

## SPORTS AND GAMES

- 1) kinds of sport (team/collective, individual, summer, winter, attractive, recreational, professional, amateur)
- 2) the sport I like (active, passive), reasons
- 3) the importance of sport for personal development (physical and mental health, personal qualities, character)
- 4) sports events, competitions, Olympic Games,
- 5) negative appearances in sport (fame, money, doping)
- 1) kinds of sport (team/collective, individual, summer, winter, attractive, recreation, professional, amateur)

### What role do movement and sports play in our lives?

The difference between sports and games: **SPORTS** are individually practised. **GAMES** are those sports in which at least two players are involved. ( collective sports with rules).

- 1 Sports are one of the most popular leisure time activities due to the fact that they help people to **keep fit both physically and mentally**. Such a form of relaxation as sports is refreshing,
- 2 can help **take off some weight**.
- 3 Last but not least, during sports events one can **meet a lot of new people**
- 4 and see how it feels **to be a winner or a loser**.

Sports and movement are given more and more attention these days. This is the result of a busy and comfortable life full of modern inventions (cars, lifts, telephones, sitting in front of TV or PCs) In fact, sports have **positive effect on both the body and the soul as well as our self-confidence**. They help us stay healthy, relax, develop and train muscles, keep fit, increase our immunity, in other words, we feel better and not only that. **Sports improve features such as persistence (vytrvalost), stamina (usilie) and will (vola)**.

**A Usually all sports and games are further differentiated into:**

#### **A / Indoor sports:**

Include for example gymnastics, table tennis, boxing, wrestling, weight-lifting, aerobics or gymnastics. They are practised in gymnasiums or in sport centres.

#### **B / Outdoor sports:**

Include for example skiing (down-hill, cross-country, slalom, ski jump), sledging, hiking rock climbing, horse riding, golf, some aquatic sports such as rowing or windsurfing. Athletics: high jump, pole- jump, long jump, triple jump, track and fields events, long- distance runs, marathon, hurdle- race, cross- country run, walking race, relay race, pentathlon, decathlon, javelin/ discus/ hammer throw.

The games are usually **all- season activities** practised both indoors and outdoors.  
e. g. athletic meetings in all the track and field events (sprints, middle and long distance runs, hurdling, high and long jump, pole vault, shot put, javelin and discus throw) take place in summer stadiums as well as in athletic halls.

**B** The most popular **team (collective) sports** are football (Am E soccer), basketball, volleyball, handball, ice- hockey, cricket, rugby and baseball.

From **individual sports** we can mention swimming, skiing, aerobics, jogging.

**C Sports and games can be divided into:**

**summer** - golf, parachuting, water-skiing,

**winter** - skiing, ski-jump, tobogganing, figure-skating, speed-skating, bobsleighbing.

### What are passive and active sports?

People do sports in a passive or active way or at the top level.

**Doing sports passively** means watching favourite sports on TV as **a TV viewer** or during contests and matches as **a spectator**. Some people like **playing the pools** (bet money on certain sports results).

(play the pool = stávkovať, vsadiť peniaze na športový výsledok )

**Doing sports actively** means regular exercising, jogging, going to the fitness-centres. Besides taking **an active part** in sports, people like going to sports centres which include solarium, saunas, workout gyms ( posilovne) and swimming pools. If you want to do some sport at higher level as it is usual you have **to have a will** something to attain.

Those who **do sports at the top** level are **professionals** who **are paid for training and performance (vykon)**. They do their best to get the best possible results and be invited to international contests and competitions. (turnaje a sutaze) World championships are held every year. The greatest success lies in going to the Olympic Games and winning a medal. However, many fatal injuries happen to them, sportsmen after long training periods have problems with joints and bones. Professional sport is also very stressful and people are always under pressure. They have to start training in the early childhood and that's why these people lose childhood and haven't got too much free time for themselves and friends, too.

## 2) Sport that I like (actively done/passively done), reasons

Write an essay about your attitude to sports. 180-220 words

### My Attitude to Sports

#### Vocabulary and useful phrases

I like to play...

I play with my friends...

I play on a team and we participate in various competitions...

We have training... a week. Our coach...(expects a lot, drives us hard, motivates us)

In spring I enjoy...

Over the summer I do...

In the autumn months I...

In winter I...

I would like to try... because...

I don't like... because...

I like to play sport myself because...

I prefer watching sport on TV, especially...

I'm a fan of...

Sports can help develop (skills, strength, alertness...)

