

Sports is important in our lif



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Vocabulary

Competitions

In the open air

skiing

skating

athletics

gymnastics



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Text

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

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

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.

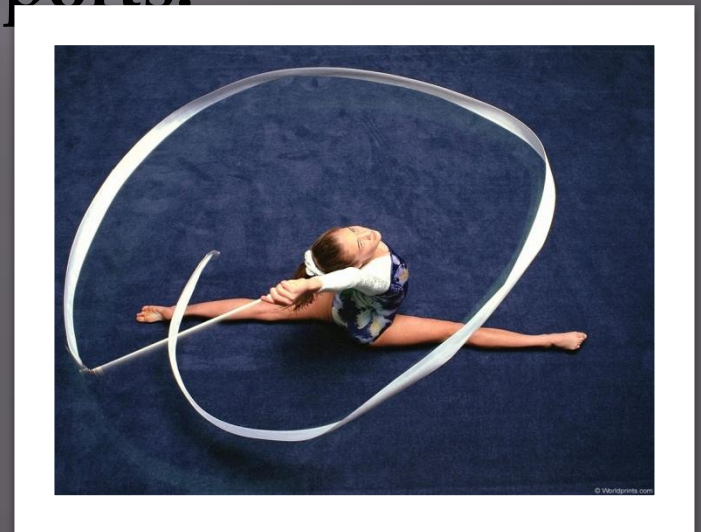
Physical training is an important subject at school. Boys and girls play volley-ball and basketball at the lessons. There is the sports ground near our school and schoolchildren go in for sports in the open air. A lot of different competition are held at schools, a great number of pupils take part in 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 in our country: football, volley ball, hockey, gymnastics, skiing, skating. Athletics is one of the most popular kinds of sports. It includes such kinds of sports as: running, jumping and others. Everybody may choose the sport he (or she) is interested in.

There are summer and winter sports.



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