tea with a slice of cake.

On Sundays we sometimes go to McDonald's. I like everything there: cheeseburgers, hamburgers and Big Macs, apple pies and fruit cocktails. But unfortunately we can't afford to go there very often, because it's rather expensive for a family and besides, they say it's not very healthy to eat at McDonald's.

*Задание 1. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, модальные глаголы, частицы, местоимения) там, где они требуется.*

### **English traditional meals**

... typical English breakfast ... usually quite big ... substantial. ... includes pork sausages, bacon ... eggs, tomatoes, baked beans, mushrooms and ... toast. ... people enjoy porridge, fruit ... yogurt ... the morning, followed ... a toast and jam, ... orange marmalade. ... traditional breakfast drink ... tea, ... British people prefer having ... cold milk. ... popular morning drink ... orange juice.

... many Englishmen lunch ... a fast meal. ... big cities ... are a lot ... sandwich bars where office clerks ... choose all sorts ... sandwiches ... meat, fish, chicken, ham, prawns, eggs, cheese, vegetables ... lettuce. English pubs ... serve good food for lunch, hot and cold. Quite ... lot of workers go ... famous "fish and chips shops" and buy ... favorite deep fried cod or haddock ... French fries.

A lot of Englishmen drink ... 5 o'clock tea. It ... a traditional light meal ... work. People enjoy their favorite teas ... cookies, cakes, freshly baked sweet buns, scones and ... pastries.

British people eat their evening meal ... about 7 o'clock, when ... members of ... family ... at home ... . As ... rule, a typical dinner ... meat and vegetables. It can ... roast chicken ... lamb ... potatoes, or steamed

vegetables ... meat gravy. ... dessert, English wives cook various puddings and serve ... with ice-cream ... jam.

... Sundays British families like ... sit together ... the table enjoying roast beef, lamb or chicken, served ... Yorkshire pudding and dressed ... English mustard, apple sauce, cranberry sauce ... mint sauce.

English food ... simple ... very delicious. Today ... continues to merge ... national cuisines from all ... the world.

*Задание 2. Распределите слова по тематическим группам.*

<i>Приемы пищи</i>	<i>Закуски</i>	<i>Горячие блюда</i>	<i>Выпечка</i>	<i>Напитки</i>
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Dinner, mixed salad, scrambled eggs, chicken dish, apple pies, cocoa, stewed fruit, hamburgers, tomato/cucumber salad, meat dish, fruit cocktails mushroom soup, pancakes, strong tea, sandwich, coffee, a snack, a chop, lunch, cheeseburger, mashed potatoes, fried fish with spaghetti, cabbage soup, fruit juice, fish dish, noodle soup, steak, boiled potatoes, breakfast, Big Macs, green peas or fried potatoes, vegetables, cake

*Задание 3. Вместо точек вставьте глагол **to be** или глагол **to have** в нужной форме.*

**It goes without saying** that my family members prefer ... meals at home.

1. At the weekend we usually to get up late and ... a good breakfast of scrambled eggs or pancakes, or something like that. **But** on weekdays we ... always short of time in the morning. **So** we just ... a cup of strong tea or coffee and a couple of sandwiches.

2. **As** I spend a lot of time at the university it ... necessary to ... a snack at midday. **That's why** I ... to go to the university canteen to ... lunch. For lunch I usually ... a chop with mashed potatoes and a glass of cocoa or stewed fruit.

3. **But** I enjoy my evening meal at home. My mother ... a wonderful cook and her dinners ... always delicious. **To begin with**, we usually ... some salad - tomato and cucumber salad or mixed salad. For the first course we ... some soup - noodle, mushroom or cabbage soup, or maybe some fish for a change.

4. For the main course we ... meat, chicken or fish dishes, for example,

steak or fried fish with spaghetti or potatoes (boiled or fried). We **also** ... a lot of vegetables - green peas, carrots, tomatoes, cucumbers.

5. For dessert we ... some fruit, fruit juice or just a cup of tea with a slice of cake.

*Задание 4. Составьте словосочетания, подбирая слова из левой и правой колонок.*

scrambled	➤	cocktail
strong	➤	juice
mashed	➤	course
stewed	➤	fish
wonderful	➤	eggs
tomato	➤	meat
cucumber	➤	chicken
mixed	➤	tea
first	➤	peas
noodle	➤	Mac
mushroom	➤	soup
fish	➤	pies
cabbage	➤	dish
main	➤	potatoes
meat	➤	salad
chicken	➤	fruit
fish	➤	cook
fried		
boiled		
fried		
green,		
fruit		
Big		
apple		
fruit		

*Задание 5. Напишите меню из ваших любимых блюд.*

***For breakfast:***

***For lunch:***

***For a snack:***

***For dinner:***

***For the first course:***

***For the main course:***

***For dessert:***

*Задание 6. Составьте мини рассказ на любую тему, используя вводные конструкции.*

**It goes without saying that ....**

**But ...**

**So ...**

**As ...**

**That's why ...**

**But ...**

**To begin with, ...**

**Also ...**

**But unfortunately ...**

**Besides, ...**

**They say ..,**

*Задание 7. Расскажите о вашем питании в течение дня.*

*Задание 8. Прочитайте и переведите текст на русский язык.*

### **Sport nutrition**

From Wikipedia, the free encyclopedia

**Sports nutrition** is the study and practice of nutrition and diet with regards to improving anyone's athletic performance.

Nutrition is an important part of many sports training regimens, being popular in strength sports (such as weightlifting and bodybuilding) and endurance sports (e.g. cycling, running, swimming, rowing). Science recognizes sports nutrition and energy intake as the “*cornerstone of the athlete’s diet.*”

Sports nutrition is the foundation of athletic success. It is a well-designed nutrition plan that allows active adults and athletes to perform at their best. It supplies the right food type, energy, nutrients, and fluids to keep the body well hydrated and functioning at peak levels. A sports nutrition diet may vary day to day, depending on specific energy demands. It is unique to each person and is planned according to individual goals.

Sports nutrition focuses its studies on the type, as well as the quantity of fluids and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances that include carbohydrates, proteins and fats.



- **Carbohydrates** are the main fuel source for an active adult or competitive athlete. General guidelines for carbohydrate intake are based on body size and training characteristics. Carbohydrate needs in a daily diet can range from 45 to 65% of total food intake depending on physical demands.<sup>3</sup>
- **Proteins** are responsible for muscle growth and recovery in the active adult or athlete. Sufficient amounts of protein per individual help maintain a positive nitrogen balance in the body, which is vital to muscle tissue. Protein requirements can vary significantly ranging from .8g to 2g per kilogram of body weight per day.<sup>4</sup>
- **Fats** help maintain energy balance, regulate hormones, and restore muscle tissue. Omega-3 and omega-6 are essential fatty acids that are especially important to a sports nutrition diet. Research findings recommend an athlete consume approximately 30% of their total daily caloric intake as a healthy fat.

### **Eating for Competition**

Preparing for a competitive sport will vary in sports nutrition requirements. For example, strength athletes strive to increase lean mass and body size for their sport. Endurance runners focus on reduced body weight/fat for peak body function during their event.

Athletic goals will determine the best sports nutrition strategy. Pre and post-workout meal planning are unique for each athlete and essential for optimal performance.

### **Eating for Exercise/Athletic Performance**

Training programs require a well-designed diet for active adults and competitive athletes. Research shows a balanced nutrition plan should include sufficient calories and healthy macronutrients to optimize athletic performance.

The body will use carbohydrates or fats as the main energy source, depending on exercise intensity and duration. Inadequate caloric intake can impede athletic training and performance.

Active adults exercising three to four times weekly can usually meet nutritional needs through a normal healthy diet. Moderate to elite athletes performing intense training five to six times weekly will require significantly more nutrients to support energy demands.

For example, and according to research, energy expenditure for extreme cyclists competing in the *Tour de France* is approximately 12,000 calories per day.

### **Eating for Endurance**

Endurance programs are defined as one to three hours per day of moderate to high-intensity exercise. High-energy intake in the form of carbohydrates is essential. According to research, target carbohydrate consumption for endurance athletes ranges from 6g to 10g per kilogram of body weight per day.

Fat is a secondary source of energy used during long-duration training sessions. Endurance athletes are more at risk for dehydration. Replacing fluids and electrolytes lost through sweat are necessary for peak performance.

### **Eating for Strength**

Resistance training programs are designed to gradually build the strength of skeletal muscle. Strength training is high-intensity work. It requires sufficient amounts of all macronutrients for muscle development.

Protein intake is especially vital to increase and maintain lean body mass. Research indicates protein requirements can vary from 1.2g to 3.1g per kilogram of body weight per day.

### **Special Circumstances**

Sports nutrition covers a wide spectrum of needs for athletes. Certain populations and environments require additional guidelines and information to enhance athletic performance.

**Vegetarian Athlete** A vegetarian diet contains high intakes of plant proteins, fruits, vegetables, whole grains, and nuts. It can be nutritionally adequate, but insufficient evidence exists on long-term vegetarianism and athletic performance.

Dietary assessments are recommended to avoid deficiencies and to ensure adequate nutrients to support athletic demands.

**High Altitude.** Specialized training and nutrition are required for athletes training at high altitude. Increasing red blood cells to carry more oxygen is essential. Iron-rich foods are an important component of this athlete as well.

Increased risk of illness is indicated with chronic high altitude exposure. Foods high in antioxidants and protein are essential. Fluid requirements will vary per athlete, and hydration status should be individually monitored.

**Hot Environments.** Athletes competing in hot conditions are at greater risk of heat illness. Heat illness can have adverse health complications. Fluid and electrolyte balance is crucial for these athletes.

Hydration strategies are required to maintain peak performance while exercising in the heat.

**Cold Environments.** Primary concerns for athletes exercising in the cold are adequate hydration and body temperature. Leaner athletes are at higher risk of hypothermia. Modifying caloric and carbohydrate intake is important for this athlete. Appropriate foods and fluids that withstand cold temperatures will promote optimal athletic performance.

**Eating Disorders and Deficiencies.** Eating disorders in athletes are not uncommon. Many athletes are required to maintain lean bodies and low body weight and exhibit muscular development. Chronic competitive pressure can create psychological and physical stress of the athlete leading to disordered eating habits.

Without proper counseling, adverse health effects may eventually develop. The most common eating disorders among athletes may include: Anorexia nervosa, Bulimia, Compulsive exercise disorder, Orthorexia:

Obviously, the nutritional needs of these individuals greatly differ from that of other active adults or athletes. Until someone with an eating disorder is considered well again, the primary focus should be put on treating and managing the eating disorder and consuming the nutrition needed to achieve and maintain good health, rather than athletic performance.

[www.verywellfit.com](http://www.verywellfit.com)

## Unit 6. TRAVELLING

### TRAVELLING

Millions of people love to spend their holidays traveling. They travel to see other continents, modern cities and the ruins of ancient towns, they travel to enjoy picturesque places, or just for a change of scene. While travelling they discover new things, different ways of life, meet different people, try different food, listen to different musical rhythms.

Some like to go to a big city and spend their time visiting museums and art galleries, looking at shop windows and dining at exotic restaurants. Others like a quiet holiday by the sea or in the mountains, with nothing to do but walk and bathe and laze in the sun.

Most travelers and holiday-makers take pictures of everything that interests them: the sights of a city, old churches and castles, views of mountains, lakes, valleys, plains, waterfalls, forests; different kinds of trees, flowers and plants, animals and birds. Later they will be reminded by the photos of the happy time they have had.

There are different means of travel at our disposal. People travel by train, by plane, by boat, by car, by bike and on foot. If people have business trips they choose the fastest transport. They often travel by plane or by train. It is very expensive but it is very fast. And if people want to have a rest they choose traveling by boat, by car, on horseback and etc. When you travel by car or by bike you can stop where you want. All means of travel have their advantages and disadvantages. And people choose one according to their plans and destinations.

If we are fond of traveling, we see and learn a lot of things that we can never see or learn at home. The best way to get to know and understand people is to meet them in their own homes.

*Задание 1. Закончите предложения, используя информацию из текста.*

1. Millions of people all over the world ...
2. They travel to see ...
3. It's always interesting to discover ... , to meet ... , to try ..., to listen to ...

4. Those who live in the country like to go to ...
5. City dwellers usually like ...
6. Most travelers and holiday-makers take ...
7. People travel by ...
8. If people have business trips they choose ...
9. And if people want to have a rest they ...
10. All means of travel have ...
11. The best way to get to know and understand people is ...

*Задание 2. Ответьте на вопросы по тексту.*

1. Why do people travel?
2. Where do people travel?
3. How do people travel?
4. What is the best way to study the world? Are there any other alternatives? What do you prefer?

*Задание 3. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text?
2. What is the text about?
3. What points does the text cover?
4. What should be underlined?
5. What can you say in conclusion?
6. What is your opinion on the text?

*Задание 4. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 5. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

### **Australia**

Australia ... an island continent, ... largest island and ... smallest continent ... the world. ... official name ... the Commonwealth ... Australia as it ... a federation ... 6 states ... 2 territories. ... total area ... the country ... 7,686 square miles. The population is ... 19 million

people. The people ... mainly of British descent ... there are also ... 200 000 aborigines.

Most ... the population ... concentrated ... the eastern coast as the land ... central and western Australia ... desert. In ... south east ... are mountains the peaks of which ... covered ... snow ... 7 months ... a year. There ... tropical forests in the east.

Australia enjoys ... mainly warm climate. Eucalyptus and wattle ... the typical vegetation. ... unique wild life includes koala bears, kangaroos, dingoes, emus and deadly tiger-snakes.

Australia provides ... 30% ... the world's wool (there ... 60 million sheep ... the country) ... is a major producer ... wheat and meat. The country ... highly industrialized and ... produces aircraft, automobiles, electrical equipment. ... country ... rich ... iron ore, lead, silver, gold, zinc ... uranium.

*Задание 6. Прочитайте и переведите текст на русский язык.*

### **From the History of the Olympic Games**

www.britanica.com

**Olympic Games**, athletic festival was originated in ancient Greece and was revived in the late 19th century. Before the 1970s the Games were officially limited to competitors with amateur status, but in the 1980s many events were opened to professional athletes. Currently, the Games are open to all, even the top professional athletes in basketball and football (soccer). The ancient Olympic Games included several of the sports that are now part of the Summer Games program, which at times has included events in as many as 32 different sports. In 1924 the Winter Games were sanctioned for winter sports. The Olympic Games have come to be regarded as the world's foremost sports competition.

#### **The ancient Olympic Games**

Just how far back in history organized athletic contests were held remains a matter of debate, but it is reasonably certain that they occurred in Greece almost 3,000 years ago.

Of all the games held throughout Greece, the Olympic Games were the most famous. Held every four years between August 6 and September

19, they occupied such an important place in Greek history that in late antiquity historians measured time by the interval between them—an Olympiad.

The Olympic Games, like almost all Greek games, were an intrinsic part of a religious festival. They were held in honour of Zeus at Olympia by the city-state Elis in the northwestern Peloponnese.

At the meeting in 776 BCE there was apparently only one event, a footrace that covered one length of the track at Olympia, but other events were added over the ensuing decades.

The race, known as the *stade*, was about 192 metres (210 yards) long. The word *stade* also came to refer to the track on which the race was held and is the origin of the modern English word *stadium*. In 724 BCE a two-length race, the *diaulos*, roughly similar to the 400-metre race, was included, and four years later the *dolichos*, a long-distance race possibly comparable to the modern 1,500- or 5,000-metre events, was added.

Wrestling and the pentathlon were introduced in 708 BCE. The latter was an all-around competition consisting of five events—the long jump, javelin throw, the discus throw, a footrace, and wrestling.

Boxing was introduced in 688 BCE and chariot racing eight years later. In 648 BCE *pancratium* (from Greek *pankration*), a kind of no-holds-barred combat, was included. This brutal contest combined wrestling, boxing, and street fighting. Kicking and hitting a downed opponent were allowed; only biting and gouging (thrusting a finger or thumb into an opponent's eye) were forbidden.

Between 632 and 616 BCE events for boys were introduced. And from time to time further events were added, including a footrace in which athletes ran in partial armour and contests for heralds and for trumpeters.

The program, however, was not nearly so varied as that of the modern Olympics. There were neither team games nor ball games, and the athletics (track and field) events were limited to the four running events and the pentathlon mentioned above.

In the early centuries of Olympic competition, all the contests took place on one day; later the Games were spread over four days, with a fifth devoted to the closing-ceremony presentation of prizes and a banquet for the champions. In most events the athletes participated in the nude.

The Olympic Games were technically restricted to freeborn Greeks. Many Greek competitors came from the Greek colonies on the Italian peninsula and in Asia Minor and Africa. Most of the participants were professionals who trained full-time for the events. These athletes earned substantial prizes for winning at many other preliminary festivals, and, although the only prize at Olympia was a wreath or garland, an Olympic champion also received widespread adulation and often lavish benefits from his home city.

### **Demise of the Olympics**

Greece lost its independence to Rome in the middle of the 2nd century BCE, and support for the competitions at Olympia and elsewhere fell off considerably during the next century.

Romans neither trained for nor participated in Greek athletics. Roman gladiator shows and team chariot racing were not related to the Olympic Games or to Greek athletics. The main difference between the Greek and Roman attitudes is reflected in the words each culture used to describe its festivals: for the Greeks they were contests (*agōnes*), while for the Romans they were games (*ludi*). The Greeks originally organized their festivals for the competitors, the Romans for the public. One was primarily competition, the other entertainment. The Olympic Games were finally abolished about 400 CE by the Roman emperor Theodosius I or his son because of the festival's pagan associations.

### **Revival of the Olympics**

The ideas and work of several people led to the creation of the modern Olympics. The best-known architect of the modern Games was Pierre, baron de Coubertin, born in Paris on New Year's Day, 1863. Family tradition pointed to an army career or possibly politics, but at age 24 Coubertin decided that his future is in education, especially physical education.

In 1890 he traveled to England to meet Dr. William Penny Brookes, who had written some articles on education that attracted the Frenchman's attention. Brookes had tried for decades to revive the ancient Olympic Games, getting the idea from a series of modern Greek Olympiads held in Athens starting in 1859.



The Greek Olympics were founded by Evangelis Zappas, who, in turn, got the idea from Panagiotis Soutsos, a Greek poet who was the first to call for a modern revival and began to promote the idea in 1833.

Brookes's first British Olympiad, held in London in 1866, was successful, with many spectators and good athletes in attendance. But his subsequent attempts met with less success and were beset by public apathy and opposition from rival sporting groups. Rather than give up, in the 1880s Brookes began to argue for the founding of international Olympics in Athens.

It was at first agreed that the Games should be held in Paris in 1900. Six years seemed a long time to wait, however, and it was decided (how and by whom remains obscure) to change the venue to Athens and the date to April 1896. A great deal of indifference, if not opposition, had to be overcome, including a refusal by the Greek prime minister to stage the Games at all. But when a new prime minister took office, Coubertin and Vikélas were able to carry their point, and the Games were opened by the king of Greece in the first week of April 1896, on Greek Independence Day (which was on March 25 according to the Julian calendar then in use in Greece).

## **Unit 7. RUSSIA**

### **RUSSIA**

Russia is one of the largest countries in the world. Its total area is 17 075 square kilometers. It is situated both in Europe and in Asia and is washed by the Arctic and the Pacific oceans. There are about 2 million rivers in Russia. The Volga is the longest one in Europe (3694 km long).

Most of the country has a continental climate with severe winters. The Arctic coast is icebound for the most part of the year. But summers are usually warm and sunny. The vegetation zones comprise tundra, taiga, steppes, semi-deserts, deserts and the subtropical vegetation zone.

The population of Russia is 147 million people. The population is unevenly distributed and most of the people live on the European plain. Russia is a multinational country. The Russians make up nearly 83% of

population. Among other peoples living in Russia are the Tatars, the Chuvash, the Bashkir and the Ukrainians, to name just a few most numerous. Altogether there are about 170 ethnic groups in the country. More than 100 languages are spoken in the country and Russian is the official one. The most widespread religion is Orthodoxy (20 million people) and there is also a considerable number of Muslims.

One of the national emblems of our state is the national flag with 3 wide stripes on it. Another symbol of Russia is the hymn, composed by A. A. Alexandrov. Yet another state emblem is the anthem which is a two-headed golden eagle.

According to the Constitution of 1993 Russia is a parliamentary republic. It means that the legislative power is exercised by Federal Assembly which consists of two chambers: the Council of Federation and the State Duma. The Duma has 450 members while in the Council there are 178 members. The President is the Head of State. He is elected every 4 years. The president appoints the Prime Minister and supervises the work of the government which together with the Prime Minister form the executive branch of power. The government decide on the economy issues and suggest bills which are either passed or rejected by the Duma. The President is responsible for the national security and he determines the foreign policy of the country. The Constitutional Court and the Supreme Court are the main bodies of the judiciary.

Russia is self-sufficient in most mineral and energy resources including coal, oil, natural gas, iron ore and copper. Though not so much land can be used for farming agriculture is still an important branch of economy in the country. Farmers harvest wheat, oats, rye and other cereals. The key industries include manufacturing, metal industry, chemicals, construction and power engineering. Gross National Product (GNP) is 240 milliard dollars.

*Задание 1. Закончите предложения, используя информацию текста.*

1. Russia is one of the ...
2. Its total area ...
3. Russia is situated both ...
4. Most of the country has ...

5. The population of Russia is ...
6. The Russians make up ...
7. More than 100 languages ...
8. According to the Constitution of 1993 Russia is ...
9. The President is ...
10. Russia is self-sufficient in ...
11. The key industries include ...