Sports also provide an opportunity for (teamwork, cooperation, goodwill...)

I like team sports such as...

My preference is for individual sports like...

### My Attitude to Sports

Sports and games have always played an important role in my life and even now they are my number one hobby. Since my early childhood I was keen on such sports like swimming, tennis, table tennis. When I was 5 I received my first bike from my parents and my first ride finished in bushes. Despite this negative experience I used to go cycling to Cunovo. I live on the bank of lake and in summer I like swimming early in the morning. I can swim all styles: crawl, butterfly, breaststroke and backstroke.

Later I became more interested in various ball games. I started to play basketball in a club and I kept playing for 3 years. We had training sessions three times a week and matches on Sundays and we had to travel by car a lot so I finally gave it up. Then volleyball attracted me. I have played it with my friends and classmates at school in our P.E. lessons.

In my everyday life, though, I never do morning exercises. I sometimes do a few push-ups, sit-ups or knee-bends after school and from time to time I go jogging around the lake Drazdiak.

Recently I have bought a new book Yoga and Ayurveda. Yoga is another good way to strengthen your body and soul. It is not only about doing exercises, but it is also a specific life style, life philosophy. In addition, yoga helps protect the body from illnesses or even heal them. ( heal= liecit ). I am studying the book and plan to go in for it after passing my entrance exams in the second half of June. Well, I believe that this will give me a lot of pleasure. I feel comfortable about doing some yoga exercises on my own and I am not patient enough and persistent to go to the fitness centre regularly. I know, it is possible for me and my friends to hire a sport ground or some of the sporting facilities privately. So we can sometimes do sports together and have fun, e. g. in tennis courts.

As for watching sports, I love the Olympic Games, ice-hockey matches and swimming.

### 3) importance of sports for personal development (physical and mental health, personal qualities, character)

It's true that sports help us

- 1 keep our bodies in good physical condition
- 2 keep us in good mental condition as well, because they offer us refreshment, relaxation and rest.
- 3 There are also sports improving mainly logical thinking (chess).
- 4 Movement in the fresh air helps the blood circulation and cleans the lungs.
- 5 Doing sports help us lose a few of our excess kilos
- 6 and keep us fit and healthy.
- 7 Sport activity can cultivate also will and character qualities: honesty and nobility.

Sport has a great importance for progress of personality, too. For some people it is not only the body movement or playing strategy but it's a life philosophy. In the modern world a positive attitude to sports is becoming something of trend and a hit.

**Young people, and not just they, try to look sporty and dress in sporty clothes. Sport activity can cultivate also will and character qualities. Sportsmen are mostly directed to behave honestly and nobly because they are idols to small children.**

If you want to **do some sport at higher level** as it is usual you have to have a will something to attain.

When we **do sports recreationally**, victory or lose doesn't have to be of concern to us. It's good to simply enjoy the fact that we are moving and thus contributing to our good health and physical condition.

#### **Every sport is different and requires different personal qualities.**

You need to be **competitive** to play games like football, **co-operative** to do team sports, **accurate** to do archery, **daring** and **brave** to do bungee jumping, **careful** to do skiing, **supple** for gymnastics, **fat** for sumo wrestling, **patient** for fishing, **determined** for running, **graceful** for dancing and **agile** for fencing.

#### **Vocabulary:**

**competitive** - sutazivy  
**co-operative** - ochotny spolupracovat  
**accurate** - presny  
**daring** - smely  
**careful** - opatrný  
**supple** - ohybny  
**patient** - trpezlivy  
**determined** – odhodlany  
**graceful** – ladny  
**agile** – svizny, vrtky

#### 4) sports events, competitions, Olympic Games

The best sportsmen can take part in international competitions, in which they represent their country. There are many sports organizations that hold **matches, inter-city competitions and friendly meetings of sportsmen.**

**British** are sport-loving people. Some of the games, such as football, rugby, golf and tennis, originated in Britain and **spreads** all over the world from there.

**Football** is the most popular game in Britain and the Cup Final is the most important football match of the year. It is played at Wembley Stadium near London which has the seats for 100,000 spectators.

**Tennis** can be played on a grass court or a hard court. The most famous tennis **tournament** is played at Wimbledon every year (the Grand Slam Tennis Tournament). These championships are watched by thousands of spectators and TV viewers all over the world.

**Rugby** is an old game that started in the 18th century at Rugby School, the famous English Public School. In this game the ball is oval.

