



## ФИЗИЧЕСКИЕ КАЧЕСТВА

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**Быстрота-ЭТО** способность человека выполнять двигательные действия в минимальное для данных условий время, без снижения эффективности техники, выполняемого двигательного действия.

Гибкость-способность человека выполнять упражнения с большой амплитудой. Также **Гибкость** — абсолютный диапазон движения в суставе или ряде суставов, который достигается в мгновенном усилии

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**Выносливость** (человека) — способность организма сопротивляться продолжительному выполнению какой-либо работы без заметного снижения работоспособности

**Сила** - это способность человека преодолевать внешнее сопротивление или противостоять ему за счет мышечных усилий (напряжений)



# Уровни организации организма





МУНИЦИПАЛЬНОЕ ОБЩЕОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ БЕЛОЯРСКОГО РАЙОНА  
«СРЕДНЯЯ ОБЩЕОБРАЗОВАТЕЛЬНАЯ ШКОЛА п. ЛЫХМА»

## Последствия плоскостопия



- Сколиоз
- Остеохондроз
- Радикулит
- Артрит
- Артроз
- Варикозное расширение вен
- Ускорение износа всего опорно-двигательного аппарата



# ГЛАГОЛ TO BE В ПРОШЕДШЕМ ВРЕМЕНИ



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graph TD; A[ГЛАГОЛ TO BE В ПРОШЕДШЕМ ВРЕМЕНИ] --> B[I was  
He was  
She was  
It was]; A --> C[We were  
You were  
They were];
```

I was  
He was  
She was  
It was

We were  
You were  
They were

# Утвердительные предложения

I **was** play **ing**

You **were** play**ing**

She **was** play**ing**

He **was** play**ing**

We **were** play**ing**

They **were** play**ing**



# Отрицание

I was **not** playing

You were **not** playing

She was **not** playing

He was **not** playing

We were **not** playing

They were **not** playing





# Вопросительные предложения

Was I play<sup>ing</sup>? –

Yes, I <sup>was</sup>. No, I <sup>wasn't</sup>

Were you play<sup>ing</sup>? -

Yes, you <sup>were</sup>. No, you <sup>weren't</sup>.

Was she/he play<sup>ing</sup>? -

Yes, she/he <sup>was</sup>. No, she/he <sup>wasn't</sup>.

Were they play<sup>ing</sup>? -

- Yes, they <sup>were</sup>. No, they <sup>weren't</sup>.



# Слова-спутники

At ... o'clock yesterday  
when mother came home  
the whole evening yesterday  
the whole morning yesterday  
from 2 till 4 yesterday

# ПОСТАВЬТЕ ГЛАГОЛЫ В PAST CONTINUOUS

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1. I (read) a book when he came in. 2. The sun (shine) when we went out. 3. When you came in, I (write). 4. It (rain) in the morning when I got up. 5. He (work) all day yesterday. 6. We (live) in France when the war began. 7. He (walk) across the bridge when I saw him. 8. John got off the train while it (go). 9. I (play) the piano when he came into the room. 10. The woman (eat) her dinner when I came home.

## ЗАДАЙТЕ ВОПРОСЫ К ПРЕДЛОЖЕНИЯМ

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1. We were packing our things the whole day.(How long).
2. They were flying over the city at that time (Where).
3. We was helping the farmers when it began to rain (What).
4. When I called you yesterday, you were working hard (When).
5. When we saw them, the boys were swimming.
6. The horses were running very fast.
7. This time yesterday, we were sitting here.
8. It was raining hard when I came to school.