

# **Presentation on the Topic «My hobby»**

The work performed by a student of the 103 group

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**Hobby** — is a kind of human activity, a kind of activity that is engaged in at leisure, for enjoyment.

# TYPES OF HOBBIES



*Surf*



**Photographer**



**Travelling**



**Volleyball**

# **MY HOBBY IS DANCING**

**Our life is very interesting and full of adventures. You can make a schedule for yourself, spend time with family and friends, and also devote enough time to your favorite activities.**

**Hobbies play an important role in our lives. Hobbies help us develop, grow and meet new people.**

**Dancing is the best hobby. Music is very important to me, it energizes me and gives me new strength. Someone likes to sing, someone listens to music, and I adore dancing.**

**My mom says I've loved dancing since I was a kid. As soon as I heard the song, I immediately started moving. I always felt the rhythm. I get pleasure from music, from dancing.**



# WHAT IS DANCE:

**Dance is the oldest of the arts: it reflects a person's need to convey his joy or sorrow to other people through his body. Almost all important events in the life of primitive man were celebrated with dances: birth, death, war, the choice of a new leader, the healing of the sick.**

# **THE INFLUENCE OF DANCING:**

- 1) A good figure and overall health improvement**
- 2) Good posture**
- 3) Confident and beautiful gait**
- 4) a sense of musicality and a sense of rhythm**
- 5) Great mood and physical beauty**
- 6) Endurance, flexibility and strength**



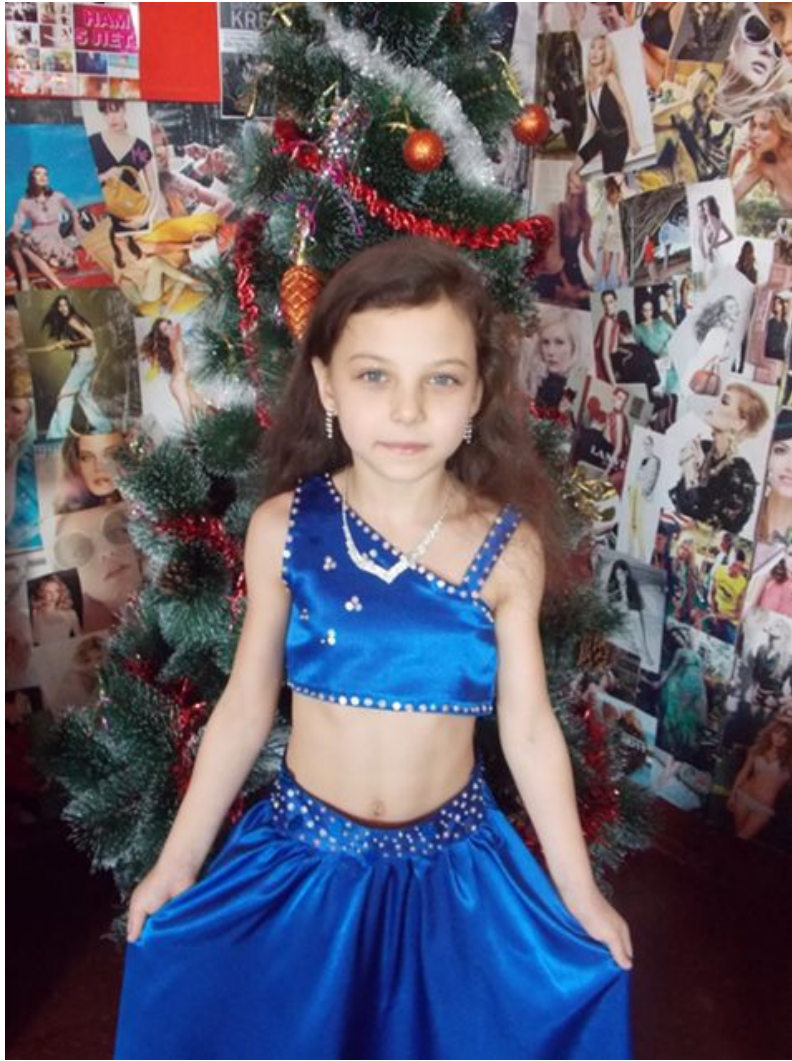
# ME AND DANCING

**When my older sister started doing oriental dancing, I started walking with her. I went to oriental dance classes for two years. And when I went to college, I had the opportunity to do my favorite thing again.**

**Dancing is not just a hobby, but my lifestyle.**







THANKS FOR  
YOUR ATTENTION!

