**3. Sport**

1. Types of sports and games and their characteristics
2. Sport I am interested in – reasons, equipment, sports facilities, rules, frequency
3. Why people do sports
4. Difference between amateur and professional sportsmen (diet, training,
5. Major sport events – championships, tournaments, grand slam, Cup Final, The Olympic games
6. Importance of sport for humans
7. Negative phenomena in sports
8. Sports – include physical activities in which people or teams play against each other (hrajú jeden proti druhému) and try to win (swimming, horse-racing, climbing, athletics)

Games – are those sports in which at least 2 players are involved. A game is played according to (podľa) a certain set of rules (určitého súboru pravidiel). There is always a referee (rozhodca) who decides who has won (ktorý rozhoduje, kto vyhral). The most popular games are football, rugby, ice hockey, basketball, volleyball, handball, baseball, tennis and golf.

Sports can be divided into: INDOOR sports (halové, tie čo sa hrajú niekde vnútri) that can be practiced all year round (gymnastics, snooker, squash, darts (šípky), table tennis (stolný tenis)) and OUTDOOR sports that are practiced outdoors. Many of them depend on weather (závisia od počasia) and therefore (preto) can be practiced mostly in summer (mountaineering (horolezectvo), hiking (turistika), cycling (cyklistika), most aquatic sports (väčšina vodných športov), athletics (atletika)…) or in winter (skiing (lyžovanie), giant slalom (obrovský slalom), ski jumping, sledding (sánkovanie) or biathlon).

Sports can also be divided into: - SUMMER sports – swimming (backstroke (znak), breaststroke (prsia), crawl, and butterfly), yachting, sailing (preteky na plachetniciach), horse-racing, cycling, tennis, badminton. Most of them can be practiced both (aj) indoors and outdoors.

* WINTER sports – skiing, downhill, ski jumping, sledding, figure skating, speed skating …

People in Slovakia and Britain are really sport loving people. Each of them is interested in at least one sport or a game. Games such as football, rugby, golf and tennis originated (vznikli) in Great Britain. The most popular game in Britain is football (but the Americans call it soccer) The Cup Final (finálový zápas) is the most important match of the year and it is played at Wembley Stadium near London. CRICKET – is a typical English game and the British love it. RUGBY - old game, it is played with an oval ball, hands and feet can be used; Tennis – is played on grass court or hard court, it is played with a racket and a small elastic ball over the low net. The referee is called umpire. The most important tennis tournament is Wimbledon Grand Slam. It is watched by thousands of spectators (divákmi na štadióne) and TV spectators (televíznymi divákmi) all over the world.

1. Frázy: I am interested in ... (athletics), because I like running. I am fond of skiing, because I like mountains, winter and snow. I am fond of bodybuilding, because I want to have a perfect figure. I watch sport on TV. I like watching sport on TV or at the stadium. I watch world hockey championship (majstrovstvá sveta v hokeji) every year, because Slovakia has many good hockey players. I have never been to world championship but I would love to go. I am a great fan of Chára, Šatan and Višňovský who play in American NHL.
2. You can do sport as an amateur (as a recreational activity) or a professional. Amateurs are people who love physical activity and they practise sport for their own enjoyment (potešenie) or interest. Most of them do their sport because they want to be fit and healthy (zdravý). There are lots of people who go jogging (chodia behať) or fishing (rybárčiť), play basketball, or go to fitness centres and sports clubs after work every day. Doing sport is relaxing for them. It makes them happy and feel good. Together with a healthy diet (spolu so zdravou stravou) it helps them keep fit, lose weight (schudnúť), keep in good mood.
3. The major sport events are the Olympic Games. They are held every four years. There are Summer Olympics, Winter Olympics and Paralympic Games (paraolympiáda). The Olympic Games are the major international sport event in which thousands of athletes participate (zúčastňujú sa) in a variety of competitions. Other important sport events are world hockey championship, football championship and tennis Grand Slam.

Sport and money – bad things the sportsman can do in case the victory is well-paid: he can take steroids, banned substances or other drugs, but they are often tested for steroids, he can sell a match/game, in case of positive test, the jury can suspend him for one or more years or take his medal away from him. Many sportsmen take part in commercials (reklamné inzeráty) for products of international companies.

Sports can be generally divided into indoor and outdoor sports. Gymnastics is a typical indoor sport, athletics a typical outdoor sport. It includes **track and field events** (atletické disciplíny) – the marathon, long-distance run, **cross-coutry run** (cezpoľný beh), **relay-race** (štafetový závod) and **sprinting events** (preteky na krátku vzdialenosť) – the hundred metres, **hurdles** (beh cez prekážky). Jumping (high jump, long jump, triple jump, **pole jump** (skok o žrdi)) and throwing (hammer, discus, javelin (oštep), shot put (vrh guľou) are also athletic sports. Indoor sports can be practiced all the year round, but many oudoor sports, such as cycling, **hiking** and most aquatic sports, like sailing (plachtenie), **regatta** (veslárske preteky), water-skiing, diving, wind-surfing and others, depend on weather and so are mostly enjoyed during the summer. Swimming is also a typical summer sport, but it is possible to practice it all the year round in indoor pools. Swimming includes **breaststroke**, **backstroke**, **crawl** and butterfly.