*Задание 2. Ответьте на вопросы по тексту.*

1. What is the total area of Russia?
2. What determines a big variety of surface and climate of the country?
3. What countries does Russia border on?
4. What resources is Russia rich in?
5. Who appoints the Prime Minister?
6. What are the duties of the government?
7. What are the state emblems of Russia?
8. What is the procedure of making laws in our country?
9. Who appoints the Prime Minister?
10. How many languages are spoken in Russia?

*Задание 3. Прочитайте предложения. Укажите:*

- (1) *какие утверждения соответствуют содержанию текста;*
- (2) *какие утверждения не соответствуют содержанию текста;*
- (3) *информация отсутствует в тексте.*

1. Russia is one of the largest countries in the world covering almost a third part of dry land. (\_\_\_\_)
2. It occupies the territory of 17 million square kilometers both in Europe and Asia. (\_\_\_\_)
3. The Volga is the longest river in the world. (\_\_\_\_)
4. Baikal and Ladoga are the deepest Russian lakes. (\_\_\_\_)
5. The population of Russia is nearly 1 billion people.
6. Russians constitute 100% of the total population. (\_\_\_\_)
7. According to the Constitution of Russia, the country is a federation and semi-presidential republic. (\_\_\_\_)
8. The President is the head of government and the Prime Minister is the head of state. (\_\_\_\_)

9. Leading political party in Russia is the Liberal Democratic Party. (\_\_\_\_)
10. The state symbol of Russia is a three coloured banner. (\_\_\_\_)
11. Russia is self-sufficient in most mineral and energy resources. (\_\_\_\_)
12. . The most widespread religion is Orthodoxy (20 million people) and there is also a considerable number of Muslims. (\_\_\_\_)

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text? 2. What is the text about? 3. What points does the text cover? 4. What should be underlined? 5. What can you say in conclusion? 6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

### **Vladimir**

The city ... Vladimir ... noted ... its famous architectural monuments ... white stone. ... of them ... created in ... 12<sup>th</sup> century. Now ... monuments ... carefully preserved. Vladimir ... a popular tourist center ... is included ... the Golden Ring Tourist route.

The city ... founded more ... 1000 years ... . ... the rule of Andrey Bogolubsky ... was turned ... a major political center. ... was in ... years that the country residence ... the Prince in Bogolubovo ... built with the church ... the Intersession on ... Nerl (1165).

... examples of the Vladimir architectural style ... be seen in ... center of the city. ... masterpieces of ancient Russian architecture ... the Golden Gate, the Assumption Cathedral and the Cathedral of St. Demetrius are situated ... .

... Assumption Cathedral was built ... 1157-1160. I ... was reconstructed in 1185-1199 ... a fire and surrounded ... a new wall. ... frescoes done

... 1408 ... Andrey Rublev ... Daniel Cherny have ... presented in the cathedral.

The Cathedral ... St. Demetrius is covered ... wonderful stone carvings. In ... places the XII century carvings ... been replaced ... later ones and this can ... noticed right away on comparing ... with others in the friez arches.

... Golden Gate is ... good example ... military architecture. ... was built in 1157-1164 and ... used ... ceremonial entrance into ... city.

Nowadays much attention ... given ... the development ... tourism ... Vladimir. The central part ... restored. ... ancient houses ... rebuilt. Much ... been done in the provision ... cultural and educational facilities too.

*Задание 7. Расскажите о Вашем родном городе.*

*Задание 8. Прочитайте и переведите текст на русский язык.*

### **The modern Olympic movement**

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#### **National Olympic committees, international federations, and organizing committees**

Each country that desires to participate in the Olympic Games must have a national Olympic committee accepted by the IOC (International Olympic Committee). By the early 21st century there were more than 200 such committees.

A national Olympic committee (NOC) must be composed of at least five national sporting federations, each affiliated with an appropriate international federation. purpose of these NOCs is the development and promotion of the Olympic movement. NOCs arrange to equip, transport, and house their country's representatives at the Olympic Games. According to the rules of the NOCs, they must be not-for-profit organizations, must not associate themselves with affairs of a political or commercial nature, and must be completely independent and autonomous as well as in a position to resist all political, religious, or commercial pressure.

For each Olympic sport there must be an international federation (IF), to which a requisite number of applicable national governing bodies must belong. The IFs promote and regulate their sport on an international level. Since 1986 they have been responsible for determining all questions of Olympic eligibility and competition in their sport. Because such sports as football (soccer) and basketball attract great numbers of participants and spectators in all parts of the world, their respective IFs possess great power and sometimes exercise it.

In Paris in 1924, a number of cabins were built near the stadium to house visiting athletes; the complex was called “Olympic Village.” But the first Olympic Village with kitchens, dining rooms, and other amenities was introduced at Los Angeles in 1932. Now each organizing committee provides such a village so that competitors and team officials can be housed together and fed at a reasonable price. Menus for each team are prepared in accord with its own national cuisine. Only competitors and officials may live in the village, and the number of team officials is limited.

### **Programs and participation**

The Olympic Games celebrate an Olympiad, or period of four years. The first Olympiad of modern times was celebrated in 1896, and subsequent Olympiads are numbered consecutively, even when no Games take place (as was the case in 1916, 1940, and 1944).

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), 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).

To be allowed to compete, an athlete must meet the eligibility requirements as defined by the international body of the particular sport and also by the rules of the IOC.

## **Unit 8. LEARNING FOREIGN LANGUAGES**

### **ENGLISH IN THE MODERN WORLD**

Wherever you are on the globe, you will surely hear English speech everywhere. English is currently the language of international communication. In addition, it is generally recognized as the international language of business, technology, financial and economic development. In 90 countries English is either a second language or is widely studied.

English is the language of the English residents of the USA, one of the two official languages of Ireland, Canada and Malta, the official language of Australia, New Zealand. It is used as an official language in

some Asian and African countries. The number of native speakers is about 410 million, speakers are about 1 billion people.

English belongs to the Germanic languages of the Indo-European family. The word order in a sentence is mostly strict. In the vocabulary, about 70% of words are borrowed. The writing system is based on the Latin alphabet.

English is the most taught language. It is studied at schools, colleges and universities. Learning a foreign language is not an easy thing. It is a long process and takes a lot of time and patience. But still many people in the world study English, knowing perfectly well that knowledge of this language is necessary.

*Задание 1. Закончите предложения, выбрав из предложенных ниже вариантов.*

*... by more than 350 million people; ... is necessary for every educated person; ... needs time and patience; ... business, technology, financial and economic development; ... is in English; ... the language of international communication; ... you must study foreign languages*

1. To know English today...
2. If you want to be a qualified specialist ...
3. English is ...
4. English is the language of ... .
5. Most of the world's scientific literature ...
6. English is spoken ...
7. Learning English ... .

*Задание 2. Ответьте на вопросы.*

1. What language is currently the language of international communication?
2. Why do we call English the language of international communication?
3. How many people in the world speak English?
4. What family does English belong to?
5. Why is English the most taught language in the world?
6. Is it easy to study a foreign language?



*Задание 3. Прочитайте предложения. Укажите:*

- (1) какие утверждения соответствуют содержанию текста;*
- (2) какие утверждения не соответствуют содержанию текста;*
- (3) информация отсутствует в тексте.*

1. English is currently the language of international communication. (\_\_\_\_)
2. English is spoken by more than 1 million people. (\_\_\_\_)
3. It is used as an official language in Europe and the USA only. (\_\_\_\_)
4. Learning English is an easy thing. (\_\_\_\_)
5. English is the most taught language. (\_\_\_\_)
6. A great number ... books, magazines ... newspapers are printed in English, most of the world's mail and telephone calls are made in English, half of the world's scientific literature is written in English. (\_\_\_\_)

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text?
2. What is the text about?
3. What points does the text cover?
4. What should be underlined?
5. What can you say in conclusion?
6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

Why do people study foreign languages?. ... people learn foreign languages because they need ... in their work, ... travel abroad, for ... third studying languages is ... hobby.

Thousands ... people ... Russia go ... different countries ... tourists or ... work. They can't go ... knowing ... language of the country they ... going to. ... modern engineer ... even ... worker can't work ... an imported instrument ... a machine if he is ... able ... read ... instruction how to do it. Ordinary people need language ... translate the instruction ...

the manual ... a washing-machine ... a vacuum-cleaner, medicine ... even food-products.

People study ... use English as ... foreign language. ... schools, colleges ... universities and by themselves.

... know English today ... absolutely necessary ... every educated person. I want ... know English ... it's interesting for ... to know foreign countries, ... cultures and traditions. English will ... of great use in ... job.

*Задание 7. Прочитайте и переведите текст на русский язык.*

### **Fair Play**

From Wikipedia, the free encyclopedia

#### **Sportsmanship**

Sportsmanship is an attitude that strives for fair play, courtesy toward teammates and opponents, ethical behaviour and integrity, and grace in victory or defeat.

Sportsmanship expresses an aspiration or ethos that the activity will be enjoyed for its own sake. The well-known sentiment by sports journalist Grantland Rice, that it's "not that you won or lost but how you played the game", and the modern Olympic creed expressed by its founder Pierre de Coubertin: "The most important thing... is not winning but taking part" are typical expressions of this sentiment.

#### **Cheating**

Key principles of sport include that the result should not be predetermined, and that both sides should have equal opportunity to win. Rules are in place to ensure fair play, but participants can break these rules in order to gain advantage.

Participants may cheat in order to unfairly increase their chance of winning, or in order to achieve other advantages such as financial gains. The widespread existence of gambling on the results of sports fixtures creates a motivation for match fixing, where a participant or participants deliberately work to ensure a given outcome rather than simply playing to win.

## **Doping and drugs**

The competitive nature of sport encourages some participants to attempt to enhance their performance through the use of medicines, or through other means such as increasing the volume of blood in their bodies through artificial means.

All sports recognized by the IOC are required to implement a testing programme, looking for a list of banned drugs, with suspensions or bans being placed on participants who test positive for banned substances.

## **Violence**

Violence in sports involves crossing the line between fair competition and intentional aggressive violence. Athletes, coaches, fans, and parents sometimes unleash violent behaviour on people or property, in misguided shows of loyalty, dominance, anger, or celebration. Rioting or hooliganism by fans in particular is a problem at some national and international sporting contests.

## **Unit 9. THE UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN ISLAND**

### THE UK

The United Kingdom of Great Britain and Northern Ireland (the UK) is situated off the north-western coast of Europe between the Atlantic Ocean and the North Sea. It occupies a territory of the British Isles (5,500 islands) with the total area of 244,100 sq. km.

The UK consists of four parts and every part has its national emblem: England — the red rose, Scotland — the thistle, Wales — the daffodil and the leek, Northern Ireland — the shamrock. The capitals of the four parts are London, Edinburgh, Cardiff, and Belfast respectively.

The island of Great Britain can be divided into two main regions: Lowland Britain and Highland Britain. Lowlands comprise southern and eastern England. Highlands include Scotland, Wales, the Pennines, the Lake District, and the southern peninsula of Britain. Many rivers are flowing through Great Britain, such as the longest Severn with its tributaries, the swiftest Spay, the busiest Thames, etc.

The population of the UK is over 57 million people. The official language is English, but some people continue speaking their mother tongue: Scottish in Western Scotland, Welsh in northern and central Wales, and Irish in Northern Ireland.

The flag of the UK is made up of three crosses of the patron saints: the upright red against a white background — St George of England, the white diagonal against a blue background — St. Andrew of Scotland, the red diagonal against a white background — St Patrick of Northern Ireland. The English people have the habit of naming their national flag "the Union Jack".

The UK is a constitutional monarchy. The head of the state is the Queen who reigns with the support of Parliament. For a long time the UK has succeeded in remaining one of the important commercial centers of the world. Nowadays the UK doesn't depend upon economics and industrial manufacturing of other countries.

*Задание 1. Закончите предложения, используя информацию текста.*

1. The United Kingdom of Great Britain and Northern Ireland (the UK) occupies ...
2. The UK is situated ...
3. The UK consists of ...
4. The capitals of the four parts are ...
5. The island of Great Britain can be divided into ...
6. Many rivers are flowing ...
7. The population of the UK is ...
8. The official language is ...
9. The flag of the UK is made up ...
10. The English people name ...
11. The UK is ....
12. The head of the state is ...
13. The Queen ...

*Задание 2. Составьте предложения, используя информацию текста.*

1. The UK ...		... a territory of the British Isles
2. The island of Great Britain...	is washed by	Europe. ... between the Atlantic Ocean and the North Sea.
3. The population of the UK ...	is situated	...the continent by the English Channel.
	is made up of	... the Irish Sea, the St George's Channel and the North Channel.
	reigns	... four parts.
	consists of	... two main regions: Lowland Britain and Highland Britain.
4. The official language ...	can be divided into	... over 57 million people.
	has succeeded	... English.
5. The flag of the UK ...	in remaining	... three crosses of the patron saints.
	is separated from	... a constitutional monarchy.
6. The head of the state ...		... the Queen.
		... with the support of Parliament.
7. The Queen ...		... one of the important commercial centers of the world.

*Задание 3. Ответьте на вопросы по тексту.*

1. What is the official name of the UK?
2. What is the total area of the UK?
3. Where is the country situated?
4. What is the country separated from the continent by?
5. What influences the climate of the country?
6. How many parts does the UK consist of?
7. What main regions can the island of Great Britain be divided into?
8. What are the rivers flowing through Great Britain?
9. What is the population of the UK ?
10. What is the official language of the country?
11. What is the flag of the UK made up of?
12. How do English people name their national flag?
13. What is the political structure of the country?

14. Who is the head of the state?

15. Who reigns the country?

*Задание 4. Укажите, какие утверждения не соответствуют содержанию текста. Дайте правильный вариант, используя фразы **It' absolutely true / It's true / It's not true / It's far from being true / It's false.***

1. The UK is situated off the south-eastern coast of Europe.

2. It is separated from the continent by the Pacific Ocean.

3. Surrounding the British Isles by the water influences the climate of the country.

4. The UK consists of two parts and every part has its national emblem.

5. The capitals of the four parts are London, Edinburgh, Cardiff, and Belfast respectively.

6. One can describe the country without mentioning its surface.

7. The population of the UK is over 57 million people.

8. There is no official language in the UK.

9. The flag of the UK is made up of stripes and stars.

10. The UK is a constitutional republic.

11. The head of the state is the Queen who reigns with the support of Parliament.

*Задание 5. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text? 2. What is the text about? 3. What points does the text cover? 4. What should be underlined? 5. What can you say in conclusion? 6. What is your opinion on the text?

*Задание 6. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 7. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

## Canada

Canada is ... of ... largest countries ... the world. ... is situated ... North America. The name of ... country comes ... an Iroquois word ... means "village". Canada ... washed ... three oceans and borders ... the US. The total area ... the state is 9, 776 square kilometers. The country ... divided ... 10 provinces, the Yukon and North West Territories The population is ... 25 million people. They ... mainly of British ... French origin and ... English and French are the official languages ... the country. About 70% ... the population ... concentrated in ... southern part of the country within 300 kilometers of the US border. ... largest urban areas ... Toronto, Montreal, Vancouver and Ottawa. It ... a commonwealth country and the British Crown ... represented ... a governor general. ... is an independent constitutional monarchy and has ... parliamentary system ... government. The executive power is exercised ... the Prime Minister and Cabinet. The legislature comprises a Senate (104 appointed members) ... a House of Commons (282 elected members).

Vegetation varies ... tundra ... forests and grasslands.

Canada ... an urban industrial country. The leading products ... automobiles, metals, chemicals and plastics. Agriculture remains important too and Canada produces wheat, fruit, grains ... tobacco. Beef and dairy cattle ... reared. Forestry and fishing ... major industries ... well.

Canada ... a very high standard ... living. ... is particularly advanced ... health, social service and human rights.

*Задание 8. Прочитайте и переведите текст на русский язык.*

### **The Most Popular Sports In The United Kingdom**

The United Kingdom is notable for the diversity of its sporting interest. Sports play an important role in promoting integration and in nurturing talents in the country. The country has given birth to several major international sports such as football, rugby, cricket, golf, tennis, and track and field among others. Sport is a major source of entertainment in the UK with thousands of spectators filling stadiums and arenas to cheer on their favorite teams. Sports are also major sources of revenue in the UK for

players, government, and investors. Here are some of the most popular sports in the UK.

## **10. Boxing**

The evolution of modern boxing is credited to the UK with the country playing a major role in the codification of the Queensberry Rules in the 19th century. Professional boxing in the UK offers some of the largest purses to elite professional boxers who become instant celebrities in the country. The professional boxing is governed by the British Boxing Board of Control while the amateur boxing is governed separately by bodies in each home nation. Boxing in the UK is recovering from a decline caused by a growth of other sports such as football that offered better income than was traditionally available to world boxing champions. British boxers have enjoyed great success at the international levels, particularly in the London 2012 Olympics.

## **9. Horseracing**

The UK has a long history of horseracing that dates back to the Roman times and has deep royal history. There are many racecourses all over the UK with an annual attendance of about 6 million people and who watch over 13,000 races. The sport is ranked among the top five sports in the UK in terms of media coverage. There are two forms of horseracing in the UK - National Hunt and Flat Racing. National Hunt takes place in winter and involves jumping over hurdles. In Great Britain, the sport is governed by British Horseracing Authority while in Northern Ireland it is governed by Horse Racing Ireland.

## **8. Tennis**

The history of tennis in the UK dates back hundreds of years. The most prestigious tennis event in the UK (and the world!) is the Wimbledon Championship. The championship is one of the four grand slams with others being the French Open (Roland-Garros), the US Open Tennis Championships, and the Australian Open. Although tennis is an individual sport, it's the third most popular sport in the UK attracting sports lovers, tourists, and critics worldwide.

Tennis in the UK is governed by Lawn Tennis Association.

## **7. Swimming**

The UK has the appropriate facilities to train swimmers of all capabilities.



Swimming is one of the largest sports in England by participation. It is even larger than athletics according to Sports England (2014). Young people are fond and fanatical about swimming with the majority taking part in several swimming events just for fun. British Swimming, an umbrella body formed by swimming organization in different countries of the UK, is responsible for managing and promoting the sport in the UK.

The UK sends a large representation to the international swimming events and has continued to enjoy great success in events such as Olympic Games and Commonwealth Games. There are also club competitions at all levels throughout the UK that identify and nurture swimming talents across all age groups.

## **6. Rounders**

Rounders, also known as bat-and-ball base-running, has been played in England since Tudor times. It is popular among British and Irish school children. In the UK, rounders is regulated by Rounders England. Games played in England involve smaller bats and balls and are often played on smaller pitches than games in Ireland, which are governed by the Gaelic Athletics Association.

Rounders is mainly popular in England while it is rarely played in other UK constituent countries. However, the sport is gaining popularity and recognition as one of the most important sports in the country due to the interschool and regional competitions that take place within the UK.

## **5. Speedway**

The sport of speedway in the UK has changed a bit since its inception in the 1920s. The country has three domestic speedway leagues - Elite, Premium, and National Leagues. The Elite League is the highest domestic league in the country while the National League is a third tier league intended to nurture young talents across the country. To prevent teams from becoming too powerful and to ensure competitiveness in the competition, the Elite and Premier Leagues have introduced point limits. The Speedway Grand Prix which takes place annually in Cardiff is the main world championship. England hosts the semi-finals of the Speedway World Cup every year.

#### **4. Cricket**

Cricket is England's national sport although the country itself does not have its own team. Instead, it fields a team jointly with Wales. Cricket was first embedded in the UK before spreading to the rest of the Commonwealth C. There are 18 professional cricket clubs in the UK with the majority in England. The clubs compete in first-class County Championship each summer. The championship consists of two leagues in which matches are played over four days. Although Scotland and Ireland have their own cricket teams, the game is not as popular in the two countries as it is in England and Wales.

#### **3. Field Hockey**

Field hockey ranks high on the list of popular sports enjoyed in the UK. The Great Britain field hockey teams have been successful in the international games with the men's team winning the 1988 Olympics and the women's team winning the 2016 Olympics. However, the success of UK hockey has wavered over recent years. It receives less television coverage than other sports. The success of the women's team in the 2016 Olympic Games has raised the sport's profile in the UK.

#### **2. Rugby Football**

Rugby was once associated with the elite in the UK. However, its popularity has increased over time so much that it is one of the major sports in the country. Rugby is sponsored by the government of the UK and governed by the Rugby Football League. There are two different types of rugby played in the UK with each having their own rules - rugby union and rugby league. Both have separate leagues and national teams in the constituent countries of the UK. The national teams compete in different competitions including the rugby union Six Nation Championship and rugby league's Super League.

#### **1. Football**

Football is an extremely popular sport played in the United Kingdom. In Every country of the United Kingdom has its football association and dozens of leagues. The top tournament in England is called the FA cup. The game of football possibly came from ancient China. Association football, however, has its roots in England, where it remains incredibly commonplace. It is also the most popular sport in the world.

[www.worldatlas.com](http://www.worldatlas.com)

## **Unit 10. THE UNITED STATES OF AMERICA**

### THE USA

The United States of America covers a large territory of about 9,400,000 square kilometers in the central and southern part of North America, extending from the Atlantic Ocean in the east to the Pacific Ocean in the west. It is the fourth largest country in the world in area. The territory also includes Alaska in the northwestern part of North America and Hawaii far out in the Pacific Ocean. The United States of America borders Canada in the north, and Mexico in the south. The United States is often called the US, the USA, or America.