In Britain there are the *British Open Golf Championship* (golf is of Scottish origin) and *the Great National* which is the best known **steeple-chase race**, run at Aintree near Liverpool.

Oxford and Cambridge Universities fight against each other every March in **boat racing on the Thames**. This has been a major sporting event for nearly 200 years.

**The Scots** are enthusiastic about their “Highland Olympics” consisting of unusual sports like *throwing the hammer* ( hod kladvom ), *tossing the caber* ( hod kladou ) or *tug-of-war* (pretahovanie). *Chasing giant pieces of cheese down a steep hill* is a popular sport event in Brockworth, Gloucestershire.

**The Irish** like *hurling* which is very similar to hockey. It was brought to the county by the Celts.

*Tour de France* is a **road cycling race**. Some people say it is the hardest race at all.

**Slovaks** are good at **hockey**. A lot of Slovak ice hockey players play in *American* and *Canadian National Hockey League* teams. The Slovak team was the winners of the 2002 *World Cup of Hockey*. The World Championship in ice hockey is organized once a year. Although, it's called the world championship there are only European countries, Canada, USA and one Asian team.

**North America** has its National Hockey League (NHL), in which the best players in the world play at the top level.

**Basketball** is one of the most popular sports in USA. *National Basketball Association* is held there. The very best players of this sport are black men.

Besides ice-hockey and basketball, Americans pay a lot of attention to baseball, American **football/soccer, tennis, boxing, wrestling.**

## The Olympic Games

The first Olympic games were first held in 776 BC, and then every four years. The venue was the Greek town of **Olympia**. The event was to let the best sportsmen from across the country contest. Their ideal was the type who was perfect in all aspects, combining **the beauty of the body and soul – the ideal of an all- round developed person**. Another goal was **the concept of peace**. During the Olympic Games, there was no fighting whatsoever anywhere in Greece. However, women were banned from the Games.

**The first Games in modern history were held in Athens in 1896. The Games were renewed in 1896 by Pierre de Coubertin, a French historian, to promote understanding and friendship among nations.**

Summer Games have been held every four years since (except for war years).

As for the Winter Olympics, the first were **held in Chamonix, France, in 1924**. There were 294 contestants from 16 countries.

Those days, the Olympics are held every two years, the Summer and Winter Games alternating. They symbolize peace.

### The symbols include:

**1** the **Olympic flag** (which is **white with five circles (yellow, red, green, blue, and black), each standing for one of the continents**)

**2** the **Olympic fire**. **The Olympic Fire/Flame** is the light with a torch that is brought by a relay of athletes from the ruins of ancient Olympia in Greece.

When the Games are completed, the flag is lowered and the flame extinguished.

**As reward for victory a sportsman may obtain bronze, silver or gold medal.**

The Olympics are organized and governed by the **International Olympic Committee (IOC)**. It sets the general program, chooses the city where the games are to be held, and determines the standards of amateurism. The opening ceremony of each Olympic Games is held in a major stadium. The president of the host nation usually officiates. Led by athletes from Greece, all athletes march around the stadium in the parade of Nations. Then, facing the Olympic Flag, the athletes take the Olympic Oath: We swear that we will take part in these Olympic Games in the true spirit of sportsmanship, and that we will respect and abide by the rules that govern them, for the glory of sport and the honour of our country.

## 5) negative appearances in sport (fame, money, doping)

There are also some negative effects related to sport activity. Although the fair play is controlled by referees (football) or umpires (tennis, cricket...), some players try to be winners by breaking the rules in a game, which they are usually punished for.

Sport games and events around can also develop negative qualities those people taking part in. For example, in Britain **hooliganism** at matches is often a serious problem because unruly spectators cause fights and throw things on the pitch. Not only in Britain.

**Sport fame** may be a good thing but some persons cannot get on with their popularity very well. They earn much money and then sometimes don't know what to do with them. For example, if they lost their interest in sport, they can fall for drugs, alcohol. Their lives are trashed out in gutter press. It is sometimes very similar as with actors or other famous people. But, of course, this is not a case of everyone. There are also rich sportsmen who give money for humanitarian assistance or sport increase in their country. For example, some Slovak ice-hockey players who play NHL give some money for hockey youth in Slovakia.

The biggest negative influence on sportsmen has doping. ***Doping is the use of substances or method that is potentially dangerous for the health of sportsmen but is able to improve their performance.***

Many kinds of drugs are used in sports all over the world. Some are used to build muscles or give extra energy. Others kill the pain of injuries or calm nerves, but many are illegal.