In winter, sportsmen practice winter sports, such as skiing, skating, snow-boarding and tobogganing. Skiers can practice the giant slalom, **downhill racing** (zjazd) or ski jumps in ski resorts where there are good snow conditions. Skating includes **figure skating** (krasokorčuľovanie) and speed skating, which are practiced on skating rinks. In Slovakia there are a lot of ski resorts and most winters the snow conditions are **favourable** (priaznivé). That’s why many Slovaks like this sport and go skiing almost every weekend. Polish, Hungarian and Czech tourists also come to the High and the Low Tatras to ski. Some skiers prefer Austrian ski resorts because of the high quality of services.

Games are those sports in which at least two players **are involved** (sú zapojení). The most popular games are football, rugby, hockey, tennis, golf, cricket, basketball, volleyball, badminton, squash and handball.

British are sport-loving people. Some of the games, such as football, rugby, golf and tennis, originated (vznikli) in Britain and **spread all over the world** (rozšírili sa po celom svete) from there. The most popular game is football. The Cup Final (finale pohára) is the most important football match of the year in England. It is played at Wembley Stadium near London, which has the seats for 100 000 **spectators** (divákov). The British like to say that one of the most important years in English history was 1966 because that was the year when England won the the World Cup Final in football.

Slovaks are good at hockey. A lot of Slovak hockey players play in American and Canadian National Hockey League teams. The American, Russian, Canadian and Swedish hockey teams are considered to be the best. The Czechoslovak hockey team was considered one of the best, but after the split (rozdelenie) of Czechoslovakia, th Slovak and the Czech national hockey teams took part in the World Cups separately and **even** played against each other. The Slovak team lost in the final of the 200 World Cup against the Czech Republic. However, the Slovak team were the winners of the 2002 World Cup of Hockey. Hockey is not only played professionally in our country, but it is also enjoyed by many people of all generations (including girls and women) who like watching it in the stadiums or on TV. Becoming a professional hockey player is one of the most frequent drams of Slovak boys.

Besides (okrem) team games, such as football and rugby, tennis is also very popular. Tennis can be played on a grass court or a hard court. The most famous tennis tournament is played at Wimbledon every year. The championship is watched by thousands of spectators and **TV viewers** all over the world.

Americans also **pay a lot of attention** **to** sports and games. The most popular games are baseball, American football, basketball, tennis, boxing, **wrestling** (zápasenie) and ice-hockey. There is an increasing interest in football as well, although it is called soccer in America. There are many beautiful winter sport centres in the U.S.A. Typical winter sports, such as skiing, skating and snow-boarding, are very popular. Tennis and squash are leading summer sports in the US. Squash is a game for two players played in a four-walled court with a special racket and a soft rubber ball. There are also a lot of specific water sports, such as yachting, wind-surfing and surfing, which are loved by many young people.

Most people do sports because they need to relax and they know that practicing a sport, **suitable for** them, can **improve** their health. Some sport activities, such as aerobics, jogging, swimming or body building (workout), are preferred by those who want to lose weight. Many parents want their children to do sports. Most of the children do it as a hobby, but some later become professional. The parents believe that doing a sport is a good way of spending free time for their children and it develops their character. Plenty of children and young people do a team sport. A lot of competitions are held both on national and international levels. Winning a game is a great motivation for the players to continue to improve, but it is also important to learn to accept defeat when the team loses.

Professional sport is, unfortunately, connected with several negative phenomena. High competition (konkurencia) in sport forces (núti) the elite sportsmen and women to be the best this often **leads to overtraining** or **doping**, which has a very negative **effect** on their health. During important competitions the sportsmen and women are **tested** and may easily be **disqualified**. This may have a negative **impact** (dopad) on their career. Success in professional sport is nowadays connected with money and popularity. Some of the top sportsmen and sportswomen **find it difficult to cope with** (vyrovnať sa s niečím, zvládať) being rich and famous.

Two of the most important sport events are the Summer and Winter Olympic Games which **are held** every four years in a different country. The Olympics first took place in ancient Greece. Pierre de Coubertin revived this idea and became the **founder** of the modern Olympic Games the **Olympic Rings** are a well-known symbol of the Olympic Games. They represent the unity of five continents, blue being the circle of Europe. They appear in five colours on the Olympic flag. Another symbol of the Olympics is the **torch** which is lit in Greece and then carried all the way to the place where the Olympics are held. The first part of the Olympic creed “The most important thing in the Olympic Games is not to win but to take part in…” is often used for all kinds of other competitions. Only the best sportsmen and sportswomen of each country are chosen to take part in the Olympics. For them it is a great **honour** (čsť) to represent their countries. People all over the world pay a lot of attention to these sports events and that is why the Olympic Games are often **under the threat of terrorist attacks**. **Therefore**, the countries which organize the games try to ensure (zaistiť) maximum security for everybody involved in the games. Two weeks after the Olympics have ended the Paralympics take place. **Disabled and handicapped sportsmen** compete in all sorts of disciplines accompanied by their **coaches**.