

ПЕДАГОГИЧЕСКИЙ  
КОЛЛЕДЖ ФИТНЕСА



FITNESS TEACHER  
TRAINING COLLEGE

Курс

АНГЛИЙСКИЙ ЯЗЫК ДЛЯ  
ТРЕНЕРОВ



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# Pronouns

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- Личные местоимения
- Притяжательные местоимения
- Указательные местоимения
- Возвратные местоимения



# Личные Местоимения

(кто, что)

Местоимение	Перевод	Пример
I	Я	I am a girl. – <b>Я</b> (есть) девочка.
You	Вы, ты	You are beautiful. – <b>Ты (Вы)</b> красивая.
He	Он	He is a pupil. – <b>Он</b> (есть) ученик.
She	Она	She is a girl. – <b>Она</b> (есть) девочка)
It	Оно	It is a flower. – <b>Это</b> (есть) цветок).
We	Мы	We love apples. – <b>Мы</b> любим яблоки.
They	Они	They are a family. – <b>Они</b> (есть) семья.



# Личные Местоимения

(кого, что, кому, чему, кем, чем)

Местоимение	Перевод	Пример
Me	Мне, Меня	He loves <b>me</b> . – Он любит <b>меня</b> .
You	Тебя, Вас	I love <b>you</b> . – Я люблю <b>тебя</b> .
Him	Его, Ему	I love <b>him</b> . – Я люблю <b>его</b> .
Her	Ее, Ей	I love <b>her</b> . – Я люблю <b>ее</b> .
Us	Нас, Нам	They love <b>us</b> . – Они любят <b>нас</b> .
Them	Их, Им	We love <b>them</b> . – Мы любим <b>их</b> .



# Притяжательные Местоимения

(чей, чья, чье)

Местоимение	Перевод	Пример
My	Мой	It is <b>my</b> book. – Это <b>моя</b> книга.
Your	Твой, Ваш	It is <b>your</b> pen. – Это <b>твоя</b> ручка.
His	Его	It is <b>his</b> birthday. – Это <b>его</b> день рождения.
Her	Ее	It is <b>her</b> dress. – Это <b>ее</b> платье.
Our	Наш	It is <b>our</b> wedding day. – Это день <b>нашей</b> свадьбы.
Their	Их	It is <b>their</b> house. – Это <b>их</b> дом.



# Притяжательные Местоимения

(чей, чья, чье)

Местоимение	Перевод	Пример
Mine	Мой	The book is <b>mine</b> . – Эта книга <b>моя</b> .
Yours	Твой, Ваш	The pen is <b>yours</b> . – Эта ручка <b>твоя</b> .
His	Его	The car is <b>his</b> . – Эта машина <b>его</b> .
Hers	Ее	The dress is <b>hers</b> . – Это платье <b>ее</b> .
Ours	Наш	The boy is <b>ours</b> . – Этот мальчик <b>наш</b> .
Theirs	Их	The house is <b>theirs</b> . – Этот дом <b>их</b> .



# Указательные местоимения

Местоимение	Перевод	Пример
<b>Единственное число</b>		
This	Этот , эта, это	<b>This</b> is a ball. – Это мяч.
That	Тот, та, то	<b>That</b> is a book. – То – книга.
<b>Множественное число</b>		
These	Эти	<b>These</b> are balls. – Это мячи.
Those	Те	<b>Those</b> are books. – То – книги.

# Exercises

Личные местоимения (я, он, их, вас...)

- (He, she, it) is a flower.
- My granny lives in a country.
- I go to (her, she, them) on holidays.
- My parents are doctors. (He, they, them) work in a hospital.
- (She, I, he) love my mom.
- I have a brother. Sometimes I ask (her, he, him) to help me.
- (Them, they, it) are going to school at the moment.
- (He, she, you) study very well.



# Exercises

- Притяжательные местоимения (наше, ваш, твой, мой...)
- My dad has a car. (Her, he, his) car is red.
- (Their, them, they) house is quite big.
- I have a boat. The boat is (my, mine, their).
- I like (your, him, it) answer more than (me, its, theirs).
- (My, mine, your) dog wails (his, her, its) tail when I come from school.
- We live in a small town. (Our, his, ours) town is very nice.
- She wears (their, her, his) dress to school every day.

# Exercises

Указательные местоимения (этот, те, эти...)

- (That, this) is our house and (that, this) is theirs.
- (This, these) are books.
- (This, these) is a red ball and (this, that) is a yellow ball.
- (That, these) is a cat and (those, this) are mice.
- I like (this, these) flowers!
- (That, those) pictures are very beautiful.
- They live in (these, this) country.

# Simple tenses

- Present simple
- Past simple
- Future simple



# Present Simple

Present Simple используют обычно для описания постоянных, регулярных событий. Вот основные случаи его употребления:

- Повторяющиеся и регулярные действия, привычки; I brush my teeth every day.
- Общеизвестные факты; The sun is a star.
- Действия «сейчас» в самом широком смысле этого слова; I study Chinese. I live in Sidney.

# Present Simple

Настоящее время – используется для описания привычных и постоянных действия

# V



I often play with my dog.



I brush my teeth every morning.



I usually go to school by bus.