**Anabolic steroids** – are used to build up muscles, they resemble male hormones.

Bodybuilders use anabolic steroids to look good in competitions. These drugs can cause health problems: liver cancer in men and infertility in women. You can become very aggressive.

Stimulants – make you feel full of energy and confidence, and you have the bigger stamina. It's **amphetamines and cocaine**. Cyclists, basketball players and footballers use them. Problems: they don't create energy – they take it from drugs. Then they feel exhausted and washed-out. There is a danger of having a heart attack (collapse).

**Beta-blockers** – are drugs, which are normally prescribed by doctors for people with high blood pressure or heart problems. They help calm you down and relieve stress.

Users: snooker players and archers – who need steady hands and cool nerves. Problems: with heart and blood pressure.

Doping affair can also harm sportsman's good reputation and it can make their further career impossible for a few months or years. Before competitions all the sportsmen have to undergo medical and doping check-ups. When there is an evident proof of doping, a person is disqualified from the competition or even suspended for a certain period of time.

Using drugs is prohibited for many reasons. Firstly, sportsmen are idols to children and could be a bad role model for young sportsmen and sportswomen. Secondly, it is not healthy; in fact it is very dangerous to human body when abused. And last but not least- it is unfair to the other people who try to be the best without any "support" of drugs.

The point of sport should still be to DO sport.

## Vocabulary

Indoor sports, outdoor sports, summer sports, winter sports, water sports, **field, pitch**, swimming pool, ice, mountains, football, shooting, ice hockey, weightlifting, figure skating, swimming, backstroke, butterfly, breaststroke, crawl, freestyle, windsurfing, surfing, golf, cycling, baseball, skating, canoeing, snowboarding, ski-jumping, skiing, downhill, super-G, slalom, walking, curling, volleyball, basketball, rugby, soccer, horse riding, chess, running, sprints, middle distance run, long distance run, hurdling, high jump, long jump, pole vault, body building, cross-country skiing, discus throw, athletics, fencing, tennis, table-tennis, gymnastics, platform diving, scuba diving, horse racing, pole vault, greyhound racing, motor racing, jogging, judo, karate, boxing, kickboxing, modern gymnastics, hurdle race, shot put, protector, knee-pad, bandage, stick, foul, helmet, skates, sneakers, gloves, ferry-boat, referee, attacker, defender, goalkeeper, goalie, mask, block, puck, ball, ski, skier, race, competition, trophy, net, offside, icing, penalty, injury, checking, possession, racket, goggles, scuba-gear, championship, tournament, **rink**, ski sticks, ski binding, bow, arrow, goal, training, surfing board swim suit, swim trunks, swimming pool, fans, wall bars, horizontal bar, parallel bars, beam, rings, vaulting horse, mats, springboards, climbing rope, pole, bobsleigh, sleigh, skeleton, dress, warming-up, stretching, aerobics, handball, decathlon, steeple-chase, rowing, rock climbing, bungee-jumping, paragliding, parachuting, lacrosse, field hockey, kick, punch, pass, shot, slap shot, wrist shot, backhand, forehand, sledding, hiking, platform diving, bowling, tennis court, runner, jogger, discipline, doping, match, record, record breaker, record holder, Olympic Games, yacht, sailing, sailor, dressing room, crossbar, goalpost, strip, serve, set, game, love game, cricket, squash, billiards, pool, fencing, skateboarding, yoga, sky-diving, gliding, speed skating, ice dancing, free skating, tobogganing, walking, rally, Formula 1, pit-stop

**Ball games:** tennis, table tennis, volleyball, basketball, football, baseball...

**Water sports:** angling, yachting, rowing, canoeing, water- jumping, sailing, windsurfing, water-skiing, scuba diving, water polo, swimming (crawl, dolphin stroke, backstroke, butterfly stroke, breaststroke).

**Weightlifting and combat sports:** karate, judo, boxing, power training and wrestling  
Shooting and archery: shooting, fencing, archery

**Dangerous and extreme sports:** bungee-jumping, B.A.S.E. jumping, street luge, repelling, rock climbing, sky-surfing, sky-boarding, mountain biking, white-water rodeo, snowboarding, back-country endurance racing.

**Board games:** billiard, chess, cards, scrabble...

**Other sports and games:** cycling, motorcycling, horse-riding, badminton, squash, mountaineering, roller-skating, car- racing, flying, gliding, hang-gliding, etc.

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