The surface of the USA can be divided into three main regions: the Appalachians in the east, the plain in the central part, the Cordilleras including the Rocky Mountains, Sierra Nevada, and the dry Californian Valley between them in the west. Many rivers are flowing through the country, such as the swiftest Columbia and Colorado, the longest Mississippi with its main tributaries, the Missouri and the Ohio. The northeastern part of the USA comprises the region of the five Great Lakes (Superior, Huron, Michigan, Erie, and Ontario) connected by natural channels which are cut by rapids (the greatest one — the Niagara Falls).

The USA is rich in natural resources. It has vast areas of fertile soil, an abundant water supply, and large areas of forests. There are also large deposits of minerals, such as coal, iron ore, natural gas, etc.

The United States is the third largest country in the world in population (about 250 million people). About 94 per cent of the people were born in the United States. The largest foreign-born groups are Mexicans, Germans, Canadians, Italians, British, and Cubans.

The US has never had an official language, but English has always been the main language spoken in the country. Emigrants from the British Isles, including the nation's founders, spoke English. Spanish is the second most common language in the USA.

The US consists of 50 states and the District of Columbia. The District of Columbia is a piece of land set aside by the federal government for the nation's capital, Washington, D.C. The United States has a federal system of government with the President at the head.

The national symbols of the USA include the American flag and the Great Seal. There are 50 stars on the American flag symbolizing 50 states of the USA, and 13 stripes representing 13 original states. On the one side of the Great Seal, there is an eagle holding an olive branch and arrows, which are symbolizing a desire for peace and the ability to wage a war. On the reverse side, there is the Eye of Providence, representing God, and a pyramid dated 1776.

*Задание 1. Закончите предложения, используя информацию текста.*

1. The United States of America is ...
2. It covers a large territory of ...
3. It also includes ...
4. The United States of America borders ...
5. The United States is often called ...
6. The USA can be divided into ...
7. Many rivers are flowing ...
8. The USA is rich ...
9. The United States is the third largest country in the world ...
10. About 94 per cent of the people were born ...
11. The largest foreign-born groups are ...
12. The US has never had ...
13. The US consists of ...
14. The United States has a federal ...
15. The President is ...
16. The national symbols of the USA include ...
17. There are 50 stars ... and 13 stripes ...

*Задание 2. Составьте предложения, используя информацию текста.*

<p>1. The United States of America ...</p>	<p>is rich is called include</p>	<p>... the fourth largest country in the world in area. ... a large territory of about 9,400,000 square kilometers. ... Alaska in the northwestern part of North America and Hawaii far out in the Pacific Ocean.</p>
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2. The country...	symbolize	... Canada in the north, and Mexico
3. The United States...	can be divided into	in the south. ... the US, the USA, or America.
4. The USA ...	has never had	... three main regions.
5. The US ...	consists of	... in natural resources.
6. The national symbols of the USA...	has represent	... the third largest country in the world in population.
7. 50 stars on the American flag...	is covers	... an official language. ... 50 states and the District of Columbia.
8. 13 stripes on the American flag...	includes borders	... a federal system of government with the President at the head. ... the American flag and the Great Seal. ... 50 states of the USA. ... 13 original states.

*Задание 3. Ответьте на вопросы по тексту.*

1. What territory does the USA cover?
2. What countries does the US border?
3. How many regions can the USA be divided into? What are they?
4. What rivers are flowing through the country?
5. What natural resources is the USA is rich in?
6. What is the population of the USA?
7. What is the official language of the USA?
8. How many states does the country consist of?
9. What is the capital of the USA?
10. Who is the head of the country?
11. What are the national symbols of the USA?
12. What is there on the American flag? What do stars and stripes symbolize?

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text? 2. What is the text about? 3. What points

does the text cover? 4. What should be underlined? 5. What can you say in conclusion? 6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

### English vocabulary

With ... 200,000 words in current usage, English ... considered as ... richest of the world languages. Few ... languages can match this word power. German ... a vocabulary ... only 184,000 words, and French ... fewer ... 100,000. It ... because English ... borrow words ... outside. Atomic, Jeans, Khaki and Sputnik ... just a few ... the many words that came ... use during ... 20th century. They ... taken and adopted ... Italian, Hindi, Greek and Russian.

The process ... borrowing words from ... languages has ... going on ... more ... 1000 years. When the Normans crossed over ... France to conquer England ... 1066, most ... the English people spoke old English or Anglo-Saxon - ... language of ... 30,000 words. The Normans spoke ... language that ... a mixture of Latin ... French. ... took about three centuries for the languages ... blend ... one that we speak today. The Normans gave ... words such ... Duchess and City.

Latin ... Greek have ... a fruitful source ... vocabulary ... the 16th century. The Latin words Mini and Maxi and the Greek Micro ... become popular adjectives ... describe everything ... bikes ... fashion.

*Задание 7. Прочитайте и переведите текст на русский язык.*

### **Sport in the USA**

The Americans are crazy about sports. Spectator sports play an important role in American life. Many Americans regularly attend sporting events, watch sports on TV, and listen to sports on the radio. There is also a variety of sports magazines and most newspapers have a sports section.

The Americans like to talk about sports as a topic of conversation. At work, at school, and at social gatherings they discuss game scores and sports' strategies and they make predictions, even bets on the winning teams.

All year round, high school and college teams compete in different sports. The football season is in fall. Basketball matches are held in winter. Spring is the season for baseball, track and field, and swimming.

High School and college sports' events are a big production drawing large crowds to the stadiums. Cheerleaders, bands, and parades make these events exciting and lively. Colleges and universities actively recruit skilful high school players.

The best young athletes receive scholarships to attend the universities and play for their teams. The finest college athletes are then selected to play in the professional leagues. Professional sports in the US are big business. Professional athletes are paid enormous salaries by the team owners as incentive to win and continue drawing crowds to the stadium. In addition, companies that sell sports wear and equipment heavily advertise at sports events.

Cities compete to attract professional teams. A city that is the home to a major team gains employment, revenue, and prestige.

Each professional sport in the USA has its own national competition. Football teams across the country compete for the grand prize in the Superbowl. In basketball, the highest achievement is to win the NBA Championship. Baseball teams strive to win in the World Series.

Women's athletics has gained popularity in recent years. All female basketball teams are renowned for their skill and intense competition. Even in ice hockey there are strongly competitive women's leagues. American women enjoy playing tennis, golf, baseball, volleyball, soccer, field hockey, and football. Most cities have amateur coed leagues where men and women from age twenty to sixty can play together in basketball, baseball, soccer, and volleyball teams.

Staying fit is a national obsession in the US. Many Americans belong to fitness clubs where they can lift weights, work out on exercise machines, and participate in aerobics, yoga, and stretching classes. The Americans also like to go jogging or running. In the early morning before work, or

during the lunch hour and late afternoon, parks are filled with joggers, runners, rollerbladers, and cyclists. The Americans also like to go skiing, snowboarding, windsurfing, surfing, kayaking, and fishing

### **The Most Popular Sports In The United States**

Sports are an integral part of American society. Sports are not only tremendously popular in the country they are a means of transmitting values such as teamwork, fair play, and justice. The US offers limitless opportunities for people to engage in sports either as a participant or spectator. Based on participation and revenue, the major sports leagues in the US are Major League Baseball, National Football League, National Hockey League, and National Basketball Association. These four leagues enjoy wide media coverage and are among the top lucrative leagues worldwide. Below are the major sports that are enjoyed by Americans.

#### **10. Hockey**

Ice hockey is a popular sport in the parts of the country that experience cold winter climates such as the northeast and Midwest. However, the growth of the National Hockey League has caused the sport to gain popularity in the Southwest and Southeast US. The ice hockey structure in the US includes elements from the traditional high school minor leagues and the major junior leagues. The minor leagues include American Hockey League and the ECHL. The NHL is the main hockey professional league in the country with 23 teams taking part in the Stanley Cup.

#### **9. Volleyball**

Volleyball is a widely played sport in the US, especially in colleges and universities. Most high schools and colleges in the country have female volleyball teams while many areas of the country are forming development programs for both male and female teams of all ages. Many organizations throughout the country such as churches and YMCA also participate in junior volleyball games. Volleyball is currently the third highest sport for women participation in schools and colleges. The men's and women's national teams have each won medals at the international games such as Olympic Games and FIVB World Championship. Beach



volleyball which is played along the US beaches is also gaining popularity in the country.

## **8. Baseball**

The highest level of baseball in the US is the Major League Baseball. The sport was developed in the country over 150 years ago and has been played in the northeast region longer than other regions in the country. New York City is synonymous with the New York Yankees baseball team that is associated with all-time greats and has also won more titles than any other sports team in the country. Currently, 30 teams take part in the Major League Baseball. 15 of these teams take part in the American League while the other 15 take part in National League. Minor league baseball takes care of the mid-sized cities in the US. The minor leagues are organized in six levels with the major cities without major leagues forming the highest tier. Other independent leagues also operate in the country but are not as popular as the MBL.

## **7. Basketball**

Basketball is played by more Americans than any other team sport in the country. Although basketball was invented by a Canadian, more Americans (26 million) play it compared to Canadians. It is played at all levels and across all ages including in high schools, colleges, and at the national level. The National Basketball Association is a men's professional league and a major sports league in North America. The league consists of 30 teams that play 82 games a season. The NBA players also represent the US in international competitions such as the Olympic Games. The women's basketball league is governed by the Women's National Basketball Association.

## **6. Football**

American football, simply known as football, is the most popular sport in the US in terms of participation in school level. Most of the participants are male. The National Football League has the highest average attendance and TV viewership in the US. Football events are organized into leagues of different sizes and ages in all the parts of the country. There is no governing body for football in the country. Organized football matches are played mostly by men and boys. Currently, 32 teams

take part in the National Football League which is the only major professional league in the US. College and high school football are also popular across the country with top schools attracting thousands of spectators.

### **5. Swimming**

Swimming became a competitive sport in the US in the 1880s with the Amateur Athletic Union becoming the first recognized swimming organization. The organization was charged with the operation of several sports in the US including swimming. Today, the United States is a dominant force in international swimming competitions. Young swimmers in the US also take part in swimming competitions at club levels and in schools. Students are required to reach a certain academic level before they can sign up for national championships. College swimmers are eligible to compete in the national championship based on the qualifying time.

### **4. Track And Field**

Track and field events in the US involve individual athletes competing in events including sprint, hurdling, jumping events, throwing events, and combined events such as heptathlon and decathlon. The US has frequently set a world record in several track and field events for both male and female athletes at international competitions. The track and field events in the US are governed by USA Track & Field. The body organizes annual USA Outdoor Track and Field Championships. Track and field events are also promoted at high school and college levels. The US is home to school-sponsored track and field where schools and colleges compete in track and field teams.

### **3. Tennis**

Tennis in the US is played in all five categories (single, double, and mix). However, the single category is the most popular. The peak of tennis in the US is the US Open which is played around August annually at the USTA Billie Jean King National Tennis Center. The country has achieved great success in tennis over the years with several players such as Don Budge, John McEnroe, Pete Sampras, and the Williams sisters dominating the sport. Bob and Mike Bryan have dominated the men's double team claiming all the significant career records.

## **2. Golf**

Golf is played by about 25 million people in the United States with professional golf events aired on several TV networks. The sport's rules are set and administered by the United States Golf Association and The R & A. The USGA organizes three national championships including US Open, US Women's Open, and US Senior Open. Amateur, junior, and seniors can also participate in organized national championships. The PGA of America organizes annual championships such as the PGA tour which features four tournaments and World Golf Championship. Golf in the US is particularly associated with the elite in society and is considered a pastime by many.

## **1. NASCAR**

National Association for Stock Car Auto Racing (NASCAR) governs the auto-racing sport in the United States. NASCAR was founded in 1948. It is mostly a regional circuit followed by millions of viewers in the US and abroad. NASCAR is second to National Football League in terms of TV viewership and fans in the country. There are several organized NASCAR series in the US including the famous Monster Energy NASCAR Cup series consisting of 36 cars, Camping World Track series, and Pinty's series. To ensure the safety of the drivers and cars, NASCAR has published security measures that drivers are expected to adhere to.

[www.worldatlas.com](http://www.worldatlas.com)

## **Unit 11. HOLIDAYS, CUSTOMS AND TRADITIONS**

### **HOLIDAYS AND TRADITION IN RUSSIA AND ENGLISH SPEAKING COUNTRIES**

The international holidays which are celebrated almost in all countries are: Christmas, New Year, Easter and St. Valentine's day.

Christmas comes but once a year. Christmas is a traditional family day. On this day, many people attend a church service, open their presents and eat a Christmas dinner.

In Britain, Christmas is the most important public holiday of the year. It combines the custom of giving gifts with the tradition of spending

this day with the family. Every year a huge Christmas tree, the gift of the Norwegian people, graces Trafalgar square.

In Russia Christmas is celebrated on the 7th of January. On this day people celebrate the birthday of Jesus Christ.

New Year is a public holiday but it is not marked with any particular custom in Britain and America, yet it has a joyful celebration in Russia. People stay awake until after midnight on December 31st to watch the Old Year out and the New Year in. Many parties are given on this night. Theatres, night clubs and streets are crowded.

Easter is one of the most important Christian holiday. It is traditionally associated with Easter eggs and with the coming of spring, and most churches are specially decorated with flowers for the service held on Easter Day. There is a popular belief that wearing three new things on Easter will bring good luck.

St. Valentine's day is not the official holiday in most countries. February 14 is the day of lovers. Boys and girls, sweethearts and lovers, husbands and wives, friends and neighbours, and even the office staff exchange greetings of affection. Valentine's day is a whirl of hearts, candy and good wishes in the form of bright, lacy, colorful cards, with loving emblems and amorous doggerel, saying: "Be my Valentine".

There are also some special holidays which are usually celebrated in a particular country.

The traditional British holiday is Pancake day. But people don't only eat pancakes on this day, they run with them. In many towns in England pancake races are held every year.

The most popular American holiday is Thanksgiving day. It was first celebrated in early colonial times by Pilgrim Fathers after their first good harvest. Thanksgiving is a day when the family eats a large traditional dinner, usually with turkey and pumpkin pie.

In Russia we celebrate Women's day on the 8th of March. On this day men are supposed to do everything about the house and cook all the meals.

*Задание 1. Закончите предложения, используя информацию текста.*

1. Every nation and every country has its own ...

2. Christmas is ....
3. In Britain Christmas combines ...
4. New Year is ...
5. Easter is ...
6. St. Valentine's day is not ...
7. The traditional British holiday is ...
8. The most American holiday is ...
9. Thanksgiving is ...
10. In Russia we celebrate Women's day ...

*Задание 2. Составьте предложения, используя информацию текста.*

1. International holidays ...		... in all countries.
2. In Russia Christmas ...		... on the 7th of January.
3. Many parties ...	exchange	... on this night.
4. Easter ...	are held	... with Easter eggs and
5. Boys and girls, friends and neighbours, sweethearts and lovers, husbands and wives, and even the office staff ...	are given	with the coming of spring.
6. In many towns in England pancake races ...	is associated	... greetings of affection.
7. Thanksgiving Day men ...	is celebrated	... every year.
8. On the 8 <sup>th</sup> of May ...	are supposed	... in early colonial times
	are celebrated	by Pilgrim Fathers after their first good harvest.
		... to do everything about the house and cook all the meals.

*Задание 3. Ответьте на вопросы по тексту.*

1. What holidays are celebrated in all countries?
2. Why is Christmas the most important public holiday in Britain?
3. Is New Year marked with any particular custom in Britain and America?
4. What does Easter mean?
5. What holiday is considered to be the day of lovers?
6. What is the traditional British holiday?

7. What is the traditional American holiday?
8. What holiday is celebrated on the 8th of March and where?

*Задание 4. Укажите, какие утверждения не соответствуют содержанию текста. Дайте правильный вариант, используя фразы **It's absolutely true / It's true / It's not true / It's far from being true / It's false.***

1. Every nation and every country has its own customs and traditions.
2. There are international holidays which are celebrated in all countries. They are: Christmas, New Year, Easter and St. Valentine's day.
3. On Christmas day people don't only eat pancakes, they run with them
4. In Russia Christmas is celebrated on the 25th of December..
5. New Year is a public holiday but it is not marked with any particular custom in Britain and America, yet it has a joyful celebration in Russia.
6. Easter is traditionally associated with a whirl of hearts, candy and good wishes in the form of bright, lacy, colorful cards, with loving emblems and amorous doggerel, saying: "Be my Valentine".
7. St. Valentine's day is the official holiday in most countries. On this day people celebrate the birthday of Jesus Christ.
8. The traditional British holiday - Pancake day - was first celebrated in early colonial times by Pilgrim Fathers after their first good harvest.
9. On this Thanksgiving day American men are supposed to do everything about the house and cook all the meals.
10. On Women's day in Russia people stay awake until after midnight to watch the Old Year out and the New Year in.

*Задание 5. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text?
2. What is the text about?
3. What points does the text cover?
4. What should be underlined?
5. What can you say in conclusion?
6. What is your opinion on the text?

*Задание 6. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 7. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

### **English customs and traditions**

... English ... reputed to be cold, reserved, rather haughty people. ... are steady, easy-going and fond ... sports. There are certain kinds of behavior, manners and customs ... are peculiar ... England.

The English ... naturally polite and ... never tired ... saying "Thank you" ... "I am sorry". They ... generally disciplined, you never hear loud talk ... the street. They ... rush for seats ... buses and trains, ... they take their seats ... queues ... bus stops. English people do ... shake hands ... meeting ... another, they ... not show ... emotions even ... tragic situations. They seem ... remain good-tempered and cheerful ... difficulties.

... English are ... nation ... stay-at-homes. ... is no place like home. The Englishman says "... house is ... castle" ... he doesn't wish his doings to be overlooked ... his neighbors. ... is true that English people prefer small houses, built ... one family. The fire ... the focus ... the English Home. They like ... sit ... the fire ... watch the dancing flames, exchanging the day's experience.

Britain ... a nation ... animal lovers. ... have about five million dogs, almost as many cats, 3 million parrots and other cage birds, aquarium fish and 1 million exotic pets such ... reptiles. ... Britain they have special dog shops selling food, clothes and ... things ... dogs. ... are dog hair-dressing saloons and dog cemeteries. In Britain pets ... send Christmas cards ... their friends, birthday cards.

There are ... traditions concerning food. English cooking ... heavy, substantial and plain. The Englishman likes ... good breakfast. ... him a good breakfast means porridge, fish, bacon and eggs, toast and marmalade, tea ... coffee.

Tea ... part ... the prose of British life, ... necessary as potatoes and bread. Seven cups of ... wake you ... in the morning, 9 cups ... put you to sleep ... night.

... 4 pm ... 6 pm there is ... very light meal called 5 o'clock tea. It ... a snack ... thin bread and butter and cups of tea ... small cakes. ... became a kind ritual. ... this time everything stops ... tea.

*Задание 8. Прочитайте и переведите текст на русский язык.*

### **Sport at schools around the world**

From Wikipedia, the free encyclopedia

All countries analyze physical activity in a certain way. According to the World Health Organization it is suggested that young children should be doing 60 minutes of exercise per day at least 3 times per week in order to maintain a healthy body.

#### **Asia**

In **Singapore**, pupils from primary school through junior colleges are required to have two hours of PE every week, except during examination periods. Pupils may play games like football, badminton, captain ball, and basketball during most sessions. In more prestigious secondary schools and in junior colleges, sports such as golf, tennis, shooting, and squash are played. An Biennial compulsory fitness exam, NAPFA, is conducted in every school to assess pupils' physical fitness in Singapore. This includes a series of fitness tests (pull-ups/inclined pull-ups for girls, standing broad jump, sit-ups, sit-and-reach and 1.6 km for primary [10- to 12-year-olds]/2.4 km for secondary and junior college levels [13- to 18-year-olds]). Students are graded by gold, silver, or bronze, or as fail. NAPFA for pre-enlistees serves as an indicator for an additional two months in the country's compulsory national service if they attain bronze or fail.

In **Malaysia**, pupils from primary schools to secondary schools are expected to do two periods or one hour of PE throughout the year except a week before examinations. In most secondary schools, games like badminton, sepak takraw, football, netball, basketball and tennis are available. Pupils may bring their own sports equipment to the school with the authorization of the teacher

In the **Philippines**, PE is mandatory for all years, unless the school gives the option for a student to do the Leaving Certificate Vocational Programme instead for fifth and sixth year. Some schools have integrated martial arts training into their physical education curriculum.



In **Indonesia**, students ranging from kindergarten to high school have PE integrated with their curriculum. Kindergarten through grade 3 students have gymnastics. Starting from Grade 4, students are introduced to traditional martial arts Pencak Silat and some team games such as badminton, football, futsal, rounders, and basketball. Starting from junior high school, games such as basketball, volleyball, cricket, tennis, badminton, kho kho, and kabaddi are played. Drills and physical training are taught.

In **Bhutan**, the inclusion of Health and Physical Education in the school curriculum was formally endorsed during the 7th CAPSD Board Meeting in 1997. A series of pilot tests were conducted in primary schools from 1998 to 1999. Since the pilot tests were very successful, HPE was introduced as a formal teaching subject in all the primary schools from the year 2000. In 2007, a set of revised curriculum books, consisting of a curriculum framework and eight activity books, were developed for use from 2009 academic session.

### **Australia**

In Australia, physical education was first made an important part of the curriculum in government primary and secondary schools in 1981. Many of the schools of Australia are moving to use the Praxis Model of Physical Education. Shane Pill of Flinders University in South Australia defines the Praxis model as a teaching method of Physical education that seeks to create a curriculum that promotes activities that teach the links between thinking, feeling, and behavior, and how positively affecting these aspects can increase the quality of life for Students. Rather than focusing on the traditional aspects of physical education, such as teaching how to perform a certain sport, this model focuses on a broader understanding of what it means to be educated in physical activity. The large goal of this initiative is to create a curriculum that makes an active difference in the pupils "lived reality now" so that students are making proactive changes to their behavior to increase overall health.

