

● Sport in Our life!



ONE WAY

**If you want to keep fit you must
go in for one kind of sport**



People all over the world are fond of sports and games. Sport makes people healthy, keeps them fit, more organized and better disciplined. It unites people of different classes and nationalities. Many people do sports on their personal initiative. They go in for skiing, skating, table tennis, swimming, volley-ball, football, etc.



All necessary facilities are provided for them: stadiums, sport grounds, swimming pools, skating rinks, skiing stations, football fields.



Sport is paid much attention to in our educational establishments. Gymnastics is a part of children's daily activities in the kindergartens. Physical culture is a compulsory subject at schools and colleges.



Practically all kinds of sports are popular in our country, but football, gymnastics and tennis enjoy the greatest popularity.



And now a few words about our physical training lessons.



In winter our physical training lessons are held out-of-doors. We go skiing or skating. When it is cold outside P.T. lessons are held indoors, in our school gymnasium. We play different team-games such as basket-ball or volleyball. Besides we have some training in gymnastics.



In autumn and in spring, when the weather is warm we have P.T. lessons at our school stadium.



My school has a sports day once a year in late spring. On this day we have no lessons. All the competitors change into their sports clothes, the spectators find their seats round the track ready to cheer. All the events take place at the same time. This day is a great success every year. Even if the weather is not warm, we enjoy ourselves just the same.



THE END!!!