Показатели времени

I  
You  
We  
They

He  
She  
It

+

Verb

( + Показатель времени )

Always – Всегда  
Often – Часто  
Usually – Обычно  
Sometimes – Иногда  
Seldom – Редко  
Never – Никогда  
Rarely – Редко  
Every day \ week \ month \ year –  
Каждый  
день \ неделю \ месяц \ год.  
At the weekend – На выходных

# Exercises

- 1. Her father (work) \_\_\_\_\_.
- 2. Her mother (stay) \_\_\_\_\_ at home.
- 3. Masha (drink) \_\_\_\_\_ tea every morning.
- 4. And her parents (drink) \_\_\_\_\_ coffee.
- 5. The road to the school (take) \_\_\_\_\_ a lot of time.
- 6. They (go) \_\_\_\_\_ on a bus.
- 7. At school Masha (sit) \_\_\_\_\_ with Natasha.
- 8. They usually (talk) \_\_\_\_\_ about their favourite cartoons.
- 9. Masha (love) \_\_\_\_\_ to study.

# Present simple

Вопрос	Утверждение	Отрицание
<p>DO { I YOU WE THEY } listen drive speak swim</p> <p>DOES { HE SHE IT } play walk do</p> <p style="text-align: right; font-size: 2em;">?</p>	<p>I } listen YOU } drive WE } speak THEY } do</p> <p>HE } listens SHE } drives IT } speaks do</p>	<p>I } DO } listen YOU } drive WE } speak THEY } do</p> <p>HE } DOES } not } swim SHE } play IT } walk do</p>

# Past simple

Past Simple используется для описания событий в прошлом. Вот несколько случаев:

Описание простого прошлого; I saw John at school yesterday. I met him at him street.

Перечисление последовательности; I saw him, then waved at him and crossed the street.

Регулярность в прошлом. He often came here.



# Past Simple

Прошедшее время – используется для описания действий в прошлом



Показатели времени

Yesterday – Вчера  
Just now – Только что  
The other day – На днях  
Last week\month\year – На прошлой неделе\месяце\году  
An hour ago – Час назад  
In 1995 – В 1995  
At 5 o'clock – В 5 часов



I met John yesterday.



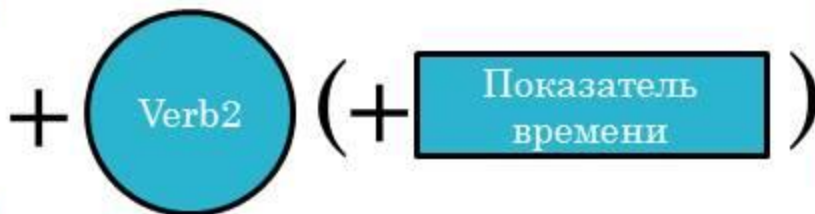
I had a toothache the other day.



We went to Paris last year.

I  
You  
We  
They

He  
She  
It



# Exercises

- 1. She (to visit) her best friend yesterday evening.
- 2. They (to have) a big and tasty breakfast.
- 3. The child (to go) to bed at 10 p.m.
- 4. Where (you\to stay) last night?
- 5. (She\to stay) at her parents' house?
- 6. The film (to be) very good. I really (to enjoy) it.

# Future simple

Future Simple командует тем, что случится в будущем. Вот, в каких случаях оно может использоваться:

Простое будущее событие; I will call you tomorrow.

Регулярные действия; I will come here every year.

Описание последовательности; I will come home, my mother will give us some food and we will hit the road.

# Future Simple

Простое будущее время используется для описания действий, который произойдут в будущем.



I will call you tomorrow.



We will move in next fall.



I will come here every year.



Показатели времени

Tomorrow – Завтра  
Tonight – Сегодня вечером  
Next week\month\year – На следующей неделе\месяце\году  
In an hour\minute – Через час\минуту  
Later – Позже  
Soon – Скоро  
In the future – В будущем

I  
You  
We  
They

He  
She  
It

+ Will + Verb

# Exercises

- —Mary called you last night. — Ok. I (to call back) in a minute.
- They (to go) on a picnic tomorrow? — I do not think so.
- The weather (not/to get) better.
- His parents believe that she (to become) an artist one day.
- —I (to buy) that dress, — she said to the shop assistant.
- Monica (to be) 5 years old next month.
- What you (to get) for her birthday? I really have no ideas.
- —We are running out of petrol! — Don't worry. We (to get) some on our way back.
- —Have you made up your mind about what to do with that offer? —Yes. I believe I (not/to reject) it.
- I (to protect) you from anything, my dear baby.
- I am not confident in my knowledge. I think I (not/to pass) the test. It scares me.
- After breakfast I (to set off) to the school. It is one day before the exam.

# The Tenses

## Simple

## Continuous

## Perfect

## Perfect Continuous

### Present

- I have a dog.
- She doesn't have a dog.
- Do you have a dog?

- I am drawing right now.
- She isn't drawing right now.
- Are you drawing right now?

- I have done my homework already.
- She hasn't done my homework yet.
- Have you done your homework already?

- I have been writing this letter for 3 hours already.
- I haven't been writing this letter for 3 hours already.
- Have you been writing this letter for 3 hours already?

### Past

- I had a dog.
- She didn't have a dog.
- Did you have a dog?

- I was drawing at that time.
- She wasn't drawing at that time.
- Were you drawing at that time?

- I had brushed teeth before I went to bed.
- She hadn't brushed her teeth before she went to bed.
- Had you brushed your teeth before you went to bed?

- I had been doing this report and then I found it in the Internet.

### Future

- I will have a dog.
- She will have a dog.
- Will you have a dog?

- I will be drawing tomorrow.
- She will not be drawing tomorrow.
- Will you be drawing tomorrow?

- Next year I will have been married for 30 years.

- This time next month I will have been working here for 3 years.