



HEALTH

&

SPORT

START

Reading. Task 1.

Установите соответствие между текстами А–Г и заголовками 1–8. Занесите свои ответы в таблицу. Используйте каждую цифру только один раз. В задании один заголовок лишний.

1. Female bobsleighting
2. What you need for bobsleighting
3. Safety rules
4. Bobsleighting techniques
5. Participating countries
6. The dangers of bobsleighting
7. The newest rules
8. From the history of bobsleighting

A B C D E F G

A B C D E F G

8 5 2 4 1 6 3

- A. Bobsleighting was originated in Switzerland. In the late 19th century, the Swiss first started doing it by attaching two skeleton sleighs together with a steering mechanism added to the front sleigh in order to control the direction. The first bobsleigh races took place in normal snow covered roads whereas the first bobsleighting club was founded in St. Moritz, Switzerland in 1897 and the first specially designed race track was developed outside of St. Moritz in 1902.
- B. Bobsleighting is mostly played in Europe along with North America and Russia because of the proper climate for the icy track. The United States of America, Germany and Switzerland have long been the most successful bobsleighting nations based on their incredibly successful track record in all formats of competitive sports including World Cups and Olympic Championship. Presently, more than fifty countries take part in various international bobsleighting events all over the world.
- C. Bobsleighting is considered the most expensive winter sport as the equipment used in it, including the safety equipment as well as bobsleigh parts, are quite costly. The most important equipment in bobsleighting is the sleigh. Besides this other protective guards are also used. The length of the sleigh must be a maximum of 3.80 metres (12.5 feet) for four-man sports and 2.70 metres (8.9 feet) in case of two-man sports. Bobsleigh crews are supposed to weigh heavy to ensure high speed.
- D. In fact, two-man and four-man types of bobsleigh are very much similar. As weight plays a vital role for the speed of the sleigh, four-man sleighs are much faster than two-man types. However, even a simple mistake at the initial push-off or, say, during the steering, on decisions of the driver during the turns may largely affect the final race. The thing is, air passing through the sleigh slows the sleigh down. In order to avoid these drags, wind tunnels are usually added to the sleigh.
- E. One may think bobsleighting is a risky sport but actually not only men are fond of it. Women do it too. In case of women bobsleighting, the sleighs for women were originally very much similar to those of men. But with time so many problems came out as women are shorter than men and many players injured their hips as well as back. These traumas prompted the organizers to change the interior sleigh designs for women bobsleighting. Now women can do it safely and successfully enough.
- F. Bobsleighting competitions gather crowds of people who want to watch their favourite sportsmen compete with one another. However, even though bobsleighting is quite an interesting sport, the risks attached to it certainly cannot be avoided. Till now more than ninety three players have died in crashes or accidents during the game. In order to reduce the chances of accidents and to prevent the risks, officials have made certain rules and regulations about the uses of sleighs and the structure of the track.
- G. There are a lot of risks connected with bobsleighting. Bobsleighters need to wear high tech plastic made helmets in order to prevent head injuries as well as goggles for eyes. Racers wear tight uniforms to increase aero-dynamicity and spiked shoes to gain traction on the ice. The brakeman wears a Kevlar vest in order to avoid third degree burns during the sleigh's friction with ice. The next bobsleigh doesn't start until the previous team has left the track because of security reasons

CHECK

NEXT

MENU

Reading. Task 2.

Прочитайте текст и заполните пропуски A–F частями предложений, обозначенными цифрами 1–7. Одна из частей в списке 1–7 лишняя. Занесите цифры, обозначающие соответствующие части предложений, в таблицу.

1. that go beyond the physical and mental benefits
2. necessary to manage academic, social
3. if you do, there are so many benefits
4. good for us as we make it out to be
5. participating countries
6. especially when we're young
7. from depression for up to four years

A	B	C	D	E	F
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A	B	C	D	E	F
---	---	---	---	---	---

4	6	1	7	2	3
---	---	---	---	---	---

The victory of the underdog over the favored team. The last minute penalty shot that wins the tournament. The high-energy training montages. Many people love to glorify victory on the playing field, cheer for favorite teams, and play sports. But here's a question: Should we be so obsessed with sports? Is playing sports actually as A , or just a fun and entertaining pastime? What does science have to say? First of all, it's well accepted that exercise is good for our bodies and minds, and that's definitely true.

Exercising, B has all sorts of health benefits, like strengthening our bones, clearing out bad cholesterol from our arteries, and decreasing the risk of stroke, high blood pressure, and diabetes. Our brains also release a number of chemicals when we workout, including endorphins. These natural hormones, which control pain and pleasure responses in the central nervous system, can lead to feelings of euphoria, or, what's often called, a runner's high. Increased endorphins and consistent physical activity in general can sharpen your focus and improve your mood and memory. So does that mean we get just as much benefit going to the gym five days a week as we would joining a team and competing?

