

The advantages and disadvantages of doing a sport



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- **Цель:** выявить преимущества и недостатки занятий спортом, определить количество человек в классе, регулярно занимающихся спортом.



Задачи:

- Определить преимущества занятий спортом
- Определить недостатки занятий спортом
- Рассказать о некоторых видах спорта
- Провести опрос среди учащихся 10 «Б» класса
- Сделать вывод о проделанной работе





People like doing sports. Sport is very popular in many countries. Many people do sports on their personal initiative. They go in for skiing, skating, table tennis, swimming, volleyball, football, bodybuilding. Sport has advantages and disadvantages.

Advantages

- keeps people healthy
- good for the mind
- gives strength
- develops social skills
- can be character building
- can help you get more organized



- **Swimming**

It needs mobility, liveliness and much energy. It keeps a person in a good form.



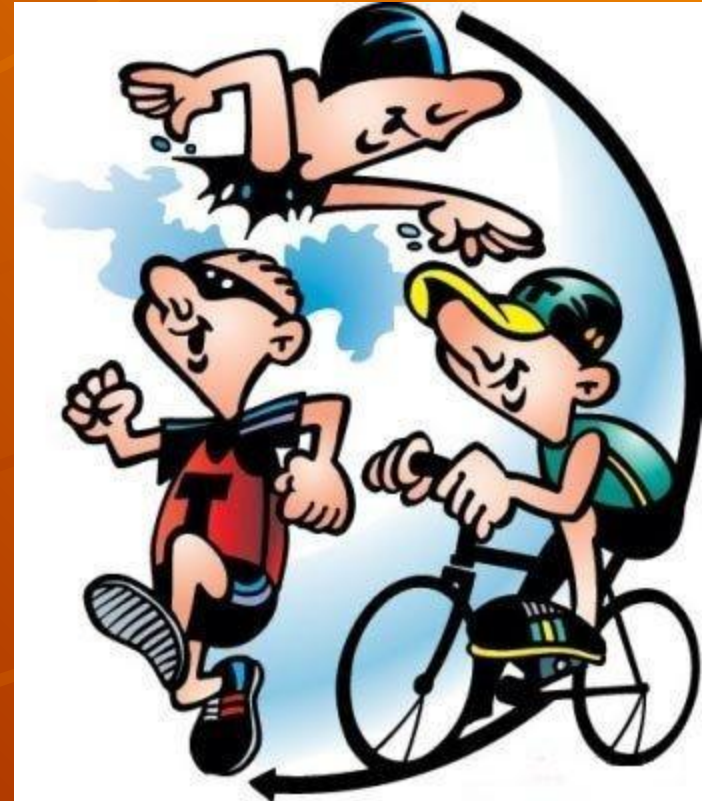
- **Football**

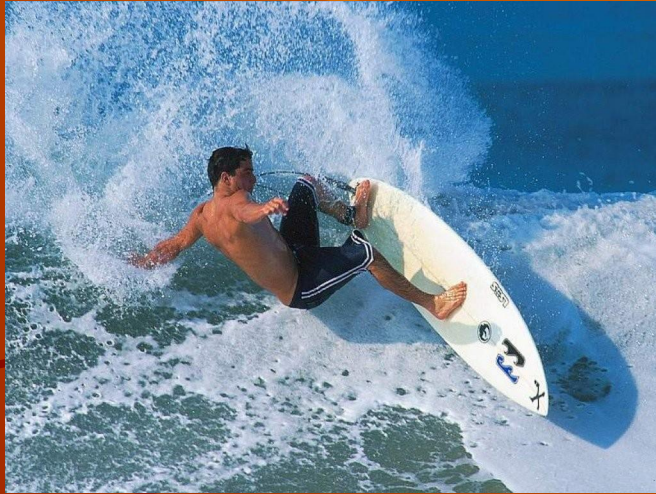
Football - is an active game. The Victory of the team depends on the play of each player. This game hardens the health, brings up the will, the feeling of friendship.



Disadvantages

- Can be risky
- Some people dislike it
- Can be fairly expensive
- You can get damage





Surfing – riding surfboards on waves; waves should be high enough as it's impossible to surf if the sea is calm.

- **Diving** – going deep under the water divers can use Hippers and equipment; they usually dive to investigate the underwater world.



- **Rafting** – traveling on a raft down dangerous mountain rivers and water falls.

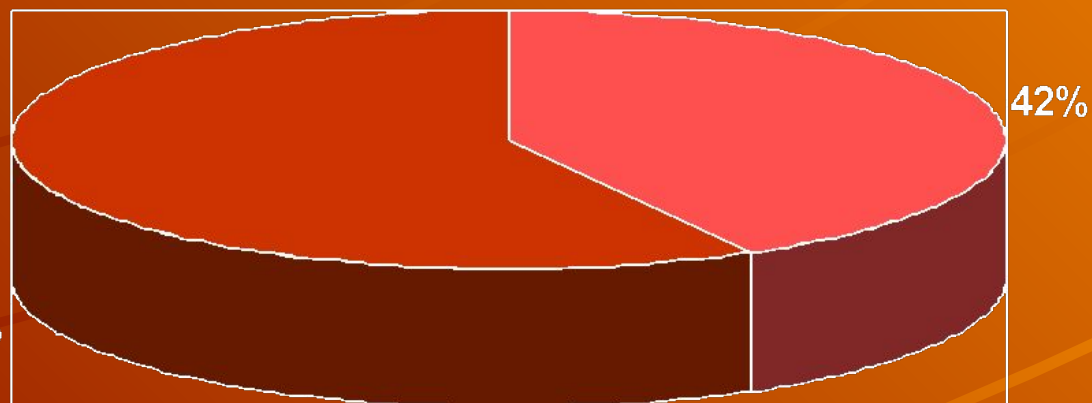


- **Base jumping** with a parachute from any high place, building, antennas, bridges and cliffs are used.

Advantages of dangerous sports

- You can't avoid risk of injury in any sport.
- If you are in a good physical condition, you can do any sport. The risk is reasonable.
- Extreme sports help people escape from their problems.
- If you do extreme sports, you can impress your family and friends.
- Doing any sport helps you find good and reliable friends.

Опрос среди учащихся



■ Занимаются спортом ■ Не занимаются спортом

- It is necessary to go in for sports, but you should to choose certain kinds. It's silly to do dangerous sports and risk your life or your health. There are already too many dangers in life.