### **Europe**

In **Portugal**, pupils from primary school can optionally join PE as an extra-curricular activity. From middle school to secondary school, pupils must participate in PE classes for two hours per week.

**Scotland** has a government supported requirement of a minimum of two hours of quality PE in primary and two periods (50 minutes each) in secondary S1 to S4. Recent funding has ensured most local authorities have employed PE lead officers to support the requirement. In fifth and sixth year, PE is voluntary in that personalisation and choice must be considered.

In **England**, pupils are expected to do two hours of PE a week in year 7, 8 and 9 and at least one in year 10 and 11.

In **Wales**, pupils are expected to do two hours of PE a week.

In **Poland**, pupils are expected to do at least three hours of PE a week during primary and secondary education. Universities must also organise at least 60 hours of physical education classes at undergraduate courses.

In **Sweden**, the time school students spend in PE lessons per week varies between municipalities but generally, year 0 to 2 has 55 minutes of PE a week, year 3 to 6 has 110 minutes a week and year 7 to 9 has 220 minutes. In upper secondary school, all national programs have an obligatory course, *Idrott och hälsa 1*, containing 100 points of PE, which corresponds to 90–100 hours of PE during the course. (One point should be one hour, but due to holidays this isn't true.) The schools can spend these hours as they like during the three years students attend. Most schools have students take part in this course during the first year and offer the follow-up course, *Idrott och hälsa 2*, which also contains 100 points.

In **Ireland**, one is expected to do 2 classes worth of PE. (80 Minutes). This also includes shower and changing times, so on average 60–65 minutes outside.

## **North America**

In the United States, the goal of physical education is to "develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. In North America, there are certain guidelines as to how much exercise a child needs per day to stay fit. The American Heart Association recommends that kids and teens (ages 6–17) get at least 60 minutes of moderate to vigorous physical activity every day.

Zero Hour is a before-school physical education class first implemented by Naperville Central High School. In the state of Illinois this program is known as Learning Readiness PE. (LRPE). It was based on research indicating that students who are physically fit are more academically alert and experience growth in brain cells or enhancement in brain development. NCHS pairs a PE class that incorporates cardiovascular exercise, core strength training, cross lateral movements, and literacy and math strategies with literacy and math classes that utilize movement to enhance learning and improve achievement.

In **British Columbia, Canada**, the government has stated in the grade one curriculum that students must participate in physical activity daily five times a week. The teacher is also responsible for planning Daily Physical Activity (DPA), which is thirty minutes of mild to moderate physical activity a day, not including curriculum physical education classes. The curriculum requires students in grade one to be knowledgeable about healthy living. For example, they must be able to describe benefits of regular exercise, identify healthy choices that require them to be more physically active, and describe the importance of choosing healthy food.

**Ontario, Canada** has a similar procedure in place. On October 6, 2005 the Ontario Ministry of Education (OME) implemented a Daily Physical Activity policy in elementary schools, grades 1–8. It requires that all students in grades 1 to 8, including those with special needs, be provided with opportunities to participate in a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time. There are many factors that contribute to the ease of implementing and sustaining a quality program, including the involvement of the administration, parents, and community. However, it ultimately comes down to the willingness of the physical education teacher(s) to do their best no matter the situation.

## **Unit 12. GLOBAL PROBLEMS OF THE WORLD**

### **GLOBAL PROBLEMS OF THE WORLD**

Nowadays the humanity faces a great number of various problems. To begin with the scientific and technological progress has changed the life on our planet and as a result our natural resources are exhausted, the ecological balance of the planet is disturbed, many species of flora and fauna disappeared, pollution threatens everything alive.

But the environmental problems are not the only ones. Every year thousands of people die because of wars of annihilation, terrorism, different diseases, natural disasters, social problems and in different terrible accidents.

In recent years terrorism has become a serious issue. People always panic about the possibility of terrorists getting hold of nuclear weapons or they may blow up a nuclear power station instead. Another worry is about the possibility of our water supplies being poisoned. Lately other forms of terrorism such as “suicide terrorism” and bombing have become a real threat. Unfortunately, there is little we can do about it, except, place our faith in the government, and hope that measures taken to prevent terrorism are successful.

There are also diseases that still can't be cured. One of them is AIDS. This devastating disease strikes the body's immune system. Millions of people have already died of AIDS. To overcome this problem we need further progress of science and personal responsibility. Other examples of incurable diseases are different forms of cancer and heart disorders.

They say that recent extreme weather is due to global warming. Bad weather threatens our homes and even our life. One of the worst weather hazards is the storm known as a hurricane or cyclone. Another terrible thing is a tornado. It's extremely difficult to forecast where they are likely to strike. People also suffer from earthquakes, floods, drought and avalanches.

Our environment is vitally connected with the problem of peace on our planet. The scientists consider that nuclear war could destroy mankind completely. It's true to say that nowadays great masses of chemical and bacteriological weapons have been stocked in the world. If any of these

weapons is used, the casualties will run into tens of millions, because mankind has no immunity against bacteriological weapons, and the use of chemical weapons will result in mass contamination of the area.

To sum up, I think that the most dangerous problem is natural disasters because we can't predict and avoid them in time.

As for the ecological situation in the world, we can say that it's getting worse. People cut down forests and rainforests, pollute air, water and soil. We have the time, the money and even the technology to repair the damage..We can prevent tragedies if only the government hires responsible specialists who don't overlook human or computer errors, look after the buildings, roads and transport, keep nature under a strong control and develop an ability to resist any terrorist activity.

*Задание 1. Закончите предложения, используя информацию текста.*

1. Nowadays the humanity faces ...
2. The environmental problems are ...
3. Every year thousands of people die because of ....
4. The scientists consider that nuclear war ...
5. In recent years terrorism has become ...
6. Another worry is about the possibility ...
7. There are also diseases that ...
8. To overcome this problem we need ...
9. Bad weather threatens ...
10. People also suffer from ...
11. As for the ecological situation in the world ...
12. We have the time, the money and even the technology to ...
13. All we need to do is ...

*Задание 2. Составьте предложения, используя информацию текста.*

- |  |              |  |
|--|--------------|--|
| 1. The scientific and technological progress ...                     | pollute      | ... the life on our planet.                  |
| 2. Our environment ...   | have already | ... with the problem of peace on our planet. |
| 3. Nowadays great masses of chemical and bacteriological weapons ... | died         |  |
|  | have become  |  |
|  | is due       |  |

4. Lately other forms of terrorism such as “suicide terrorism” and bombing ...	cut down	... in the world.
5. Millions of people ...	has changed	... a real threat.
6. Recent extreme weather ...	is vitally	... of AIDS.
7. People ...	connected	... to global warming.
	have been	... forests and
	stocked	rainforests.
		... air, water and soil.

*Задание 3. Ответьте на вопросы по тексту.*

1. What has changes the life on our planet?
2. What is the result of these changes?
3. What are the main problems that our planet faces?
4. What do we need to overcome these problems?
5. How can we prevent the tragedies?

*Задание 4. Прокомментируйте следующие утверждения из текста. Согласны Вы или нет с точкой зрения автора? Используйте фразы **In my opinion/To my mind it's absolutely true / it's true / it's not true / it's far from being true / it's false. I think that ...***

1. Nowadays the humanity faces a great number of various problems.
2. The scientific and technological progress has changed the life on our planet
3. To overcome these problems we need to stop further progress of science
4. They say that recent extreme weather is due to global warming.
5. The most dangerous problem is natural disasters because we can't predict and avoid them in time.
6. As for the ecological situation in the world, we can say that it's getting worth.
7. We have the time, the money and even the technology to repair the damage.
8. All we need to do is to open our eyes and act immediately.
9. We can prevent tragedies if only the government hires responsible specialists who don't overlook human or computer errors, look after the

buildings, roads and transport, keep nature under a strong control and develop an ability to resist any terrorist activity.

*Задание 5. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text? 2. What is the text about? 3. What points does the text cover? 4. What should be underlined? 5. What can you say in conclusion? 6. What is your opinion on the text?

*Задание 6. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 7. Вместо точек вставьте служебные слова (артикли, предлоги, союзы, вспомогательные глаголы, частицы, местоимения) там, где они требуется.*

### **Youth problems**

... people nowadays have problems and young people are ... an exception. Perhaps ... have even more. First ... all teenagers want ... show they ... different ... they react not only against ... parents, ... against their older brothers ... sisters too. This kind ... situation ... unfortunately quite common.

Young people ... in some way lost. We live ... difficult times and sometimes ... have a rather negative view ... life. They keep trying ... find ways ... enjoy themselves. Although everybody know drugs ... dangerous there ... many teenagers who ... become addicted ... them. ... young people take drugs ... they help them feel good, some because they lonely ... they want ... escape ... their problems. ... my opinion, the government should take effective action ... solve ... problems.

Another important problem is ... get ... good education. ... is not easy ... make the right choice. Education ... a tool of making ... life more successful ... perhaps happier. Everything we know comes through a process ... education.

*Задание 8. Прочитайте и переведите текст на русский язык.*

### **Health Problems in Sports**

Players of any sports are very important for the country. They are a concern as an asset for the country. People relate their happiness with their performance. Therefore, the health of players is a very important issue in this regard. Different complexes are made where free medical facilities are available to all athletes. Before entering into any sport, their proper medical checkup is compulsory because fitness is the first priority in any sport. And after becoming a player of the national team, great medical facilities will be provided. Here we also discuss some issues related to the health of sportsperson and their problems and solutions.

These issues are related to well being and health of such young athlete whose age between 6 to 18 and they are part of any national team. such type of players are underdeveloped as per mentally and physically and eating disorder, heat illness and any type of injury can be faced by them which sometimes cause death in young sports persons. Proper medication and awareness about their health issues must be compulsory.

Here are some health problems:

- **Dehydration and Heat illness:** in a young athlete, this illness is found very common. This illness include muscle cramps, heat exhaustion, heat syncope, exertional hyponatremia and heat stroke. This illness occurs when players are not much familiar with the weather conditions. Because of high humidity and high temperature, these problems have to face by players. If the player was unfit then these problems attack him very fastly.heat retaining clothing, previous experience with heat illness, chronic conditions, sleep deprivations and recent illness are also the reasons for such things. These diseases may cause death or sports disability and proper and fast medications should be provided in this regard.
- **Eating Disorder:** eating disorder is not a big issue in sports but in some specific sports areas like wrestling and gymnastics. Their body image and weight are considered an ingredient for sports and they have to take a



lot of care regarding eating food. Almost 81% wrestlers feel too much deficiency in their weight if they do not focus properly on their food habits. In case of rhythmic gymnasts, these players often need to maintain their weight and body shape to keep in this sport. 42% of female aesthetic athletes has to suffer eating disorder when they move from one place to another. Weight loss symptoms can be appearing in many cases like diet pills, fasting, dehydration, vomiting, laxatives and other serious issues. These reasons may cause many serious issues in the body of players like reduce cardiac output, impaired thermoregulatory response, decrease plasma and blood volume, decrease renal blood flow and increase the lost amount of electrolytes from the body. Normally, wrestlers have to face body development and growth problems.

- **Injuries:** another main issue in players is that their bones are in growing condition, facing a high risk of injury. Almost 8000 children or sportsman visits a doctor just because of this. Related to American football, they suffer five times more catastrophic injuries in school level. Almost half of the injuries caused by overuse. These injuries only because of inappropriate workout and many risk factors include these injuries like general physical and cognitive immaturity, dietary imbalance, sleep deprivation and physical fitness. Injuries depend upon sports and also on gender of the player. Some problems of injuries are cuboids, calcareous, metatarsals, tibia, fibula, femoral neck and femoral shaft.

Sports is a very important part of our life and players are considering as heroes who play for our country and make a good reputation among different countries. Their physical fitness and healthcare are very important. Government and sports management has to provide good medical facilities in case of any injury or health disorder. Because these are the assets of our country.

Wikipedia, the free encyclopedia  
*www. Bohatala.com*

## **Unit 13. ENVIRONMENTAL POLLUTION**

### **ENVIRONMENTAL PROTECTION**

The word "environment" means everything around us. It is the air, the water, and the land where people, animals and plants live. Today the humanity faces quite a number of ecological problems and people are becoming more and more aware of green issues.

Pollution is damage to the environment caused by gases, wastes and chemicals, including pesticides, fertilizers and nuclear wastes. There is some evidence that the holes in the ozone layer are the result of air pollution. The ozone layer itself, which is a layer of gases, is most important because it protects the earth from ultraviolet light. Ultraviolet radiation is harmful to animals and can cause skin cancer in people. It is supposed that the layer is damaged by chemicals, specifically by CFC that are found in some aerosols and refrigerators. You may have seen the words "environmentally friendly" on some of the products. This sign means the product contains few or no poisonous substances.

The biggest polluter today is the car. The number of cars in all countries is constantly growing and therefore there are more and more traffic jams and congestion on the roads the result of which is poor air quality. Traffic is one of the causes of global warming and some types of cancer. 25,000 deaths a year are caused by air pollution and cars produce up to 90% of all carbon monoxide in the atmosphere. The problem of cars is hard to solve as it requires much cooperation from the people. People are recommended to share cars, to use public transport which is more environmentally friendly as it carries more passengers than cars, and to walk short distances. ,

Another major problem is the destruction of animals' natural habitats. About half the species of animals and birds of the world live in rainforests which are being cut down at the speed of about 100 acres a minute. This is the reason why 50 species of plants and animals become extinct every day and many more are seriously endangered. The climate of our planet also depends on rainforests which absorb carbon dioxide and produce oxygen. With the forests being destroyed there is more carbon dioxide in the air and the world's temperature is going up.

This has to do with the problem of global warming - the fact that the earth is getting warmer. When fuels, especially coal, are burnt in order to make electricity harmful gases are produced. These gases which are called greenhouse gases go up into the earth's atmosphere and prevent the heat from leaving the earth. Global warming may lead to ice melting and sea levels rising which will cause serious flooding. Other parts of the world will have less rain and could be turned into deserts.

So what alternatives do we have? One thing is to start using renewable energy resources such as wind, wave and solar power which are much cleaner than oil and coal. Another way to help environment is recycling. Glass, paper, plastic and cans can be recycled and used for the second time. As consumers we could choose to buy green products such as organic food stuffs, recycled paper and wood from sustainable sources. Still another step is to join environmental groups which inform people about ecology situation and organize protests in the attempt to make governments change their policy in relation to green issues.

*Задание 1. Закончите предложения, используя информацию текста.*

The word "environment" means ...

Today the humanity faces ...

Pollution is damage ...

There is some evidence that ...

This sign "environmentally friendly" means ...

The biggest polluter today is ...

The problem of cars is ...

People are recommended ...

Another major problem is ...

The climate of our planet also depends ...

When fuels, especially coal, are burnt ...

Greenhouse gases ... .

Global warming may lead ...

One thing is to start ...

Another way to help environment is ...

Still another step is ...

*Задание 2. Ответьте на вопросы по тексту.*

1. What does the word "environment" mean?
2. What does the humanity face today?
3. What is pollution?
4. What are the holes in the ozone layer the result of?
5. What does the sign "environmentally friendly" on some of the products mean?
6. What is the biggest polluter today?
7. Why are cars the biggest polluter?
8. Why is the problem of cars hard to solve?
9. What are people recommended to do to solve this problem?
10. What is another major problem?
11. What does the climate of our planet depend on? Why?
12. What is global warming?
13. What gasses are called greenhouse gases and how do they act?
14. What may global warming lead to?
15. What alternatives do we have?

*Задание 3. Прочитайте предложения. Укажите:*

- (1) какие утверждения соответствуют содержанию текста;
  - (2) какие утверждения не соответствуют содержанию текста;
  - (3) информация отсутствует в тексте.
1. The word "environment" means everything around us. (\_\_\_\_)
  2. Our natural resources are exhausted, the ecological balance of the planet is disturbed, many species of flora and fauna disappeared. (\_\_\_\_)
  3. There is no evidence that the holes in the ozone layer are the result of air pollution. (\_\_\_\_)
  4. Pesticides are found in aerosols and refrigerators. (\_\_\_\_)
  4. Traffic is one of the causes of global warming and some types of cancer. (\_\_\_\_)
  5. The problem of cars is easy to solve as it doesn't require much cooperation from the people. (\_\_\_\_)
  6. Air, water, and soil — all harmed by pollution — are necessary to the survival of all living things. (\_\_\_\_)
  7. We are losing about 100 species of animals every day. (\_\_\_\_)

8. When fuels, especially coal, are burnt in order to make electricity harmful gases are produced. (\_\_\_\_)
9. Some parts of the world may turn into deserts because of the global warming. (\_\_\_\_)
10. The problem of environmental pollution is complicated because much pollution is caused by things that benefit people. (\_\_\_\_)
11. One thing to protect environment is to stop using renewable energy resources such as wind, wave and solar power which are harmful for health. (\_\_\_\_)
12. Another way to help environment is recycling. (\_\_\_\_)
13. To end or greatly reduce pollution immediately, people would have to stop using many things that benefit them. (\_\_\_\_)
14. Another step is to join environmental groups which inform people about ecology situation and organize protests in the attempt to make governments change their policy in relation to green issues. (\_\_\_\_)
15. Governments should enforce laws that require enterprises or individuals to stop or to reduce certain polluting activities. (\_\_\_\_)

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text?
2. What is the text about?
3. What points does the text cover?
4. What should be underlined?
5. What can you say in conclusion?
6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Заполните пропуски в тексте, выбрав из словосочетаний, предложенных ниже.*

### **Causes of pollution**

Technological advances ... , but many of them also bring harm to the environment. Besides, there ... causes of pollution.

Through the years, cars have been made more and more powerful. The ... much more polluting exhaust than the older ones did. So, the motorcar

engine is an example of a very useful technological development that harms the environment.

Some products of advanced technology contribute to environmental pollution ... . For example, plastics. First, they are a troublesome solid waste because they will not break down and cannot be absorbed by the soil. Second, plastics indirectly cause pollution when are being produced. Large amounts of electricity are required ... . Third, electric power plants that burn fuel, such as coal, are a major source of air pollution.

Methods of preventing pollution ... . Many pollution problems have developed because of this. Many waste products could be reused some way but costs involved in reprocessing waste products are high.

... is another cause of pollution. Many synthetic materials that pollute the environment were developed to save people time, work, or money. The use of throwaway packaging materials is an example of how demands for convenience cause environmental pollution. Such ... as aluminum and steel cans and glass bottles could be saved and reused, but many people prefer ... and, therefore, they litter streets and countryside.

*in more than one way, forms of packaging, make our life better, are expensive, in order to produce plastics, are economic and social, to throw away containers, new cars produce, our desire for convenience*

*Задание 7. Прочитайте и переведите текст на русский язык.*

### **Are Sports Really Good For Us?**

debatewise.org

*1. Sport is a great way to stay fit and healthy.*

Yes because ...

Sport is a great way to stay fit and healthy. This is very important today as few people have jobs with physical labour and most of us travel everywhere by car. As a result many people are overweight and suffer poor health. Sport may not be the only way to keep fit, but the competition and teamwork in sport give people a lot of motivation to keep going and to push themselves hard.

No because ...

It is important to keep fit, but sport is not the only way to do this. Eating well is a big part of a healthy life, and many people prefer to exercise in other ways, for example jogging, working out in a gym, dancing, or even gardening. On the other hand, sport can actually be dangerous. Millions of people are hurt playing sport each year, some of them very seriously. Professional athletes spend much of their time getting over injury. Being hurt by another player is common in contact sports, such as boxing, soccer, football, rugby or hockey. Other injuries often happen because players are pushing their bodies too hard or for too long, in training or competition

2. *Sport teaches us big lessons for life.*

Yes because ...

Sport teaches us big lessons for life. Most sports involve teamwork and teach us how to get along with others, how to work together to achieve a common goal, and about trust and responsibility. All sports teach us about dealing with success and failure. They also help people learn about coping with pressure and the need to stick with training in order to improve yourself. True, some sports do not suit some people, but there are so many possible choices that everyone can find a sport to enjoy.

No because

Sport does teach children lessons, but not always good ones. Many children are not naturally talented and only come across failure and embarrassment on the sports field. This hurts their confidence and may put them off any sort of exercise for life. Plenty of other activities can teach teamwork and other life skills, for example hiking and camping, playing in a band, or raising money for charity.

3. *Sport is competitive because life is competitive.*

Yes because...

Sport is competitive because life is competitive. In the past humans were hunters and fighters and that spirit is still in us. There is nothing wrong with being ambitious and working hard to achieve the aims you set yourself. Nor is there anything wrong with wanting to do better than someone else. By playing sport children learn about competition and adults have a controlled outlet for aggression. But sport teaches us to compete

fairly, within the rules. It balances competitiveness with teamwork and the need to respect the other side.

No because...

Sport makes people too competitive and encourages the worst sides of human nature. Sport is far from fair – the urge to compete leads many people to go too far to gain an unfair edge. Even amateur sports have plenty of cheats, a lack of respect for referees and drugs problems. These problems are worse in professional sport where the need to make money adds further pressure to win by any means. Too much competition can also be bad for you – doctors find that sports fans often feel stress and depression as a result of following their team.

4. *Sport encourages a sense of belonging and identity, bringing people together in our fragmented society.*

Yes because...

Sport encourages a sense of belonging and identity, bringing people together in our fragmented society. This is true of playing sport, and also of watching sport and following a team. When cheering your side on, you can forget about your everyday worries and enjoy sharing in a group experience. It also brings people from different classes and backgrounds together – after all, sport is a universal language. At national level, it can bring unity and pride to a whole country and help overcome differences.