Well, here's where it gets interesting: because it turns out that if you can find a sport and a team you like, studies show that there are all sorts of benefits C of exercise alone. Some of the most significant are psychological benefits, both in the short and long term. Some of those come from the communal experience of being on a team, for instance, learning to trust and depend on others, to accept help, to give help, and to work together towards a common goal. In addition, commitment to a team and doing something fun can also make it easier to establish a regular habit of exercise. School sport participation has also been shown to reduce the risk of suffering D . Meanwhile, your self esteem and confidence can get a big boost. There are a few reasons for that. One is found in training. Just by working and working at skills, especially with a good coach, you reinforce a growth

mindset within yourself. That's when you say, "Even if I can't do something today, I can improve myself through practice and achieve it eventually." That mindset is useful in all walks of life. And then there's learning through failure, one of the most transformative, long-term benefits of playing sports. The experience of coming to terms with defeat can build the resilience and self-awareness E , and physical hurdles. So even if your team isn't winning all the time, or at all, there's a real benefit to your experience. Now, not everyone will enjoy every sport.

Perhaps one team is too competitive, or not competitive enough. It can also take time to find a sport that plays to your strengths. That's completely okay. But if you spend some time looking, you'll be able to find a sport that fits your individual needs, and F . You'll be a part of a supportive community, you'll be building your confidence, you'll be exercising your body, and you'll be nurturing your mind, not to mention having fun.

CHECK

NEXT

MENU

Прочитайте текст и выполните задания.

When I first read about a sport called parkour, I thought it was about fluid, elegant, and graceful motions. But in practice, parkour is considered an “extreme” sport; as its participants dash around a city, they may vault over fences, run up walls, and even jump from rooftop to rooftop. So you won’t see senior citizens doing it in the park on Sunday mornings, but if you do witness it, you may think you’re watching a stunt person on a movie set.

Le parkour is a French term, related to the verb parcourir, “to run over or through”. It was created by David Belle, Sebastien Foucan, and a group of their friends when they were teenagers living in the Paris suburb in the late 1980s. Belle’s father had been a soldier in Vietnam, and his preparatory programme included navigating obstacle courses. Belle picked up many of the moves from his father and, along with his friends, developed them into an art form.

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The only equipment required for parkour is a good pair of shoes. Participants, who call themselves traceurs, wear no protective gear but typically invest a great deal of time in training and preparation in order to execute the necessary moves safely. The first thing any participant learns is how to cushion the impact of a jump by rolling. Although parkour is ultimately about clever improvisation rather than choreographed moves, there are a couple dozen or so standard maneuvers that almost all traceurs learn, including several methods for getting over tall walls.

Some traceurs participate merely for the fun or the challenge, but others treat parkour as a more serious art, similar to some martial arts. As a philosophy, the movements metaphorically represent becoming one with your environment, learning how to overcome obstacles without effort, and finding creative paths – all things with practical value outside the sport.

Even though parkour has reached international popularity, there is already an offshoot sport that has led to a great deal of bitterness and division among parkour proponents. Co-founder Sebastien Foucan, in a 2003 BBC documentary called “Jump London,” referred to the sport as “free-running” and that term caught on in the media. However, parkour purists feel that the direction in which Foucan has taken the activity is entirely different from what he and Belle had originally developed.

The biggest difference has to do with theatrics. Free-running involves a lot of trick moves, particularly mid-air flips and spins. Because these moves are merely showy, not economical, they’re considered contrary to the nature of parkour. A free-runner may also move backwards in order to make a move as flashy as possible. But it’s not simply a matter of differing styles. Manufacturers are capitalizing on the growing interest in parkour and free-running by introducing special shoes, designer clothing, and so on; free-running competitions are also beginning to appear.

The author claims that parkour ...

1) represents an elite sport

3) is very affordable

2) requires a lot of effort

4) has been popularized by the media

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The origins of parkour moves could be found in ...

1) a military training programme.

2) European art.

3) the games of Paris teenagers.

4) the Vietnamese culture.

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According to the author, the rules of parkour are ...

1) very complicated.

3) not defined.

2) difficult to follow.

4) limited to one only.

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According to the author, a parkour participant begins with

1) buying a pair of shoes.

2) acquiring protection gear.

3) learning how to fall safely.

4) taking choreography lessons.

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According to the author, for some participants parkour expresses ...

1) the power of creativity.

2) an effortless life.

3) the beauty of movement.

4) unity with nature.

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According to the text, the introduction of free-running ...

1) is widely supported by enthusiasts.

3) has had little impact on traditional parkour.

2) will ultimately replace parkour.

4) is not accepted by some parkour fans.

MENU

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Comparing parkour and free-running, the author claims that ...

1) free-running is more showy.

3) their rules don’t differ.

2) parkour is more popular.

4) free-running is more competitive.

LISTENING

READING

USE OF
ENGLISH

SPEAKING

READING

LEVEL 1

LEVEL 2

LEVEL 3

MENU

Автор –составитель:
Свеженцева Олеся
Витальевна

В презентации использован
материал с сайта <https://fipi.ru>
(Reading Level 1,3)

Данный интерактивный тренажер включает в себя:

- 3 уровня чтения в формате ЕГЭ по английскому языку
- интерактивные кнопки для самопроверки
- интерактивные кнопки для возврата в меню
- Интерактивный тест в форме игры «Who wants to be a millionaire»
- Интерактивное меню

<https://vk.com/club197731492>

Группа Вконтакте

