

ПЕДАГОГИЧЕСКИЙ
КОЛЛЕДЖ ФИТНЕСА



FITNESS TEACHER
TRAINING COLLEGE

Курс

АНГЛИЙСКИЙ ЯЗЫК ДЛЯ
ТРЕНЕРОВ



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Pronouns

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Личные Местоимения

(кто, что)

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



Личные Местоимения

(кого, что, кому, чему, кем, чем)

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



Притяжательные Местоимения

(чей, чья, чье)

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



Притяжательные Местоимения

(чей, чья, чье)

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



Указательные местоимения

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



I often play
with my dog.



I brush my teeth
every morning.



I usually go to school
by bus.



Показатели 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

I
You
We
They

He
She
It

+

Verb

(+ Показатель
времени)

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
<div> DO { I YOU WE THEY } listen drive speak swim play walk do DOES { HE SHE IT } </div>	<div> I YOU WE THEY } listen drive speak do HE SHE IT } listens drives speaks does </div>	<div> I YOU WE THEY } DO HE SHE IT } DOES not { listen drive speak swim play walk do </div>

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 his 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

+

Verb2

(+

Показатель
времени

)

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

+

Will

+

Verb

He
She
It

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.