

# Sport is the way to healthy life



Roller-skating	Катание на роликах
Skiing	Плавание
Swimming	Гибкий
Hiking	Велоспорт
Cycling	Катание на коньках
Skating	Катание на лыжах
Tournament	Горный туризм
Improve	Мускулы
Keep fit	Улучшать
Muscles	Турнир
Flexible	Быть в хорошей форме



- Are you against or for sports?
- Do you prefer going in for sports or watching it on TV?
- What kinds of sport are popular in Russia?
- What sport are you good at?




At the end of the nineteenth century a Frenchman called Baron Pierre de Coubertin decided to try to revive the Olympic Games. At that time, Europe was divided by wars. Coubertin thought that the Olympic Games could help to bring peace. He thought highly of sport. He described the Olympic spirit in the following words: "The important thing is not winning but taking part." These words are still remembered today. Coubertin believed very strongly that sportsmen must not compete for money, but for glory and for the honour of their country.

At first, nobody was interested in his ideas. But Coubertin did not give up and worked hard. In 1894, he formed the International Olympic Committee and on 5 April 1896, The Olympic Games began again, after nearly fifteen centuries.

In 1913, Coubertin found an emblem of five linked rings. They became a symbol of the Olympic Games. These five rings represent five parts of the world: Europe, America, Australia, Africa, Asia.

Since then the Olympic Games have become the most important sports event in the world. They are held once every four years. The greatest wish for all the sportsmen is to win a medal, or simply to take part in the Olympic Games.



## **Answer the following questions.**

1. Why did Coubertin decide to revive the Olympic Games at the end of the 19<sup>th</sup> century?
2. Coubertin thought highly of sport, didn't he? Prove this idea using the text.
3. When did the Olympic Games begin again?
4. What has become a symbol of the Olympic Games? What does this symbol mean?
5. Are the Olympic Games popular now?



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