

«Turan» University

“SPORT FOR HEALTHY LIFE STYLE”



Student: Baubekova Alexandra

Course: the 1st

Group: 1G-2

Specialization: translation studies

Teacher: Zatonskaya T.M.

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- ▣ Sport is very important in our life. It is popular among young and old people.



- Many people do morning exercises, jog in the morning, train themselves in clubs, in different sections and take part in sport competitions.

WAKE UP!

& MAKE IT HAPPEN WORKOUT © neilarey.com

10 jumping jacks 10 squats 10 lunges

20 climbers 10 push-ups 10 plank jacks

10 sit-ups 10 knee-to-elbow crunches 30sec elbow plank



15-minute MORNING WORKOUT

by DAREBEE © darebee.com

repeat 3 times in total with 2 minutes rest between sets

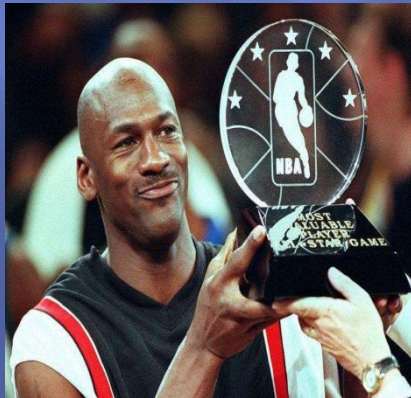
20 jumping jacks 20 squats 20 lunges

10 push-ups 40 punches 60sec elbow plank

- Other people like sports too, but they only watch sports games, listen to sports news. They prefer reading interesting stories about sportsmen. But they don't go in for sports.



Listen to today's sports news!



- Physical training is an important subject at school. Pupils have got physical training lessons twice a week. Boys and girls play volleyball and basketball at the lessons. There is a sportsground near our school and schoolchildren go in for sports in the open air. A lot of different competitions are held at schools, a great number of pupils take part in them. All participants try to get good results and become winners.



- ▣ Sport helps people to keep in good health. If you go in for sports, you have good health and don't catch cold. Children and grown-ups must take care of their health and do morning exercises regularly.



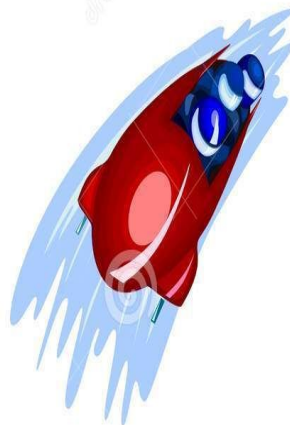
There are some popular kinds of sports:



- ▣ Athletics is the general term used to describe a wide range of sports. It includes such kinds of sports as running, jumping and others.



There are summer and winter sports:



Sport in my life

- Sport is very important in my life. When I was studying at school I danced, played volleyball and basketball. I have many trophies and diploms. Now I go to fitness club.



**THANK YOU FOR
YOUR
ATTENTION!**