No because ...

Sport also encourages tribalism and an us-against-them attitude. The unity of the group depends on feelings of aggression and hostility towards other groups. This is true for fans of club teams and can be seen in football violence (hooliganism) in England, Holland and Italy. It happens at boxing matches and even in college sports in America. Hooliganism also happens between countries – every time England play Germany it renews memories of the Second World War. Violent fans have also been a problem at the African Cup of Nations and even at cricket matches

5. *Sport gives us role models to look up to and try to copy.*

Yes because...

Sport gives us role models to look up to and try to copy. This is very important for young people from poor backgrounds who may have little hope. They can see how sports stars have made it out of bad situations



through hard work and their own abilities. For those from minorities, athletes may be the only positive role models from their ethnic group they see on the television.

No because...

Sports stars are bad role models for young people to follow. Many behave badly, on the field and off, and so set a bad example to children. But even those who behave well are not good examples to follow. This is because top athletes don't need a good education. Children who hero-worship them could easily come to think that sport is more important than working hard in school. It is also bad that sport is seen as the best way for people from ethnic minorities to become well known. Shouldn't they be celebrated for their work as scientists, doctors, and teachers, or in business?

6. *Sport has lots of social benefits.*

Yes because...

Sport has lots of social benefits. Sports programmes can give people a positive purpose and something to do. Small amounts of money spent on supporting sports have been shown to reduce crime a lot. In schools periods of activity doing sports send children back to their desks with better focus on their work. On a larger scale, sport can also be at the centre of efforts at urban renewal. Many cities have used a new sports stadium to draw people back to run down areas. Other businesses have followed the sports fans. Over time this investment pays off in higher tax revenues for the city.

No because...

Sport today is about money rather than taking part. Greed has ruined any good that was once in sport. Success for professional teams now depends upon having a rich owner who can buy up talented players. Players have no loyalty to the club which trained them from childhood, but go wherever the money is. Some athletes have even changed nationality for money. Advertising is everywhere, including on the pitch and the players shirts. Fans are seen as consumers, willing to overpay for any item with the team logo on it. Even the Olympics has become one great marketing exercise, rather than a celebration of sport.

## **Unit 14. HIGHER EDUCATION IN RUSSIA**

### **HIGHER EDUCATION IN RUSSIA**

Higher education plays an important part in the life of any country as it provides the country with highly qualified specialists for future development and progress. It trains young people to become teachers, engineers, doctors and other specialist workers.

Young people in our country have every opportunity to study and to get a higher education. They have a wide choice of state-controlled and private education. The state education in Russia is free of charge.

Students are able to study in the evening and day-time departments or by correspondence. A student who does not work and attends a day-time department is called a full-time student. A student who combines work and studies and attends an evening department is called a part-time student.

The training of specialists at our institutes combines theoretical studies with practical work and industrial or educational training. At the end of each term students are to submit their course (term) papers or designs.

Students working for their first degree at university are called undergraduates. When they take their degree we say that they graduate and then they are called graduates. If they continue studying at university after they have graduated, they are called post-graduates. In general, the first degree of Bachelor is given to students who pass examinations at the end of three or four years of study.

The academic year usually lasts 9 months and is divided into two terms (semesters). The first- and second-year students obtain thorough instructions in the fundamental sciences of mathematics, physics, chemistry and biology as well as computer engineering and a number of others. The curricula are enriched and broadened by instructions in such subjects as foreign languages, history, economics and physical education.

At the third year students get more advanced knowledge and begin to concentrate on their special interests, so to say, their «major» subject and take many courses in this subject. Specialized study and courses will help students to become specialists and prepare them for their future work.

After four years students get a bachelor's degree. Then students may go on with their studies and in a year or two of further study and research get a master's degree. After graduating from the university they may go on with their study and research and may get a still higher degree.

At present a new system of education is introduced in the country — a distance education system. Computer system of learning helps working professionals to continue their education while remaining at their jobs. This system enables people to get knowledge and a good foundation in the sciences basic to his or her field of study. Distance learning has developed over years from satellite video courses to modern videoconferencing through personal computers.

Education is a process through which culture is preserved, knowledge and skills are developed, values are formed and information is exchanged. Education is the way to success.

*Задание 1. Закончите предложения, используя информацию текста.*

1. Higher education provides ...
2. It trains ...
3. Young people in our country have ...
4. Students are able ...
5. A student who does not work and attends a day-time department is called ...
6. A student who combines work and studies and attends an evening department is called ...
7. The training of specialists at our institutes combines ...
8. At the end of each term students are ...
9. Students working for their first degree at university are called ...
10. When they take their degree they are called ...
11. If they continue studying at university after they have graduated, they are called ... .
12. The first degree of Bachelor is given to students ...
13. The academic year usually lasts ...
14. The first- and second-year students obtain ...
15. At the third year students get ...
16. After four years students get ...

17. Then students may go on with their studies and in a year or two of further study and research get ...

18. After graduating from the university they may go on ... and may get ...

*Задание 2. Составьте предложения, используя информацию текста.*

1. Higher education ...		... an important part in the life of any country.
2. Young people ...	are able	... every opportunity to study and to get a higher education.
3. The state education in Russia ...	is introduced	... free of charge.
4. Students ...	helps	... to study in the evening and day-time departments or by correspondence.
5. The training of specialists ...	combines	... theoretical studies with practical work and industrial or educational training.
6. A distance education system ...	plays	... in the country.
7. Computer system of learning ...	is	... working professionals to continue their education while remaining at their jobs.
	have	

*Задание 3. Ответьте на вопросы по тексту.*

1. Why does higher education play an important part in the life of any country?

2. What education is free of charge?

3. What is the difference between full-time and part-time education?

4. What activities does the training of specialists combine?

5. What students are called undergraduates, graduates and postgraduates?

6. Who is given the first grade of Bachelor?

7. What do first- and second-year students obtain?

8. What year students concentrate on their special interests or major?

9. When do they get a Master degree?

10. What kind of education is introduced in our country at present?

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text? 2. What is the text about? 3. What points does the text cover? 4. What should be underlined? 5. What can you say in conclusion? 6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Прочитайте текст. Согласны ли вы с точкой зрения автора. Выразите свое мнение.*

***Education plays an important role in our life. However, some people consider it only a necessary step in getting a job so they do not want to go to university after leaving school.***

"Knowledge is power" as the famous proverb says. It is transferred from generation to generation and comprises different facts, skills and information. Through learning people get knowledge and experience accumulated by their ancestors.

**Of course**, higher education is not compulsory, but I strongly feel that going to university is very important to everybody. In my opinion, higher education gives great opportunities and opens all doors. Only an educated person can get a good job and be promoted. Nowadays employers demand perfect knowledge. Education helps cultivate skills and provides mental, moral and aesthetic development. Personally, I prefer communicating with an intelligent person who knows a lot of interesting facts and who can share his or her ideas with me.

**However**, some of my friends say that they do not want to go to university and they would better get a well-paid job soon after leaving school. It will give them an opportunity to get work experience and some useful skills. But I doubt that they will be offered a really good job and that they will be able to succeed without higher education.

**In general**, owing to education highly industrialized cities are built, new information technologies are developed, important discoveries are made. Without education society would become primitive as it used to be

long time ago. To my mind, everybody must realize the importance of education as it is the guarantee of the development and well-being of our society.

*Задание 7. Прочитайте и переведите текст на русский язык.*

### **Physical education**

From Wikipedia, the free encyclopedia

**Physical education**, also known as **Phys Ed.**, **PE** and in some Commonwealth countries - as **physical training** or **PT**, is a class that pupils are required to take at school. It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health.

**Physical literacy** is a 21st-century term that first emerged in the sport literature before also being applied to physical education. The concept of physical literacy covers a variety of conditions for a student. Whether its motivation, confidence, physical competence, knowledge and understanding for student. Teachers implement these different concepts into their lesson plans to teach and develop students accordingly and appropriately for their individual success and education.

Physical Education programs vary all over the world. However, there are worldwide organizations that allow for a better understanding on how much exercise a child should be getting daily. Popular games in PE include football, netball, hockey, rounders, athletics and cricket.

Physical education trends have developed recently to incorporate a greater variety of activities besides the skills necessary to play typical team sports such as football or basketball. Introducing students to activities like bowling, walking/hiking, or frisbee at an early age can help them develop good activity habits that will continue into adulthood.

Some teachers have begun to incorporate stress-reduction techniques such as yoga, deep breathing and tai chi. Tai chi, an ancient martial arts form focused on slow meditative movements, is a relaxation activity with many benefits. Studies have shown that it enhances muscular strength and endurance, as well as cardiovascular endurance. It also provides psychological benefits such as improving general mental health,

concentration, awareness and positive mood. It can be taught to any age student with little or no equipment, making it ideal for mixed ability and age classes. Tai chi can easily be incorporated into a holistic learning body and mind unit.

Another trend is the incorporation of health and nutrition into the physical education curriculum. While teaching students sports and movement skills, PE teachers are now incorporating short health and nutrition lessons into the curriculum. This is more prevalent at the elementary school level, where students do not have a specific Health class. Recently most elementary schools have specific health classes for students as well as physical education class. If children engage in unhealthy behaviors like poor eating habits, obtaining an insufficient amount of sleep, or overindulging in screen time or other sedentary behaviors, they are less likely to experience developmentally appropriate learning.

Today, many states require Physical Education teachers to be certified to teach Health courses. Many colleges and universities offer both Physical Education and Health as one certification. This push towards health education is beginning at the intermediate level, including lessons on bullying, self-esteem and stress and anger management.

Research has shown that there is a positive correlation between brain development and exercising. Studies have been done in how physical education can help improve academic achievement.

Some high school and some middle school PE classes are single-sex.

## **Unit 15. PEDAGOGY**

### **PEDAGOGY**

Pedagogy is the art or science of being a teacher. The term generally refers to strategies of instruction, or a style of instruction. Pedagogy is also sometimes referred to as the correct use of teaching strategies. For example, Paulo Freire referred to his method of teaching adults as "critical pedagogy". In correlation with those teaching strategies the instructor's own philosophical beliefs of teaching are harbored and governed by the

pupil's background knowledge and experiences, personal situations, and environment, as well as learning goals set by the student and teacher. One example would be the Socratic schools of thought.

The first major milestone in the history of education occurred in prehistoric times when man invented language. Language enabled man to communicate more precisely than he could by signs and gestures. But early man had only a spoken language. He had no system of writing or numbering and no schools.

Young people in prehistoric societies were educated through apprenticeship, imitation and rituals. Through apprenticeship a young man learned, for example, how to build a shelter by working with an older experienced master builder. Through imitation, young people acquired the language and customs of their parents and other adults in their society. Through the performance of rituals, they learned about the meaning of life and the ties that bound them to their group. The rituals consisted of dancing or other activities. They were performed at times of emotional stress, such as death, warfare, or drought. The rituals usually involved myths, which dealt with such things as the group's history and its gods and heroes.

The role of a teacher is generally a very varied one. It does not only require a good knowledge of the subjects you teach. Teachers must also have the ability to communicate, inspire trust and confidence, and motivate students. An understanding of the students' emotional and educational needs in respect to their individual background and cultural heritage is also very important. A teacher will also benefit from being organized, dependable, patient and creative.

Teaching brings many rewards and satisfactions, but it is a demanding, exhausting, and sometimes frustrating job. It is hard to do well unless you enjoy doing it. Teachers who do enjoy their work will show this in their classroom behavior. They will come to class prepared for the day's lessons and will present lessons in a way that suggests interest and excitement in promoting learning. When students achieve success, the teacher shares their joy.



*Задание 1. Закончите предложения, используя информацию из текста.*

1. The term generally refers to ...
2. The first major milestone in the history of education occurred ...
3. Through apprenticeship a young man learned...
4. Through imitation, young people acquired ...
5. Through the performance of rituals, they learned ...
6. Today, in all societies, young people still learn ...
7. Teaching does not only require ...
8. Teachers must also ...
9. A teacher will also benefit ...
10. Teaching brings ...
11. It is hard to do well ...
12. When students achieve success ....

*Задание 2. Составьте предложения, используя информацию текста.*

1. Pedagogy ...		... the art or science of being a teacher
2. Young people in prehistoric societies ...	take on	... through apprenticeship, imitation and rituals.
3. As a society grows complicated, teachers and schools ...	is	... more and more
4. The role of a teacher ...	were educated	responsibility for educating the young.
5. Teaching ...	brings	... generally a very varied one ... many rewards and satisfactions

*Задание 3. Ответьте на вопросы.*

1. What is pedagogy?
2. When did the first major milestone in the history of education occur? Why?
3. How were young people educated in prehistoric societies?
4. Who takes on more and more responsibility for educating the young today?
5. What must a teacher require except a good knowledge of the subjects s/he teaches?
6. What kind of job is teaching?

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text? 2. What is the text about? 3. What points does the text cover? 4. What should be underlined? 5. What can you say in conclusion? 6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Прочитайте текст. Согласны ли вы с точкой зрения автора. Выразите свое мнение.*

***Some people say that online education is an excellent alternative to traditional education. But other people believe that virtual education cannot substitute traditional one.***

Online education is rapidly increasing thanks to the development of computer technology. It is intended for those who can't attend classes and communicate with the teacher face to face. Education is delivered via the Internet, multimedia resources or videoconferencing. Teachers and students communicate by exchanging electronic media or in real time. **Personally**, I think that online education is especially convenient for disabled people and for those who want to work and receive higher education simultaneously. You don't have to attend classes and you can plan your day as you want. **In my opinion**, receiving education online may be rather interesting. Some universities offer online student support services, such as online advising and registration, e-counseling, online textbook purchase, student governments and even student newspapers.

**However**, a lot of people think that online learning is not as effective as traditional education. **Firstly**, students don't have an opportunity to communicate with their teachers and group-mates face to face. If they want to ask a question or to receive some additional information, they have to send an e-mail and wait for the teacher's answer. **Secondly**, it is rather difficult for teachers to control students' knowledge, to evaluate their progress, to appreciate their abilities and to find an individual approach to everybody.

**To conclude,** I think that online learning is a wonderful opportunity to receive higher education for some people, although computer-based activities will hardly be able to replace practical or classroom-based situations.

*Задание 7. Прочитайте и переведите тексты на русский язык.*

### **What is a Physical Education Teacher?**

Physical education teachers, commonly known as Phys Ed or P.E. teachers, are responsible for the education of primary and secondary school students in physical activity and psychomotor learning. The physical education class was once little more than an organized recess; however, physical education teachers now engage students in much more than game play. Recent developments have steered the physical education curriculum towards the goal of overall wellness and teachers now incorporate health and nutrition topics into their classes.

### **What does a Physical Education Teacher do?**

Generally, physical education teachers instruct students in a variety of physical activities relevant to curriculum requirements. While teachers are typically allowed to create their own course syllabi, those outlines must adhere to school guidelines as well as the curriculum standards set out by governing bodies in the state, region or country.

When planning course outlines, physical education teachers include sports games and physical fitness techniques. A growing number of institutions will also require teachers to include classroom instruction on general physical health and well being as well as proper nutrition practices. Course content varies by age group.

After creating a lesson plan, a physical education teacher's responsibility is to motivate students to participate in prescribed activities. Teachers then evaluate the student's performance, attitude and level of physical fitness. These factors affect the student's grade, with attitude traditionally having a much greater weight than inherent physical ability. Teachers must be able to effectively evaluate these attributes in order to fairly grade their students. In addition to daily or weekly grades, students

are evaluated in periodic tests that give teacher's a better picture of the student's overall health and level of athletic skill.

### **Are you suited to be a physical education teacher?**

Physical education teachers have distinct personalities. They tend to be social individuals, which means they're kind, generous, cooperative, patient, caring, helpful, empathetic, tactful, and friendly. They excel at socializing, helping others, and teaching. Some of them are also artistic, meaning they're creative, intuitive, sensitive, articulate, and expressive.

Does this sound like you? Take our free career test to find out if physical education teacher is one of your top career matches.

### **What is the workplace of a Physical Education Teacher like?**

Physical education teachers have a regular schedule. When not instructing students in the gymnasium or in the school's outdoor recreation area, teachers work in their office or attend school meetings. P.E. teachers also benefit from summer and mid-session breaks, depending on the school system's unique schedule. Usually breaks are long enough to allow teachers the opportunity to pursue other pursuits, such as coaching organized sports.

While P.E. teachers do spend much of the time in their office engaged in meetings and completing paperwork, they must maintain a moderate degree of physical fitness in order to effectively teach in their area of the curriculum. Physical education teachers are often given the responsibility of moving and maintaining heavy exercise equipment and, furthermore, teachers who are in good physical shape act as positive role models for their students.

Other responsibilities physical education teachers must also accept are duties delegated between all teachers in the school such as lunch room and recess supervision. Teachers must also monitor the hallways, participate in after-school events and perform bus duties when necessary. Periodic faculty meetings and parent-teacher conferences are also mandatory.

Physical Education Teachers are also known as: Phys Ed Teacher PE Teacher Gym Teacher

<https://www.alleducationschools.com/teaching-careers/physical-education-teacher/>

## Unit 16. MY FUTURE JOB

### MY FUTURE JOB

Profession of a teacher is one of the most ancient professions but even today it still remains one of the most important. Teachers do not only educate their students, but bring them up and help them become part of the society. Not everyone can be a teacher as being a teacher means being a good example. Teacher must have an immaculate reputation, be someone who his or her students can be proud of, trust and seek advice.

Teachers, along with parents, take part in the process of upbringing. Teachers help resolve conflicts and arguments, they explain the rules of behaviour and a lot more. It is very important for a teacher to find an approach to every student. Professionalism of a teacher also plays a great role.

One of such examples is my teacher of PE. At the secondary school that I attended, we had PE three times a week. This is how it was: we put on our sport suits - a T shirt, shorts and running shoes, and lined up for the start of the lesson. When this was done, one of us reported to the teacher that we were ready.

We started by stretching and warming up, to get our bodies flexible and ready. It varied depending on what kind of sport we did. Sometimes it was athletics: sprint or long distance running, jumping or maybe we do team sports such as volleyball, football or basketball. We also had a weight training room or the possibility to do aerobics. I personally preferred to do gymnastics, such as forward and backward somersaults and I really didn't like the rope or pole climbing. We didn't have a swimming pool in our school; instead we took a week-long swimming course in the summer and a skiing course during the winter.

PE lessons were my favorite and that's why I made up my mind to become a PE teacher.

*Задание 1. Закончите предложения, используя информацию из текста.*

1. Profession of a teacher still remains ....

2. Teachers do not only ..., but ... and help ...
3. Being a teacher means ...
4. Teachers help resolve ...
5. Teachers explain ...
6. It is very important for a teacher to find ...
7. Professionalism of a teacher also plays ....

*Задание 2. Составьте предложения, используя информацию текста.*

1. Profession of a teacher ...	take part must have	... one of the most ancient professions. ... an immaculate reputation.
2. A teacher ...	is must be	... someone who his or her students can be proud of, trust and seek advice.
3. Teachers ...		... in the process of upbringing.

*Задание 3. Ответьте на вопросы по тексту.*

1. What profession is one of the most ancient?
2. What do teachers do?
3. What does being a teacher mean?
4. What kind of a person a teacher must be?
5. What do teachers do along with parents?
6. What is very important for a teacher?

*Задание 4. Кратко перескажите текст, ответив на следующие вопросы.*

1. What is the title of the text?
2. What is the text about?
3. What points does the text cover?
4. What should be underlined?
5. What can you say in conclusion?
6. What is your opinion on the text?

*Задание 5. Составьте план текста. Выпишите ключевые слова. Перескажите текст по плану, используя ключевые слова.*

*Задание 6. Прочитайте текст. Согласны ли вы с точкой зрения автора. Выразите свое мнение.*

*Some people think that when they don't go to school, college or university, they don't learn. Others say that we learn as long as we live.*

Today a lot of people realize the importance of lifelong learning. In the course of our lives we acquire attitudes, skills and knowledge from daily experience, from family and neighbours, from work and play and from other sources. Lifelong learning means building, development and improvement of skills and knowledge throughout people's lives and it comprises both formal and informal learning opportunities.

**To my mind**, when people leave school or graduate from university, their learning continues. It takes place at all times and in all places. Lifelong learning is a continuous process, going on from birth to the end of our lives. It begins with learning from families, educational institutions, workplaces and so on. Social organizations, religious institutions, the mass media, information technologies, environment and nature can also play a role in our learning. I strongly feel that both children and adults need continuous development of intellect and capability. Even elderly people never cease to learn. They can learn a great deal from such activities as art, music, handicrafts or social work. Lifelong learning helps people adapt to the modern life which is constantly changing. **However**, there are many unintelligent and ignorant people in the world. Most of them lack willingness and motivation to learn. Some people are not ready to invest time, money and effort in their education or training. Lifelong learning must be self-motivated because people usually take responsibility for their own learning. **To conclude, I think** that lifelong learning is extremely beneficial because it helps adapt to changes, develop natural abilities and open the mind. It increases our wisdom and makes our lives more interesting and meaningful.

*Задание 7. Прочитайте и переведите текст на русский язык.*

### **Keep Young Minds & Bodies Healthy as a PE Teacher**

Becoming a physical education teacher is for dedicated individuals who love kids, sports and physical fitness.

Today more than ever good health, nutrition and exercise are important for our nation's children, and PE teachers play an important role in their students' overall development. If you love sports, are passionate about health and fitness, and want to work with kids, becoming a K-12 physical education teacher could be a great career choice for you.

