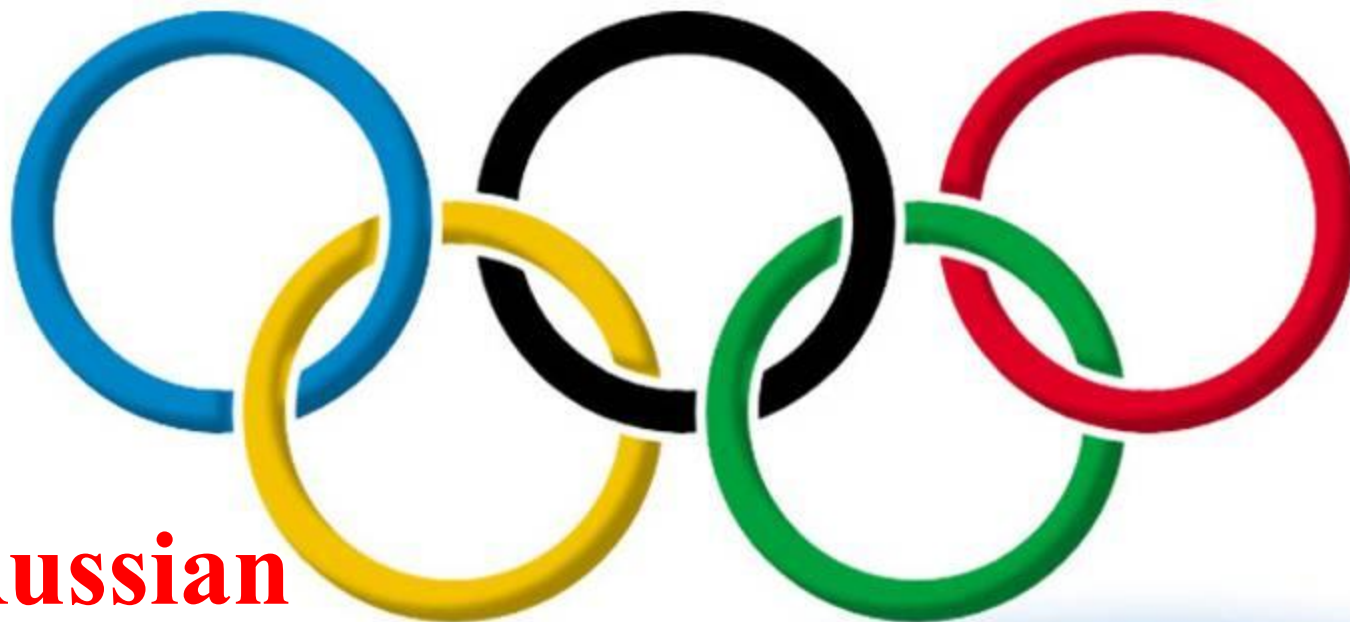


# Lesson for the 7 form:



## « Russian Olympic champions»

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**Today we shall discuss the topic:**  
**What should people do to become a famous sportsman and an Olympic champion?**



# Listen and read:

[k]

hockey  
kickboxing  
unlucky  
quickly  
pick  
ticket  
back  
knock  
clock

[s]

race  
cycling  
century  
place  
since  
choice  
decide  
excellent  
Nicely  
peace

[k]

compete  
competition  
court  
cycling  
success  
country  
carefully  
communicate  
aerobics  
athletics  
clock

[tʃ]

champion  
championship  
chess  
change  
chance  
cheap  
match  
much  
rich  
each



# Which Soviet Olympic champions do you know?



**Vladimir Safronov**  
boxing 1956



**Irina Rodnina**  
figure skating 1972



**Vladislav Tretyak**  
ice hockey 1976



**Vladimir Salnikov**  
swimming 1988



**Sergey Bubka**  
athletics 1980



# Which modern Russian Olympic champions do you know?

**Alexander Karelin**  
wrestling

**Aleksey Nemov**  
gymnastics

**Elena Isinbayeva**  
athletics

**Eugenie Plushenko**  
figure skating



# Sport minute.

- **Hands up,**
- **Hands down,**
- **Hands on hips,**
- **Don't sit down,**
- **Bend left,**
- **Bend right,**
- **Touch your nose,**
- **Touch your toes,**
- **Turn around**
- **And sit down.**



# Let's discuss:

- **Does the love for competition depend on personal characteristics?**
- **What are the main traits of character of a good sportsman?**
- **Should everyone try to become a good sportsman?**



# Use the word combinations:

- to be the first
- to try their chance
- to become stronger
- to make good friends among the sportsmen
- to spend time
- to meet new people
- to relax
- to make a good career
- to follow family traditions
- to be healthy
- to travel much





# To be a good sportsman people should:



- Eat healthy food
- Eat sweets and chips
- Be in open air
- Be in a good mood
- Sleep less 8 hours
- Do morning exercises
- Play too much computer games
- Keep clean themselves
- Like to compete
- Do sports regularly



# Read and learn:



**To be healthy in your life,  
Don't forget to do all five,  
Get up early, quick and bright,  
Exercise with all your might,  
In the morning jump and run,  
Eat your breakfast you've done,  
Train your body, train your brain,  
And all bad habits pass away.**



**What information have you  
remembered and learned at  
today's lesson?**

**Give your thoughts, please!**



**The lesson is over!**

**THANK YOU FOR YOUR  
ATTENTION!!!**



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