### **Physical Education Teacher Job Description**

Most schools require all students to take gym classes, so if you become a physical education teacher you'll have the opportunity to interact with students in your school across every grade level. Some physical education teachers even support more than one school, holding rotating classes at different schools on different days of the week.

- In elementary schools, physical education teachers work with children of all fitness levels to improve coordination, teach teamwork and inspire a love for physical activity.
- In middle or high school classes you can often plan what you'll teach depending your experience or area of interest. Course offerings may range from the traditional, such as baseball, basketball, soccer or tennis to more esoteric activities such as rock climbing, ultimate Frisbee, aerobics and dance.

Planning assignments and evaluations for your students and monitoring their progress throughout the year is a large part of the job. And, like any elementary or secondary school teacher, you may have other duties, such as monitoring student progress, attending faculty meetings, conferencing with parents and completing administrative tasks.

### **Education and Certification**

To become a gym teacher, you'll need at least a bachelor's degree and teaching certificate in order to teach at a public elementary or secondary school. Requirements vary by state, so contact your state Department of Education to discover teacher certification requirements in your area.

Your curriculum will include classes such as kinesiology, exercise physiology, nutrition, and health and wellness, as well as activity courses such as golf, aerobics, basketball, tennis, racquetball, and team and/or individual sports.



Teachers who major in health and physical education must also complete certification requirements that include completion of approved teacher education courses and hands-on classroom teaching experience. There are professional associations that offer continuing education and certification, such as Society for Health and Physical Educators (SHAPE), and many states have dedicated associations for their territory. These requirements can also be accomplished by completing a master's degree in education or by simply fulfilling class requirements and taking a certification test.

### **Who Should Become a Physical Education Teacher?**

You should become a physical education teacher if sports, health and physical activity are your thing. If you love new physical challenges and games, it can also help. As a PE teacher, you will be tasked with inspiring students to take up physical activity, to love the challenge of competition, and to be team players and good sports.

The best PE teachers are fascinated with kinesthetic learning and unlocking the body's movement potential in conjunction with intellectual challenges. Where the rest of a student's day is full of study and book and lesson learning, you can help them discover how to use their other sort of intelligence. For example, you might create lessons that teach interpretive dance, or more strategic and less active sports such as darts or archery.

As a PE teacher you'll believe in healthy competition and teaching students how to strive for success in all of its forms. This includes teaching students broader lessons about how to learn from a loss or to value winning but also to be critical of one's performance, seeking ways to improve and develop.

Physical education bridges the gap between many parts of life. If you have innovative ideas about how to teach kids how to integrate the lessons of the ball field to those of the classroom, the playground and life in general, you will be very much in demand.

Most of all you must have the patience for kids in general and have a sense of how to tap the potential of less-athletic students as well as your athletic superstars.

## **Why are Physical Education Teachers Important?**

Physical education teachers are important because they help students learn the importance of physical activity and how it contributes to their overall health and wellness. They'll use a holistic approach to help kids understand how physical activity, intellectual learning and nutrition combine to create a positive outcome for life.

It's been proven that physical activity helps regulate stress levels. These days, even young children are pushed hard to perform well on standardized tests, and there are copious amounts of homework. PE teachers provide at least one outlet if only for an hour a day, where kids can focus on a purely physical task, such as climbing a rope or throwing a ball.

Beyond physical activity, PE teachers frequently teach other aspects of health such as nutrition. Students need to learn more about healthy diets if they are going to be active agents in the struggle against obesity, and physical education teachers can help them understand how all the pieces of a healthy lifestyle fit together.

## **The Importance of Physical Education to Today's Youth**

Physical education can also help offset the hours kids spend on their computers and phones and interacting with their peers only through social media. In the PE classroom, you can work with kids to show them the benefits of teamwork and how to work with other students to achieve a common goal.

## **Job Prospects for PE Teachers**

While most schools only have a demand for one PE teacher, the nation is seeing growth in the education sector overall. According to the U.S. Bureau of Labor Statistics, the job outlook for high school teachers in general is 8 percent through 2026, which is about as fast as average for all careers. Salaries are also good, with high school teachers earning a median annual salary of \$58,030. As you improve your academic credentials with a master's degree and hands-on teaching experience, your earnings are likely to increase as well.

<https://www.alleducationschools.com/teaching-careers/physical-education-teacher/>

## КРАТКИЙ ГРАММАТИЧЕСКИЙ СПРАВОЧНИК. УПРАЖНЕНИЯ И ТЕСТЫ

**Части речи:** имя существительное, имя прилагательное, имя числительное, местоимение, наречие, глагол, союз, предлог

**Члены предложения:** подлежащее (S), сказуемое (P), дополнение (O), определение (A), обстоятельство (M)

### 1. Порядок слов в английском предложении

Главное правило английского языка - прямой порядок слов:

S	–	P	–	O .
Подлежащее	–	Сказуемое	–	Дополнение

**В каждом английском предложении обязательно должно быть  
ПОДЛЕЖАЩЕЕ и СКАЗУЕМОЕ**

*Упражнение 1. Разберите предложения по членам.*

1. I live in Vladimir. 2. My friend studies at the University. 3. She has a big family. 4. Their son likes sport. 5. I need you.

*Упражнение 2. Составьте предложения из данных слов:*

1. abroad, in, they, go, summer, always
2. he, listen, music, classical, to, likes, to.
3. in, she, many, original, the, English, read, books.
4. we, last, write, to, Monday, didn't, a, Mary, letter.
5. at, will, come, you, us, five, to, o'clock.

### 2. Множественное число имен существительных

Имя существительное + окончание –s (-es)
--

Если существительное в единственном числе оканчивается на:  
–y с предшествующей согласной, то во множественном числе –y меняется на –i и добавляется –es: a city – cities  
–f или –fe, то во множественном числе –f меняется на –v и добавляется окончание –es или –s: a shelf(полка) — shelves

Исключения:

**a** man – men

**a** foot – feet

**a** woman – women

**a** child – children

**a** tooth – teeth

*Упражнение 3. Образуйте множественное число существительных. Будьте внимательны! Есть исключения.*

Office, bank, nationality, man, certificate, passport, hotel, restaurant, factory, concert-hall, profession, auditorium, sportsman, coffee, lady, text.

*Упражнение 4. Переведите на английский язык:*

Два президента, три премьер-министра, пять студентов, шесть мужчин, семь женщин, восемь менеджеров, девять банкиров, десять посетителей, двадцать бизнесменов, пятнадцать директоров, тринадцать секретарей.

### 3. Притяжательный падеж имен существительных

The child's toys — The children's toys

The boy's books — The boys' books

**Притяжательный падеж** обозначает принадлежность предмета или лица и отвечает на вопрос **whose? Чей? и** употребляется с одушевленными существительными.

Существительное в притяжательном падеже имеет окончание:

- 1) **-'s** в единственном числе: our **teacher's** lectures – лекции нашего преподавателя
- 2) **'** (только апостроф) во множественном числе: the **students'** books – книги студентов

Существительное в притяжательном падеже переводится на русский язык либо соответствующим прилагательным, либо существительным в родительном падеже.

*Упражнение 5. Переведите на русский язык.*

- 1) Ann's table; 2) this man's book; 3) the boy's bag; 4) the women's pens;
- 5) my brother's books; 6) their dog's name; 7) Nick's car

*Упражнение 6. Измените словосочетания упр.5, используя предлог **of**.*  
Ann's table – a table of Ann

*Упражнение 7. Измените предложения с предлогом of на существительные в притяжательном падеже.*

the toy of the child, he novels of this writer, the birthday of my friend, the husband of my sister, the lecture of our teacher, the sms of Ann, the flat of my parents;

1. The surname of my family is Ivanov. 2. The children of my cousins are at home. 3. The diploma projects of these students are interesting. 4. The telephone of my friend is of a new brand. 5. The cat of my aunt is fat. 6. The assignment of our teacher is difficult.

4. Артикли (неопределенный и определенный).

Артикли употребляются с именами существительными. Если есть местоимение или числительное перед существительным, то артикль не ставится. Если существительное употребляется с именем прилагательным, то артикль ставится перед именем прилагательным. Порядковые числительные употребляются с артиклем *the*.

	<i>Единственное число</i>	<i>Множественное число</i>
<i>Любой, всё равно какой</i>	<b>A(n)</b> <i>(только исчисляемые)</i>	-
<i>Именно этот</i>	<b>The</b>	<b>The</b>

*Упражнение 8. Образуйте множественное число от следующих существительных.*

an eye, a box, the woman, , a goose, the watch, a mouse, a king, the waiter, a star, a mountain, a woman, a dress, a tree, a shilling, the city, the sheep, a tooth., a boy, the queen, a man, the man, a toy

*Упражнение 9. Вставьте артикль там, где необходимо.*

1. “Is this your ... friend?” — “No, it isn’t my ... friend, it is my sister”.  
 2. I have ... sister. My ... sister is ... teacher. My sister’s ... husband is ... pilot. 3. I have no ... car. 4. She has got ... terrible ... headache. 5. They have ... dog and two ... cats. 6. My ... cousin says he is going to be ... manager one ... day. 7. Would you like ... apple? 8. This is ... tree. ... tree is green. 9. I can see three ... children. ... children are playing in ... yard. 10. I have ... car. ... car is white. 11. My ... friend has no ... car.

## 5. Предлоги: основные значения

Место:	<b>On</b> – на; <b>In</b> – в; <b>At</b> – в/на
<i>Запомните:</i>	<i>at home, at work, at rest, at school</i>
Направление:	<b>To</b> – в, на, к; <b>From</b> – из, с, от
Время:	<b>At</b> – час; <b>On</b> – день; <b>In</b> – месяц\год <b>By</b> – к; <b>From – till</b> – с ... до; <b>Since</b> – с <b>For</b> – в течение
Наличие:	<b>With</b> – с
Отсутствие:	<b>Without</b> – без
Объект речи, мысли:	<b>About</b> – о
Принадлежность, родит. падеж:	<b>Of</b>
Цель:	<b>For</b> – за, для

*Упражнение 10. Вставьте вместо точек подходящий предлог. В таблице указаны основные значения предлогов. При выполнении упражнения используйте словарь.*

1. Translate these words ... English ... Russian.
2. My brother gave the money ... me.
3. I go to school ... foot, but yesterday I went to school ... bus.
4. "War and Peace" is written ... Leo Tolstoy.
5. My friend lives ... the ground floor ... a fourteen-storey block ... flats.
6. What is this bag made ... .
7. He has fallen ... love ... my sister.
8. The shop close ... 7 o'clock ... evening.
9. The classes begin ... half past eight.
10. He arrived ... Moscow ... the 13<sup>th</sup> ... April and left ... Vladimir only ... June.
11. I entered the university ... 2020.
12. Bye, see you ... Monday.
13. Nick plays tennis ... every Tuesday.
14. Nom is going to play tennis ... next Saturday.
15. ... last summer we spent our holidays ... Egypt.

16. We lived in that house ... 2000 ... 2020.
17. Mrs. Brown has been living ... the USA ... 3 years.
18. Jane will return ... an hour.
19. He got married ... the age ... 19.
20. They live ... Chicago.
21. Where is my English exercise-book? - I don't know. Try to find it ... your books ... your shelf.
22. Let's go ... the cafe.
23. My sister isn't ... home, she is ... school.
24. Carlson lived ... a small house ... the roof.
25. Pour some water ... the kettle, please.
26. I'm not interested ... football at all, but I'm keen ... tennis.
27. Mike is fond ... figure skating.
28. British cuisine is famous ... its traditional "fish and chips".
29. Do you like to listen ... classical music?
30. Look ... this photo. Isn't it nice?
31. Don't laugh ... my sister!
32. Who has paid ... meal?
33. What size are these boots? May I try them ...?

6. Местоимения: указательные, личные, притяжательные, возвратные.

Указательные местоимения

This – These That – Those
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*Упражнение 11. Напишите словосочетания во множественном числе.*

this sportsman, that team, that training, this foot, that athlete, this coach, this PE teacher, that fan, this auditorium, this document, that meeting

*Упражнение 12. Поставьте подлежащие во множественное число. Сделайте все необходимые изменения в предложениях.*

1. This young man is our PE teacher. 2. This kind of sport is very useful for health. 3. That sportsman is the winner of the competition. 4. This kind

of sport is popular in the USA. 5. That athlete participated in the last Olympic Games. 6. That institute trains PE teachers. 7. This exam will be in summer. 8. This girl is our group mate.

### Личные местоимения

<i>Именительный падеж</i>	<i>-&gt; подлежащее</i>	<i>Объектный падеж -&gt; дополнение</i>	<i>е</i>
<i>Кто? Что?</i>	<i>Who?/What?</i>	<i>Кого/чего? Кому/чему? Кого/что? Кем/чем? О ком/о чём?</i>	<i>Whom?</i>
<i>Я</i>	<i>I</i>	<i>Меня</i>	<i>Me</i>
<i>Ты /Вы</i>	<i>You</i>	<i>Тебя/Вас</i>	<i>You</i>
<i>Он</i>	<i>He</i>	<i>Его</i>	<i>Him</i>
<i>Она</i>	<i>She</i>	<i>Её</i>	<i>Her</i>
<i>Оно</i>	<i>It</i>	<i>Его</i>	<i>It</i>
<i>Мы</i>	<i>We</i>	<i>Нас</i>	<i>Us</i>
<i>Они</i>	<i>They</i>	<i>Их</i>	<i>Them</i>

*Упражнение 13. Употребите нужную форму личных местоимений.*

1. I often see (they, them) in the bus. 2. She lives near (we, us). 3. (We, us) always walk to school together. 4. He teaches (we, us) English. 5. She sits near (I, me) during the lesson. 6. I always speak to (he, him) in English. 7. He explains the lesson to (we, us) each morning. 9. There are some letters here for you and (I, me) 10. I know (she, her).

*Упражнение 14. Вместо подчеркнутых словосочетаний употребите нужные формы личных местоимений.*

Nick and Mary are at home. 2. I wrote grammar exercises in my notebook. 3. She put flowers in the vase. 4. Brother loses his keys too often. 5. Hellen cleaned the kitchen and the bathroom. 6. Alice and I saw this film on the Internet. 7. Julia teaches foreign languages. 8. Jane found a kitten. 9. Tom and Jarry learn Russian. 10. I heard the news last week. 11. We like these films very much. 12. I saw you with Jane this morning.



### Притяжательные местоимения

<i>Чей?</i>	<i>Whose?</i>
Мой,..	<i>My</i>
Твой,.. / Ваш,..	<i>Your</i>
Его	<i>His</i>
Её	<i>Her</i>
Его	<i>Its</i>
Наш	<i>Our</i>
Их	<i>Their</i>

*Упражнение 15. Заполните пропуски притяжательными местоимениями*

1. (He) ... composition is very interesting. 2. (we) ... son goes to school. 3. (You) ... sister is young. 4. (they) ... knowledge of the subject is very poor. 5. (he) ... name is John. 6. (I) ... family lives in Kovrov. 7. (She) ... friend often visits her.

*Упражнение 16. Заполните пропуски подходящей формой притяжательного местоимения в функции определения.*

1. Jane put \_\_\_ bag on the chair. 2. Peter writes letters to \_\_\_ girl friend every week. 3. We like \_\_\_ English classes very much. 4. Students write new words in \_\_\_ notebooks. 5. Mrs. Jones put on \_\_\_ glasses. 6. John often loses \_\_\_ things. 7. Mark gave me \_\_\_ book. 8. She'll put on \_\_\_ best dress. 9. Ann went to the concert with \_\_\_ brother. 10. Father took \_\_\_ pipe out of \_\_\_ mouth. 11. Sarah put \_\_\_ left hand in \_\_\_ pocket. 12. The men took \_\_\_ hats off.

### Возвратные местоимения

Себя	<i>Myself, Yourself/Yourselves, Himself, Herself, Itself, Ourselves, Themselves</i>
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*Упражнение 17. Выберите правильную форму возвратного местоимения.*

1. He does his homework all by (himself, herself, myself).  
2. I plan my vacation (ourselves, myself, themselves).

3. They are going to the sea (themselves, himself, ourselves).
4. My father built this house (himself, herself, ourselves).
5. This cat found (herself, himself, itself) a place under the sofa.
6. She bought (herself, itself, ourselves) earrings as a birthday present.

7. Прилагательные и наречия: степени сравнения

	положительная	сравнительная	превосходная
Односложные и двусложные прилагательные и односложные наречия (кроме early)	short easy soon  early	shorter easier sooner  earlier	the shortest the easiest the soonest  the earliest
Многосложные (больше двух слов) прилагательные и (больше одного слога) наречия	interesting nicely	more interesting more nicely	the most interesting the most nicely
Исключения	good/well bad many/much little	better worse more less	the best the worst the most the least

*Упражнение 18. Напишите степени сравнения следующих прилагательных.*

Model: wet – wetter – the wettest;

expensive – more expensive – the most expensive

1. big (большой)
2. clever (умный)
3. good (хороший)
4. pleasant (приятный)
5. poor (бедный)
6. bad (плохой)
7. funny (смешной)
8. important (важный)
9. sunny (солнечный)
10. far (далекий)
11. comfortable (удобный)

## 8. Глагол

<b>Смысловые = пол- нозначные</b> (имеют лексические значения, перево- дятся на русский язык)	<b>Вспомогательные</b> (не имеют лексического значения, не переводятся на русский язык, выполняют грамматическую функцию в предложении)	<b>Модальные</b> (выражают от- ношение гово- рящего к ситуа- ции)
<i>To go</i> <i>To read</i> ... <i>To do</i> <i>To be</i> <i>To have...</i>	<i>To do</i> <i>To be</i> <i>To have</i> <i>Will</i>	<i>Can</i> <i>May</i> <i>Must</i> <i>Should / Ought to</i> <i>Need</i> <i>To be to</i> <i>To have to ...</i>

### 3 формы полнозначных глаголов

<i>Как назы- вается</i>	<b>1-ая форма</b> <i>Инфинитив=</i> <i>неопределенная</i> <i>форма глагола</i>	<b>2-ая форма</b> <i>простое про-</i> <i>шедшее время</i>	<b>3-ья форма</b> <i>причастие 2 = при-</i> <i>частие прошедшего</i> <i>времени</i>
<i>Как об- разуется</i>	Перед глаголом в форме инфи- нитива стоит ча- стица <b>to</b>	Глагол+ <b>ed</b> (если глагол не- правильный, 2 форма запомина- ется)	Глагол+ <b>ed</b> (если глагол непра- вильный, 2 форма запоминается)
<i>Примеры</i>	<i>To study, to write</i>	<i>Studied, wrote</i>	<i>Studied, written</i>
<i>Когда употреб- ляется</i>	Образует: 1. простое настоящее время (без «to») 2. простое бу- дущее время: <b>will + 1 форма</b> (без «to» )	Образует: простое про- шедшее время	Образует: 1. перфектные времена <b>to have + 3 форма</b> 2. страдательный за- лог <b>to be + 3 форма</b>

Кроме того, добавив к глаголу окончание –ing, мы получим *причастие I (participle I)*:

*Studying, writing*

*Упражнение 19. Восполните недостающие формы неправильных глаголов.*

I форма глагола	II форма глагола	III форма глагола
be	was/were	been
become		become
	began	
break		
	brought	brought
buy		
choose		chosen
drink	drank	cut
	drove	
eat		
		fallen
feel		
	forgot	
have		
go		gone
		known
leave		
put		met
	read	
run	ran	
see		
		sold
	sang	
speak		
	spent	spent
	swam	
	taught	taught
think		
	understood	
win	won	
		written

## 9. Построение вопросительных и отрицательных предложений

➤ Чтобы сделать предложение **отрицательным**, нужно добавить частицу **NOT** к **вспомогательному глаголу**.

*I do not speak French. I speak English.*

➤ Чтобы сделать предложение **вопросительным**, нужно **изменить порядок** слов и **использовать вспомогательный глагол**.

- Повествовательное предложение - **прямой порядок слов**:

**Подлежащее – сказуемое – дополнение**

*I read newspapers every day*

- Общий вопрос:

**Вспомогат. гл. + подлежащее + смысловый глагол+ ...**

*Do you read newspapers every day?*

- Специальный вопрос

**Вопросит. слово+вспомогат. гл.+подлежащее+смысловый гл.+ ...**

*What do you read every day?*

- Вопрос к подлежащему или группе подлежащего - **порядок слов не изменяется**.

**Подлежащее + сказуемое + ...**

*Who reads newspapers every day?*

➤ Глагол **TO BE** **не использует** вспомогательные глаголы для построения вопросительных и отрицательных предложений.

## 10. Глагол to be

Настоящее время	Прошедшее время	Будущее время
<b>am, is, are</b>	<b>was, were</b>	<b>will be</b>

*Упражнение 20. Сделайте предложения отрицательными и вопросительными.*

1. You are students.
2. They will be engineers in five years.
3. My father is a very busy man.
4. I was at the University yesterday.
5. She will be free tomorrow.

6. The students are in the classroom now.
7. My sister is 15 today.
8. I was in Moscow yesterday.
9. Her work is very interesting.
10. He is from New York.
11. She is 16.
12. They are married.
13. Jane was ill last week.
14. I am a student.
15. It was cold last winter.

*Упражнение 21. Вставьте глагол to be в нужной форме в настоящем времени.*

My name \_\_\_ Mark Ferry. I \_\_\_ a manager. I \_\_\_ forty-five. My wife \_\_\_ forty. Her name \_\_\_ Linda. Our home \_\_\_ in London. We \_\_\_ very happy here. Bill Douglas \_\_\_ my friend. He \_\_\_ a manager too. His brother Tom \_\_\_ a student. Bill and Tom \_\_\_ in Oxford now.

*Упражнение 22. Вставьте глагол to be в прошедшем времени.*

My sister ... very depressed last Monday. The weather ... terrible. It ... cold and rainy. Her husband ... not at home. He ... at hospital because he ... sick. Her children ... not at school. They ... not in the yard, they ... in the living room. The TV ... broken. The children ... not only upset, they ... very angry. The neighbors... not happy because her children ... too noisy. The house ... not clean. The sink ... broken. There ... dirty dishes on the kitchen table and in the sink. There ... nothing in the fridge. There ... no vegetables for dinner, there ... no juice for her children. There ... not even bread in the house! She ... tired and hungry. She ... just exhausted.

*Упражнение 23. Вставьте глагол to be в нужной форме.*

John Baiden ... the President of the USA. He ... always on a business trips in the country and around the world. Yesterday he ... in Paris. Tomorrow he ... in London. Last week he ... in Washington. Next week he ... in Athens. At the moment he ... in the Hague.. In two hours he ... in Amsterdam. Three days ago he ... in Glasgow. At the end of his trip he ... usually very tired but happy. He ... with his family now. His family members ... so much excited. They have got presents from John. Everybody in the family ... very glad to see him at home again.

## 11.оборот There is/are

**There is ... / There are ...**

**There was... / There were ...**

**There will be ...**

(Где? есть \ находится \ существует Что?\Кто?)

*Упражнение 24. Заполните пропуски правильной формой конструкции **there is/there are***

1. \_\_\_ 7 days in the week. 2. \_\_\_some sugar in this cup. 3. \_\_\_many children in the garden. 4. \_\_\_ no mice in my house. 5. \_\_\_ not much snow in England. 6. \_\_\_ many historical buildings in Vladimir. 7. \_\_\_ no students in the classroom. 8. \_\_\_ several good sportsmen in my group. 9. \_\_\_no news. 10. \_\_\_a lot of people at the bus stop. 11.\_\_\_not much money left. 12. \_\_\_several supermarkets in the town.

*Упражнение 25. Переведите предложения на английский язык.*

1. Во Владимире много архитектурных памятников. 2. На вечеринке было много друзей. 3. В моём холодильнике нет мороженого. 4. На улице Пушкина есть музей. 5. Музей находится на улице Пушкина. 6. В твоём саду есть цветы? 7. Будет ли зачет в пятницу? 8. Что там на столе? 9. Кто там за дверью? 10. Музей находится в центре города. 11. В центре города есть музей. 12. Сколько компьютеров в этой аудитории? 13. Сколько денег на твоей карточке? 14. В моей контрольной работе нет ошибок.

## 12. Простые времена (Актив)

- Простое настоящее время образуется при помощи 1-ой формы глагола без частицы **to**. В третьем лице единственного числа к глаголу добавляется окончание **-s**.

- Простое прошедшее время образуется при помощи 2-ой формы глагола.

- Простое будущее время **will** + 1-ая форма глагола без частицы **to**.

*Упражнение 26. Раскройте скобки. Все предложения в простом настоящем времени.*

1. My brother (to get) up at 7 o'clock. 2. He (to go) to the university in the morning. 3. Tom is fond of sports. He (to do) his morning exercises every day. 4. She (to have) two eggs, a sandwich and a cup of tea for breakfast. 5. After breakfast she (to go) to the university. 6. It (to take) me two hours to do my homework. 7. My friend (to speak) German well. 8. My working day (to begin) at seven o'clock. I (to get) up, (to switch) on the radio and (to do) my morning exercises. It (to take) me fifteen minutes. At half past seven we (to have) breakfast. My father and I (to leave) home at eight o'clock. He (to take) a bus to his factory. My mother is a doctor, she (to leave) home at nine o'clock. In the evening we (to gather) in the living room. We (to watch) TV and (to talk).

*Упражнение 27. Раскройте скобки. Используйте глаголы в простом настоящем, прошедшем или будущем времени.*

1. I (to go) to bed at ten o'clock every day. 2. I (to go) to bed at ten o'clock yesterday. 3. I (to go) to bed at ten o'clock tomorrow. 4. I (not to go) to the cinema every day. 5. I (not to go) to the cinema yesterday. 6. I (not to go) to the cinema tomorrow. 7. You (to watch) TV every day? 8. You (to watch) TV yesterday? 9. You (to watch) TV tomorrow? 10. When you (to leave) home for school every day? 11. When you (to leave) home for school yesterday? 12. When you (to leave) home for school tomorrow? 13. My brother (to go) to work every day. He (to leave) home at a quarter past eight. As the office he (to work) at (to be) near our house, he (to walk) there. He (not to take) a bus. Yesterday he (not to go) to work. Yesterday he (to get) up at nine o'clock. 16. Yesterday my father (not to read) newspapers because he (to be) very busy. He (to read) newspapers tomorrow.

### 13. Простые времена (Пассив)

<b>To be + 3 форма смыслового глагола</b>
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*Упражнение 28. Используйте глаголы в нужной форме настоящего, прошедшего и будущего простого времени.*

(USUALLY)



1. Breakfast (to cook) by my mother. 2. Homework (to do) after classes. 3. Students (to ask) during the lesson. 4. Meals (to buy) in the shop. 5. Friends (to visit) in the evening.

(YESTERDAY) 1. Breakfast (to cook) by my mother. . 2. Homework (to do) after classes. 3. Students (to ask) during the lesson. 4. Meals (to buy) in the shop. 5. Friends (to visit) in the evening.

(TOMORROW) 1. Breakfast (to cook) by my mother. 2. Homework (to do) after classes. 3. Students (to ask) during the lesson. 4. Meals (to buy) in the shop. 5. Friends (to visit) in the evening.

*Упражнение 29. Употребите глаголы в нужной форме настоящего, прошедшего и будущего простого времени.*

1. My question (to answer) tomorrow. 2. Football (to play) in summer. 3. Mushrooms (to gather) in autumn. 4. His new film (to finish) next year. 5. Food (to sell) in shops. 6. Moscow (to found) in 1147. 7. Porridge (to eat) every day. 8. The exams (to pass) yesterday. 9. Marry (to send) to London next week. 10. He (to ask) at the lesson yesterday. 11. Many houses (to build) in our town every year. 12. This project (to do) tomorrow. 13. The text (to translate) at the last lesson. 14. These trees (to plant) last autumn. 15. Many interesting games always (to play) during our PT lessons. 16. We (to invite) to the concert last Saturday.

14. В придаточных предложениях условия и времени после союзов *if, when, till, until, as soon as, before, etc* вместо будущего времени употребляется настоящее время.

*Упражнение 30. Раскройте скобки, употребляя глаголы в простом настоящем или будущем времени. (Все предложения относятся к будущему времени).*

1. If you (to stay) some more days in the town, I (to call) on you and we (to have) a good talk. 2. As soon as I (to return) from Moscow, I (to ring) you up. 3. You (to pass) many towns and villages on your way before you (to arrive) in Vladimir. 4. After she (to finish) school, she (to enter) the University. 5. When they (to return) home, they (to call) on us. 6. If I (to see) him, I (to tell) him about the accident. 7. You certainly (to join) us when we (to gather) in our country house the next time. 8. When you (to

cross) the road, you (to see) the theatre. 9. Before we (to get) to the theatre, we (to go) past the shopping centre. 10. What she (to do) if she (to see) him again?

### 15. Система времен английского языка

Большинство времён в английском языке – сложные, т.е. состоят из: вспомогательного глагола (вспомогательных глаголов) и смыслового глагола: *will work, is working, have worked, has been working, will have been working*

*Упражнение 31. Подчеркните сказуемые в предложениях.*

*Используйте данные ниже таблицы.*

1. We were walking in the park this time yesterday.
2. They will be invited to the party.
3. I have never been to London.
4. They will be playing football all day long tomorrow.
5. He has been learning English for 10 years already.
6. The test was passed yesterday by the group.
7. They are listened to very attentively.
8. We travelled a lot last summer.
9. The job has already been done.

### Система времен английского языка (актив)

Группа времен Время	Indefinite= Simple – Неопределенны е= простые	Continuous = Progressive – Длительные = продолженны е	Perfect – перфектные	Perfect continuous – перфектно- длительные
КАК?	<i>Регулярность</i>	<i>Процесс</i>	<i>Завершённость</i>	<i>Процесс + завершённость</i>
КОГДА?		<i>To be + “ing” форма</i>	<i>To have + 3 форма</i>	<i>To have been+ing форма</i>

маркеры	always, usually, ago, often, as a rule, sometimes, in 1975, every day, tomorrow, yesterday, ...	now, all day long, from ... till, ... when I came, Look! at that moment, Where is N? at 5 o'clock, ...	never, ever, just, already, yet, since This week, lately, recently; by, before, after,	for
Present Настоящ	1 форма <i>use(s)</i>	<i>am/is/are using</i>	<i>have/has used</i>	<i>have/has been using</i>
Past Прошед.	2 форма <i>used</i>	<i>was/were using</i>	<i>had used</i>	<i>had been using</i>
Future Будущее	Will + 1 форма <i>will use</i>	<i>will be using</i>	<i>will have used</i>	<i>will have been using</i>
Future in the past Будущ. в прошед.	Would + 1 форма <i>would use</i>	<i>would be using</i>	<i>would have used</i>	<i>would have been using</i>

Система времен английского языка (пассив)

**TO BE+3 форма**

Группа времен	Indefinite = Simple – Неопределенные = простые	Continuous = Progressive – Длительные = продолженные	Perfect – перфектные
	To be + 3 форма		
Время		To be being + 3 форма	
Present Настоящее	<i>am/is/are used</i>	<i>am/is/are being used</i>	<i>have/has been used</i>

Past Прошедшее	<i>was/were used</i>	<i>was/were being used</i>	<i>had been used</i>
Future Будущее	<i>will be used</i>		<i>will have been used</i>
Future in the past Буд. в прош.	<i>would be used</i>		<i>would have been used</i>

*Упражнение 32. Поставьте предложения в отрицательную и вопросительную формы:*

1. My friends go in for sports. 2. He visits grandparents every Sunday. 3. I liked PE lessons very much. 4. They went to Italy last summer. 5. Her friend will meet her on Tuesday.

*Упражнение 33. Поставьте вопросы ко всем членам предложения.*

1. Jack studies at Cambridge University. 2. The Blacks live in Glasgow. 3. Ann took many interesting magazines at the library yesterday. 4. The child will stay in bed the whole week.

*Упражнение 34. Поставьте глагол, заключенный в скобки, в нужном времени Continuous.*

1. The teacher (to explain) a new grammar rule to the students now. 2. She (to watch) the film when we entered the room. 3. I (to drive) the car. Don't talk to me! 4. I (to travel) in the Caucasus this time next July. 6. They (to wait) for me at 9 o'clock next Tuesday. 7. When you come, we (to do) our homework.

*Упражнение 35. Поставьте вопросы к данным предложениям, используя слова, данные в скобках.*

1. She has been to London (Where?) 2. He had done many exercises before his exam (What?) 3. He will have finished his book by next year (Who?) 4. They will have come to your house before you go to your office. (Where? When?) 5. They have started their work this Monday (What? Who? When?)

*Упражнение 36. Поставьте стоящие в скобках глаголы в соответствующие времена Perfect Continuous*

1. He (to look) at her for half an hour before she noticed me. 2. We (to translate) the text for several hours already, but we can't do it properly. 3. She (to study) for three years before she gets her diploma at this college. 4. Bill (to have) rest since early morning. 5. They (to learn) irregular verbs all the night on the eve of their last exam.

*Упражнение 37. Употребите глаголы в нужной форме настоящего, прошедшего и будущего простого, длительного и перфектного времен.*

1. Mary ... (listen) to the radio while I ... (cook) dinner. 2. You ... (write) this test yesterday? 3. Last Monday Kate ... (go) home early because she ... (want) to see a film. 4. When your sister usually ... (get) home after work? 5. Mother always ... (bring) us a nice presents. 6. What these children ... (do) in the yard? 7. You ... (read) already this book? 8. While John ... (sleep), Ann ... (watch) TV. 10. Linda ... (walk) home when she ... (see) her husband's car outside the cinema. 11. Look! Van and Tim ... (run) to school. 12. Jack's father ... (not work) in Paris — he ... (not speak) French. 13. John ... (buy) a car a week ago. 14. My father often ... (go) fishing. 15. While you ... (sleep), cousins ... (arrive). 17. Two new teachers just ... (to introduce) to the head of the institute. 19. She is sure she... (to ask) at the lesson tomorrow. 20. This new textbook ... (to sell) everywhere now.

#### 16. Модальные глаголы:

### **Can, Could, May, Might, Must, To have to, To be to, Should, Ought to, Need**

Модальные глаголы не имеют своего собственного самостоятельного значения, как обычные глаголы, и обозначают только отношение говорящего к ситуации или к другому какому-то действию (просьба, разрешение, запрет, совет, предположение, пр.)

Особенности модальных глаголов английского языка

1. Модальные глаголы не требуют вспомогательных глаголов для образования отрицательных и вопросительных форм. Отрицательная частица **not** добавляется к самому модальному глаголу. Чтобы задать вопрос с модальным глаголом, нужно перенести его на первое место.

*He should not go there. Ему не следует туда идти.*

*She can not swim. Она не может плавать.*

*May I ask you a question? Я могу задать Вам вопрос?*

Исключения - **to have to** и **to be to**.

*He didn't have to come. Ему не нужно было приходить*

*Did he have to stay? Ему нужно было остаться?*

2. У модальных глаголов нет форм прошедшего и будущего времени. В этом случае используются так называемые эквиваленты модальных глаголов: **to be allowed to**, **to be able to**, **to have to**.

*We will be able to speak German soon. Скоро мы сможем говорить по-немецки.*

*They were allowed to stay. Им разрешили остаться.*

*She had to go. Ей пришлось уйти.*

Исключения - **to have to**, **to be to**, которые имеют формы прошедшего и настоящего времени.

3. После модальных глаголов не нужно ставить частицу **to** перед инфинитивом.

*You should consult a doctor. Тебе стоит обратиться к врачу.*

Исключениями являются **have to**, **had to**, **ought to**, **be to**.

*You have to rest. Тебе надо отдохнуть.*

## CAN

(эквивалент для будущего и прошедшего времени **to be able to**, **could**)

1. Физическая или умственная способность, возможность, допустимость совершения действия.

*Я могу говорить по-английски. I can speak English.*

2. Разрешение.

*Можно войти? Can I come in?*

3. Запрещение.

*Вы не должны здесь ставить машину. You cannot park your car here.*

4. Сомнение, удивление, недоумение, невероятность.

*Это не может быть правдой! It can't be true.*

*Где он мог видеть эту девушку? Where can he have seen this girl*

## COULD

1. Разрешение (большая вежливость, чем CAN)

*Не мог бы я сейчас повидать больного? Could I see the patient now?*

2. Сомнение, удивление, недоумение, невероятность (менее категорично, чем CAN)

*Разве ему столько же лет, сколько моему отцу? Could he be of the same age as my father?*

*Упражнение 38. Вставьте can / can't/ could/ couldn't.*

1. I \_\_\_\_\_ hear you perfectly well. You don't need to shout.

2. He \_\_\_\_\_ cook so he eats in restaurants because

3. When we lived in China, I\_\_ speak some Chinese, but now I\_\_\_ say a word.

4. \_\_\_\_\_ you play chess at the age of seven?

5. Nick \_\_\_\_\_ talk to you now. He is out.

6. I\_\_\_\_\_ answer all questions because I was well prepared for the lesson.

*Упражнение 39. Выразите сомнения при помощи can/could.*

1. Едва ли они были дома.

2. Возможно, он навестит своих родственников, когда приедет в Сочи.

3. Разве Мэри могла такое сказать?

4. Иван мог бы приехать завтра.

5. Анна не могла так быстро сделать домашнюю работу.

6. Не может быть, что они это сделали.

## MAY

(эквиваленты для будущего и прошедшего времени to be allowed to, to be permitted to, might)

1. Разрешение (боле официальное, чем CAN)

*Могу я сейчас повидать больного? May I see the patient now ?*

2. Запрещение (более лояльная форма, чем CAN или MUST – резкий запрет)

*Вам лучше здесь не курить. You may not smoke here.*

3. Допустимая возможность, предположение, основанное на неуверенности.

*Он может скоро придти. He may come soon.*

*Может быть, они уже закончили работу. They may have finished their work already.*

## MIGHT

1. Допустимая возможность, предположение, основанное на неуверенности (меньшая степень уверенности, чем MAY)

*Может быть, он его и знает. He might know him.*

2. Упрек, неодобрение (значительно реже в этом значении используется MAY)

*Они могли бы объяснить им это раньше. They might have explained it to them earlier.*

*Упражнение 40. Используйте may / might / may not/might not.*

1. She isn't feeling very well. She (not go) \_\_\_\_\_ to the university tomorrow.

2. Tom doesn't study very much. He \_\_\_\_\_ (not pass) his exams.

3. They \_\_\_\_\_ (not come) to the beach with us this weekend.

4. Ann is really tired, so she \_\_\_\_\_ (not go) to the party tonight.

5. Mike is going away tomorrow, and we \_\_\_\_\_ (not see) him before he goes.

*Упражнение 41. Перефразируйте предложения используя глаголы, данные в скобках.*

1. Perhaps it will rain tomorrow, (might)

2. Perhaps my relatives will visit me next weekend. (may)

3. Perhaps Kate will buy a new computer. (may)

4. Perhaps he will change his job next year. (might)

5. Perhaps they won't go to the university tomorrow, (might)

*Упражнение 42. Переведите предложения. Используйте may/might.*

1. Возможно, Вы встретите нас на станции.

2. Вероятно, Сергей заходил к вам вчера.

3. Аня, вероятно, забыла телефон дома и поэтому не позвонила.

4. Джил, возможно, поймет все, когда узнает правду.

5. Может быть, магазин открыт.



## MUST

(эквиваленты для будущего и прошедшего времени to have to)

1. Необходимость или обязанность (с т. зр. говорящего), долг.

*Я должен закончить эту работу к пятнице. I must finish this work by Friday.*

2. Настойчивый совет, приказание.

*Она должна прочесть эту книгу. She must read book.*

3. Запрещение (отрицательная форма).

*Нельзя родителям ссориться в присутствии детей. Parents must not argue in children's presence.*

4. Предположение, вероятность действия (с большей степенью уверенности, чем MAY). Здесь можно употребить разные формы инфинитива.

*Ее муж, должно быть, все еще на работе. Her husband must be still at work*

*Упражнение 43. Напишите предложения в прошедшем времени.*

1. Greg must work hard to pass the exams successfully..

2. Ann must stay in bed because she is ill.

3. I must cook lunch because my mother is away on business.

4. We must learn the words to write a dictation.

5. They must go there to read up for the seminar.

*Упражнение 44. Переведите, используя must в каждом предложении.*

1. Должно быть, Джон даже не слышал об этом.

2. Вероятно, ученики сейчас сдают тест.

3. По-видимому, этот дом построен давно.

4. Вероятно, мне дали мне неверный адрес.

5. Они, вероятно, ждут нас на станции.

## TO HAVE TO

1. Необходимость, зависящая от внешних причин и обстоятельств.

*Мне приходится делать это каждый день. I have to do it every day.*

*Упражнение 45. Вставьте to have в нужной форме.*

1. Why \_\_\_\_\_ she \_\_\_\_\_ stay after classes?

2. Students \_\_\_\_\_ wear uniform in some British schools..

3. I \_\_\_\_\_ buy bread. Mum has already bought it.
4. Children \_\_\_\_\_ get up early. It's holiday-time.
5. Bill has PE lessons on Monday and Tuesday so he. \_\_\_\_\_ take his PE kit to school on these days.
6. \_\_\_\_\_ we \_\_\_\_\_ walk to the university? — No, let's take a bus.
7. Nelly is studying English. She \_\_\_\_\_ learn a lot of new words.

*Упражнение 46. Используйте правильную форму глагола have to.*

1. I \_\_\_\_\_ (not run). I won't miss the local train.
2. Ann's eyes are very bad, and she \_\_\_\_\_ (wear) glasses.
3. We \_\_\_\_\_ (get) up early because classes start at eight o'clock today.
4. We \_\_\_\_\_ (study) Literature at school, because it's compulsory.
5. Students \_\_\_\_\_ (not take) exams twice a year.
6. They \_\_\_\_\_ (work) at weekends.

### TO BE TO

1. Предварительная договоренность, запланированность действия.  
*Мы должны приготовить обед на всех. We are to prepare lunch.*
2. Приказание.  
*Вы должны немедленно начать работать. You are to start work at once.*
3. Неосуществленное намеченное действие (с перфектным инфинитивом).  
*Я должен был уехать в Москву в среду, но заболел. I was to have gone to Moscow, but fell ill.*

### SHOULD

1. Моральная обязанность.  
*Не стоит лгать друзьям. You should not lie to your friends.*
2. Совет, рекомендация.  
*Тебе следует прочитать эту книгу.. You should read this book.*
3. Нежелание, нерасположенность совершать действия (с вопросом Why?)  
*Почему я должен делать эту глупую работу? Why should I do this stupid job?*
4. Недоумение, возмущение.  
*Стоит ли эту работу делать вообще. Should we do this job?*

5. Порицание, упрек ( в сочетании с перфектным инфинитивом).  
*Тебе давно следовало бы объяснить ему это! You should have explained it to him!*

### OUGHT TO

1. Моральный долг, обязанность, порицание (с перфектным инфинитивом). (SHOULD – выражает более субъективное мнение, OUGHT TO – более объективный оттенок)

*Нам следует обсудить это всем вместе. We ought to discuss this problem all together*

*Тебе следовало бы предупредить их об опасности. You ought to have warned them about danger.*

*Упражнение 47. Вставьте **should** или **shouldn't** по смыслу.*

1. If Jane has got a really bad cold, she \_\_\_\_\_ go to school.
2. We \_\_\_\_\_ miss classes.
3. If you have got a headache, you \_\_\_\_\_ take an aspirin.
4. It is very hot today. You \_\_\_\_\_ wear a coat.
5. I have found some money. I \_\_\_\_\_ take it to the police.

*Упражнение 48. Дайте советы в следующих ситуациях.*

1. Molly can't read this article in the original.
2. Greg has hurt his elbow.
3. Sally can't see very well.
4. The baby is too fat!
5. I'm always tired.
6. I've got an exam tomorrow.

*Упражнение 49. Дайте советы в следующих ситуациях.*

1. Ann \_\_\_\_\_ work more as she has missed some lessons.
2. Parents \_\_\_\_\_ shout at their children.
3. Drivers \_\_\_\_\_ be careful while driving.
4. Family members \_\_\_\_\_ be together at Christmas.
5. Children \_\_\_\_\_ smoke, as it's dangerous for their health.
6. Jack \_\_\_\_\_ have said it to Megan. She \_\_\_\_\_ know the real state of things.

## NEED

1. В отрицательных предложениях, где выражается ненужность совершения действия.

*Тебе не нужно делать всю эту ерунду. You needn't do these stupid things.*

2. В вопросительных предложениях, где содержится вопрос о необходимости действия.

*Я должен помыть посуду? Need I wash up?*

*Упражнение 50. Переведите на русский язык.*

1. I need not go to work today.

2. We need not translate this difficult text.

3. I need not do everything by myself.

4. He need not buy bread.

5. We need not wait for him.

6. Need I cook the dinner? (Употребляется достаточно редко, чаще Shall I cook the dinner?)

*Упражнение 51. Вставьте модальный глагол, исходя из контекста. Возможны варианты.*

1. I ..... hear this tune everywhere, it's very popular. (могу)

2. What ..... we do to help you? (можем)

3. You ..... not eat much sugar. (нельзя)

4. I think you..... not worry. All is going to be fine. (не нужно)

5. You ..... buy this book. (следует)

6. Every person .....give up smoking after a heart attack. (должен)

7. Ann, ..... I take your pen? (можно)

*Упражнение 52. Используйте подходящие по смыслу модальные глаголы. (can, may, must, should, etc.) Возможны варианты.*

1. I don't know but he ... be working in the garden. 2. I saw them in the village. They ... have come to visit their grandparents. 3. ... I use the telephone? 4. You ... have read books during the term, not on the eve of

the exams! 5. ... I switch on the radio? – Yes, you .... 6. ... I smoke here? – No. you ... . 7. You ... take my pencil for a moment. 8. I ... finish my work today. I am tired. 9. Pupils ... talk during the lesson. 10. You ... join our party. 11. "... I come in?" asked the pupil. 12. Yesterday I was very tired, that's why I ... not finish the work. 13. Let's ask mother. She ... know his address. 14. You ... drink cold water. 15. - ... you help me? - I'm afraid not. 16. You ... interrupt me when I'm speaking. 17. My father ... be at his office now as it is 8 o'clock already. 18. When I was a child, I ... not play chess.

### 18. Неличные формы глагола.

Неличные формы глагола (инфинитив, причастие I, II, герундий) не имеют грамматических категорий лица, числа, времени и, следовательно, не могут быть сказуемым в предложении.

<b>Infinitive: (to)</b>	<b>Active</b>	<b>Passive</b>
<b>Indefinite</b>	<i>To use</i>	<i>To be used</i>
<b>Continuous</b>	<i>To be using</i>	
<b>Perfect</b>	<i>To have used</i>	<i>To have been used</i>
<b>Perfect Continuous</b>	<i>To have been using</i>	

<b>Participle I: (ing)</b>	<b>Active</b>	<b>Passive</b>
<b>Indefinite</b>	<i>Using</i>	<i>Being used</i>
<b>Perfect</b>	<i>Having used</i>	<i>Having been used</i>

**Participle II: (ed, III form)**

Used
------

<b>Gerund: (ing)</b>	<b>Active</b>	<b>Passive</b>
<b>Indefinite</b>	<i>Using</i>	<i>Being used</i>
<b>Perfect</b>	<i>Having used</i>	<i>Having been used</i>

## Infinitive

	Как узнать?	Функция в предложении	Перевод
<b>Инфинитив</b>	Частица «to» (иногда <u>нет</u> частицы «to» (после модальных и некоторых других глаголов))	Подлежащее Часть сказуемого Дополнение Определение Обстоятельство  Часть сложного дополнения Часть сложного подлежащего	<ul style="list-style-type: none"><li>• To think means to exist. - Мыслить – значит существовать</li><li>• His aim is to find his brother. - Его цель – найти брата.</li><li>• I don't know what to do. - Я не знаю, что делать</li><li>• She was the first to arrive. - Она приехала первой.</li><li>• They went to the reading hall to read up for the seminar. - Они ходили в библиотеку, чтобы подготовиться к семинару.</li><li>• I want you to marry her - Я хочу, чтобы ты женился на ней.</li><li>• He is known to be a decent man. - Говорят, что он – честный человек.</li></ul>

**Перевод:** глагол в неопределенной форме, придаточные определительные, изъяснительные и обстоятельственные цели.

### Инфинитив употребляется без частицы "to":

- после модальных глаголов;
- после глаголов **to let** и **to make**;
- в сложном дополнении после глаголов восприятия: (**to see, to hear, to feel, etc.**);
- после выражений: **I would rather... , You had better... .**

*Упражнение 53. Вставьте частицу to перед инфинитивом, где необходимо.*

1. Do you like ... play computer games? 2. I'd like ... visit my friends on Sunday. 3. What makes you ... think you are right? 4. May I ... ask you a

question? 5. We heard our fans ... cry loudly. 6. I don't feel well. I would rather ... stay at home. 7. Would you like ... dance. 8. The teacher made me ... repeat new words several times. 9. We saw them ... enter the gym. 10. It is time ... start our training. 11. Let me ... help you with your project paper. 12. Do you think you will be able ... solve this problem? 13. They did not let us ... win the game.

## Participle I, II

<b>Причастие I</b>	<p>Окон- ча-ние <b>-ing</b></p>	<ul style="list-style-type: none"> <li>• часть сказуемого</li> <li>• определение</li> <li>• обстоятельство причины, места, времени, условия</li> <li>• объектный падеж + причастие I</li> <li>• Зависимый причастный оборот (функция обстоятельства)</li> <li>• Независимый причастный оборот (функция обстоятельства)</li> </ul>	<ul style="list-style-type: none"> <li>• I was watching TV when you called me.– Я смотрела телевизор, когда ты позвонил мне.</li> <li>• The man looking at you is my brother. Человек, который смотрит на тебя, мой брат</li> <li>• While traveling in the mountains he met the Snowman. - Путешествуя в горах, он встретил снежного человека.</li> <li>• I saw her talking to her husband. - Я видел, как она разговаривала со своим мужем.</li> <li>• Having lost his purse he went to the police. – Потеряв кошелёк, он обратился в полицию.</li> <li>• Being asked, he will always answer the question. Если его спросить, он всегда ответит на вопрос.</li> <li>• The weather being nice, we went for a walk. – Так как погода была хорошая, мы отправились на прогулку.</li> </ul>
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**Перевод:** причастие, причастный оборот, придаточное определительное; деепричастие, деепричастный оборот, придаточное обстоятельственное места, времени, причины, условия.

<b>Причастие II</b>	= 3 форма	<ul style="list-style-type: none"> <li>• Часть сказуемого</li> <li>• Определение</li> </ul>	<ul style="list-style-type: none"> <li>• The job was done perfectly well. – Работа была сделана отлично.</li> <li>The life lived without love is a wasted life. – Жизнь, прожитая без любви, - жизнь, прожитая напрасно.</li> </ul>
		<ul style="list-style-type: none"> <li>• Объектный падеж причастие 2</li> </ul>	<ul style="list-style-type: none"> <li>• She found him wounded. - Она обнаружила, что он ранен.</li> </ul>

**Перевод:** причастие, причастный оборот, придаточное определительное; деепричастие, деепричастный оборот, придаточное обстоятельственное места, времени, причины, условия

*Упражнение 54. Переведите на русский язык, обращая внимание на Participle I и Participle II.*

1. A letter sent from Moscow today will be in St. Petersburg tomorrow. He saw some people on the bus station waiting for a bus. When shopping, she forgot to buy some things.
2. Some of the problems discussed at the lecture yesterday were very important. The girl writing the test is the our new group mate. While cooking a pie she forgot to put some salt.
3. An egg taken out of boiling water should be put in cold water. A person taking a sunbath must be very careful. Having taken pills, he could sleep well.

*Упражнение 55. Перепишите предложения, выбирая подходящую форму причастия.*

1. Name some books (reading, read) by you last year.
2. She was eating a cake (buying, bought) in the cafe.
3. We were at a conference (organizing, organized) by the teaching staff of our institute.



4. Here is the parcel (receiving, received) by me yesterday.
5. Do you know the child (playing, played) in the garden?
6. The article (writing, written) by this scientist is very interesting.
7. Learn the words (writing, written) on the blackboard.

### Gerund

<b>Герундий</b>	<p>Окончание - <b>ing</b></p> <p>Может быть притяжательное местоимение (герундиальный оборот);</p> <p>Часто употребляется с предлогом.</p> <p>Употребляется после определенных глаголов</p>	<ul style="list-style-type: none"> <li>• Подлежащее</li> <li>• Дополнение</li> <li>• обстоятельство</li> </ul>	<p>Running is his main occupation. – Бег – его основное занятие.</p> <p>I like fishing - Мне нравится ловить рыбу.</p> <p>He is fond of listening to classical music. – Он любит слушать классическую музыку.</p> <p>I insist on being listened to. – Я настаиваю на том, чтобы меня выслушали.</p> <p>I don't mind your smoking here. – Я не возражаю, если вы будете здесь курить.</p>
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**Перевод:** существительное, неопределенная форма глагола, придаточные предложения изъяснительные

*Упражнение 56. Перепишите предложения, используя герундий.*

1. Прекратите болтать и начинайте работать.
3. Дети предпочитают играть в компьютерные игры чтению книг.
4. Курить вредно для здоровья.
5. Он не надеялся встретить её здесь.
6. Увидев новые игрушки, девочка засмеялась.
7. Он подумывает оставить работу и отправиться путешествовать.
8. Этот фильм стоит посмотреть.
9. Он с нетерпением ждет, когда сможет встретиться с ней опять.
10. Мне совсем не хочется идти к врачу.

## Тесты для самопроверки усвоения грамматического материала

### 1. Тест для самопроверки усвоения базового уровня английской грамматики

#### 1. Образуйте множественное число от следующих имен существительных:

- a name
- a boy
- a bus
- a leaf
- a mouse

#### 2. Выразите значение принадлежности, используя притяжательный падеж имен существительных

- name of his dog
- house of my friend
- exams of the students
- family of our friend
- job of this manager

#### 3. Выберите подходящую форму местоимения (личные и притяжательные)

- ... like to travel. (I, me, my)
- Give me the book. ... is on the table. (It, it, its)
- ... job is to manage people. (He, him, his)
- They visited ... at weekends. (We, us, our)
- Tell ... to come tomorrow. (They, them, their)

#### 4. Вставьте глагол TO BE в нужной форме

- ... you busy now?
- He ... a student last year.
- I ... at home at this time tomorrow.
- They ... not in Russia in 2000.
- It ... late. Let's go home.

#### 5. Вставьте глагол TO HAVE в нужной форме

- We ... no problems now.
- She ... a great party last Sunday.
- They ... exams next week.

- He ... no family.
- ... you got any questions to me?

**6. Вставьте вспомогательный глагол TO DO или WILL в нужной форме**

- ... you visit our town last year?
- I ... not speak German.
- We ... call you tomorrow.
- He ... not study now.
- ... they live in the USA now?

**7. Вставьте подходящие по смыслу предлоги**

- Go ... the shop and buy some bread.
- My younger brother studies ... school.
- I was born ... 1990.
- Our classes start ... 9.00.
- She is a student ... the Academy

**2. Тест для самопроверки усвоения системы времен английского языка**

**I. Вставьте глагола *be* или *have* в нужной форме:**

1. Their sons \_\_\_\_\_ businessmen.
2. He \_\_\_\_\_ a computer.
3. This boy \_\_\_\_\_ student.
4. Much time \_\_\_\_\_ often spent by my relatives together last year.
5. A new PE teacher \_\_\_\_\_ introduced to the teaching staff by the school director yesterday.
6. The picture gallery \_\_\_\_\_ visited by them next Sunday.
7. The exams \_\_\_\_\_ passed by him well yesterday.
8. The library \_\_\_\_\_ often visited by the students.
9. The cake \_\_\_\_\_ cooked by my mother tomorrow.
10. We \_\_\_\_\_ waiting for her at the moment.
11. They \_\_\_\_\_ finished their work when we came in.
12. She \_\_\_\_\_ never been to the USA.
13. We \_\_\_\_\_ already read this book.
14. The letter \_\_\_\_\_ already been written by her.

15. By 9 o'clock tomorrow I \_\_\_\_\_ already sent all the letters.
16. I \_\_\_\_\_ just met her husband
17. He \_\_\_\_\_ not translated this text yet.
18. The texts were \_\_\_\_\_ translated by them all day long yesterday.
19. He \_\_\_\_\_ a student of the university.
20. There \_\_\_\_\_ no salt on the table.

II. Вставьте глагол *to cook* в нужной форме:

1. I often \_\_\_\_\_ dinner myself.
2. Yesterday they \_\_\_\_\_ porridge for breakfast.
3. What \_\_\_\_\_ you \_\_\_\_\_ now?
4. What \_\_\_\_\_ you \_\_\_\_\_ for dinner yesterday?
5. What \_\_\_\_\_ you \_\_\_\_\_ for breakfast tomorrow?
6. He \_\_\_\_\_ not \_\_\_\_\_ now, he \_\_\_\_\_ in some minutes.
7. \_\_\_\_\_ you already \_\_\_\_\_ omelets?
8. She always \_\_\_\_\_ porridge with milk for breakfast.
9. I \_\_\_\_\_ just \_\_\_\_\_ an apple pie.
10. What \_\_\_\_\_ she \_\_\_\_\_ in the evening tomorrow?
11. As a rule, we \_\_\_\_\_ some sandwiches in the morning.
12. At the moment, she \_\_\_\_\_ some salad.
13. We \_\_\_\_\_ meals every day.
14. He seldom \_\_\_\_\_ meat.
15. My sister usually \_\_\_\_\_ fish when she had time.
16. They \_\_\_\_\_ never \_\_\_\_\_ anything.
17. \_\_\_\_\_ he ever \_\_\_\_\_ anything for lunch?
18. They \_\_\_\_\_ lunch by the time we came.
19. We \_\_\_\_\_ chicken in an hour.
20. When \_\_\_\_\_ she \_\_\_\_\_ breakfast yesterday?

**3. Модальные глаголы**

*Выберите правильный вариант из предложенных справа*

1. He ... the door, because smth was wrong with the lock.  
1. cannot open 2. couldn't open 3. couldn't be opening

2. You ... my documents, officer!  
1. may to see 2. may see
3. They ... this problem for two hours.  
1. may have been discussing 2. may been discussing
4. You ... your teacher when he is speaking.  
1. might have interrupted 2. can't interrupt
5. I'm sure that he ... this actress.  
1. can't know 2. can't knowing
6. Where is father? – He ...  
1. may be working 2. might have worked  
3. may be worked ... at his office now.
7. She has disappointed me greatly. She ... you when you were in trouble.  
1. may be helping 2. might have helped 3. might to have helped
8. What are the Jones celebrating? – I can't say for sure, but they ... the  
fifteenth anniversary of their marriage.  
1. may have celebrated 2. may have been celebrated  
3. may be celebrating
9. You ... help your friends.  
1. ought 2. should 3. have
10. When they saw the body, they ... the police at once.  
1. should have phoned 2. have to phone
11. Where is he? – He ... be at school now.  
1. must 2. ought
12. Where ... ice-cream be kept?  
1. has to 2. should 3. is to
13. When he ... to meet you?  
1. have 2. is 3. should
14. You ... have declared your love.  
1. ought 2. ought to 3. are
15. We have a lot of butter at home. You ... so much.  
1. shouldn't have bought 2. needn't have bought
16. The policeman said that our father ... drive more carefully.  
1. should have 2. should

## Ключи к тестам

### 1. Тест для самопроверки усвоения базового уровня английской грамматики

1. Образуйте множественное число от следующих имен существительных:

- names
- boys
- busses
- leaves
- mice

2. Выразите значение принадлежности, используя притяжательный падеж имен существительных

- dog's name
- my friend's house
- the students' exams
- our friend's family
- this manager's job

3. Выберите подходящую форму местоимения (личные и притяжательные)

- I like to travel.
- Give me the book. It is on the table.
- His job is to manage people.
- They visited us at weekends.
- Tell them to come tomorrow.

4. Вставьте глагол TO BE в нужной форме

- Are you busy now?
- He was a student last year.
- I will be at home at this time tomorrow.
- They were not in Russia in 2000.
- It is late. Let's go home.

5. Вставьте глагол TO HAVE в нужной форме

- We have no problems now.
- She had a great party last Sunday.
- They will have exams next week.
- He has no family.
- Have you got any questions to me?

6. Вставьте вспомогательный глагол TO DO или WILL в нужной форме

- Did you visit our town last year?
- I do not speak German.

- We will call you tomorrow.
- He does not study now.
- Do they live in the USA now?

7. Вставьте подходящие по смыслу предлоги

- Go to the shop and buy some bread.
- My younger brother studies at school.
- I was born in 1990.
- Our classes start at 9.00.
- She is a student of the Academy.

**2. Тест для самопроверки усвоения системы времен английского языка**

I. Вставьте глагола *be* или *have* в нужной форме:

1. Their sons are businessmen.
2. He has a computer.
3. This boy is student.
4. Much time was often spent by my relatives together last year.
5. A new PE teacher was introduced to the teaching staff by the school director yesterday.
6. The picture gallery will be visited by them next Sunday.
7. The exams were passed by him well yesterday.
8. The library is often visited by the students.
9. The cake will be cooked by my mother tomorrow.
10. We are waiting for her at the moment.
11. They had finished their work when we came in.
12. She has never been to the USA.
13. We have already read this book.
14. The letter has already been written by her.
15. By 9 o'clock tomorrow I will have already sent all the letters.
16. I have just met her husband
17. He has not translated this text yet.
18. The texts were being translated by them all day long yesterday.
19. He is a student of the university.
20. There is no salt on the table.

II. Вставьте глагол *to cook* в нужной форме:

1. I often cook dinner myself.
2. Yesterday they cooked porridge for breakfast.
3. What are you cooking now?

4. What did you cook for dinner yesterday?
5. What will you cook for breakfast tomorrow?
6. He is not cooking now, he will cook in some minutes.
7. Have you already cooked omelets?
8. She always cooks porridge with milk for breakfast.
9. I have just cooked an apple pie.
10. What will she cook in the evening tomorrow?
11. As a rule, we cook some sandwiches in the morning.
12. At the moment, she was cooking some salad.
13. We cook meals every day.
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15. My sister usually cooked fish when she had time.
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#### **4. Модальные глаголы**

*Выберите правильный вариант из предложенных справа*

1. He couldn't open the door, because smth was wrong with the lock.
2. You may see my documents, officer!
3. They may have been discussing this problem for two hours.
4. You can't interrupt your teacher when he is speaking.
5. I'm sure that he can't know this actress.
6. Where is father? – He may be working at his office now.
7. She has disappointed me greatly. She might have helped you when you were in trouble.
8. What are the Jones celebrating? – I can't say for sure, but they may be celebrating the fifteenth anniversary of their marriage.
9. You should help your friends.
10. When they saw the body, they should have phoned the police at once.
11. Where is he? – He must be at school now.
12. Where should ice-cream be kept?
13. When he is to meet you?
14. You ought to have declared your love.
15. We have a lot of butter at home. You needn't have bought so much.
16. The policeman said that our father should drive more carefully.



## ЗАКЛЮЧЕНИЕ

Практическое владение иностранным языком – неотъемлемая часть современной подготовки специалистов в высших учебных заведениях страны. Умение работать с иноязычными текстами представляется основным возможным практическим применением полученных в процессе обучения навыков в будущей профессиональной деятельности.

Учебно-практическое пособие рассчитано как на аудиторную, так и самостоятельную работу студентов бакалавриата. Предлагаемые в нем задания позволяют развить навыки и умения чтения, перевода и изложения полученной информации в устной и письменной формах. Упражнения, имеющие тематическую направленность, способствуют расширению словарного запаса и практическому применению лексико-грамматических навыков.

Грамматика представлена в пособии в качестве справочного материала, который может быть использован индивидуально, в зависимости от конкретных потребностей обучаемых.

Доступность изложения материала, разнообразные упражнения для речевой практики, соответствие тематики текстов возрастным и профессиональным интересам – залог достижения студентами более высокого уровня в овладении английским языком.

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*Учебное издание*

АНГЛИЙСКИЙ ЯЗЫК ДЛЯ СТУДЕНТОВ НЕЯЗЫКОВЫХ СПЕЦИАЛЬНОСТЕЙ  
(ПРОФИЛЬ «ФИЗИЧЕСКАЯ КУЛЬТУРА»)

Учебно-практическое пособие

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