

# Острогожский ККК

Острогожский ф-л «ГККК»  
Учитель английского языка  
Ветрова Э.И.

Содержание



# Урок по теме: "Extreme sports"

*Данный учебный материал может быть использован  
в качестве дополнительного к уроку III по теме:*

*"Sport. Is it Exciting or Dangerous?"*

*Цикл 4. Учебник английского языка для 8 класса*

*"Happy English – 3"*

*Авторы: В.П.Кузовлев*

*Н.М.Лапа*

Содержани  
е



# Цели:

## **1.Познавательный аспект:**

- знакомство с экстремальными видами спорта;

## **2.Развивающий аспект:**

- развитие умения догадываться о значении новых лексических единиц по словообразованию, контексту;
- развитие способности осуществлять продуктивные речевые действия;

## **3.Учебный аспект:**

- формирование лексических навыков говорения;

## **Сопутствующая задача:**

- развитие умения читать с целью извлечения детальной информации;



# Contents( Содержание):

- A. Skydiving;
- B. Skiboarding;
- C. Bungee jumping;
- D. Base jumping;
- E. Street luge;
- F. Ice – climbing;
- G. Zorbing;
  - Task 1;
  - Task 2;
  - Task 3;
  - Task 4;
  - Task 5;



# A) Skydiving

Skydiving consist of jumping with a parachute, out of an airplane for recreation or in competitions . Competitive events include jumping for stile , landing with accuracy, and making free-fall formations.

Modern skydivers typically free-fall from 3657m above the ground until 762m, where they open their parachutes.



Содержани

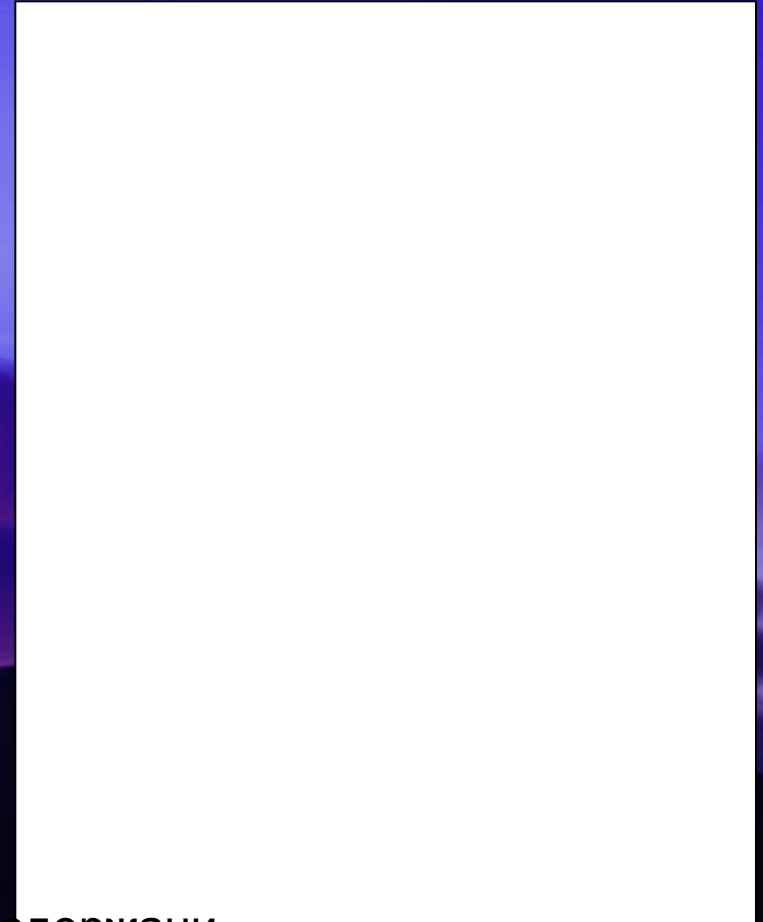
е





# B) Skiboarding

Skiboarding is the art of descending a hill on skiboards. Skiboards are basically a cross between skis and a snowboard. They are about half the length of regular skis( between 80 and 100 cm. long ) , and about twice as wide. The design allows the rider to do everything that skiers and snowboarders do plus go backwards, turn 360's on the ground , execute one foot turns and perform more tricks than was ever thought possible on normal skis.

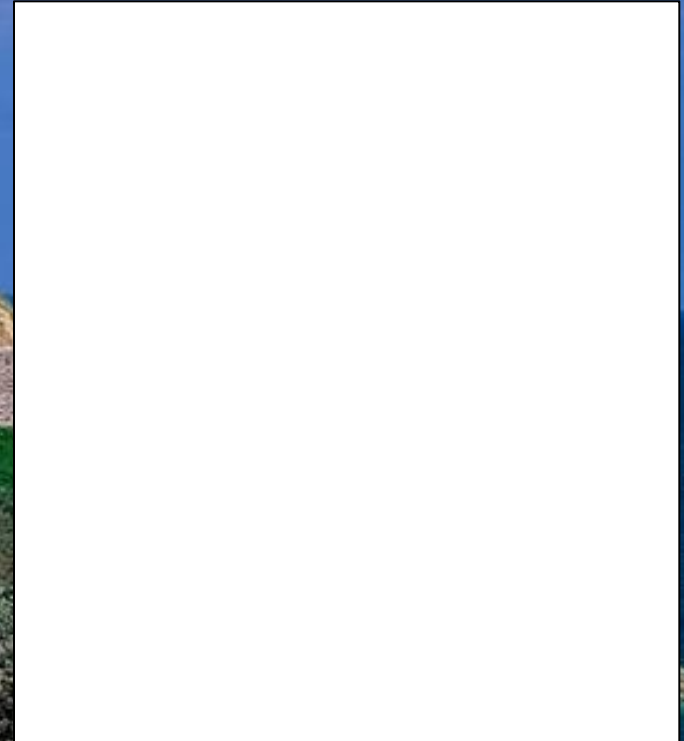


Содержани  
е



# C) Bungee jumping

Bungee jumping consist of jumping from a great height while attached to a long piece of elastic that is just short enough to prevent the jumper from hitting the ground.





# D) Base jumping

Base jumping consists of jumping with a parachute from high places such as buildings or mountains



Содержани  
е





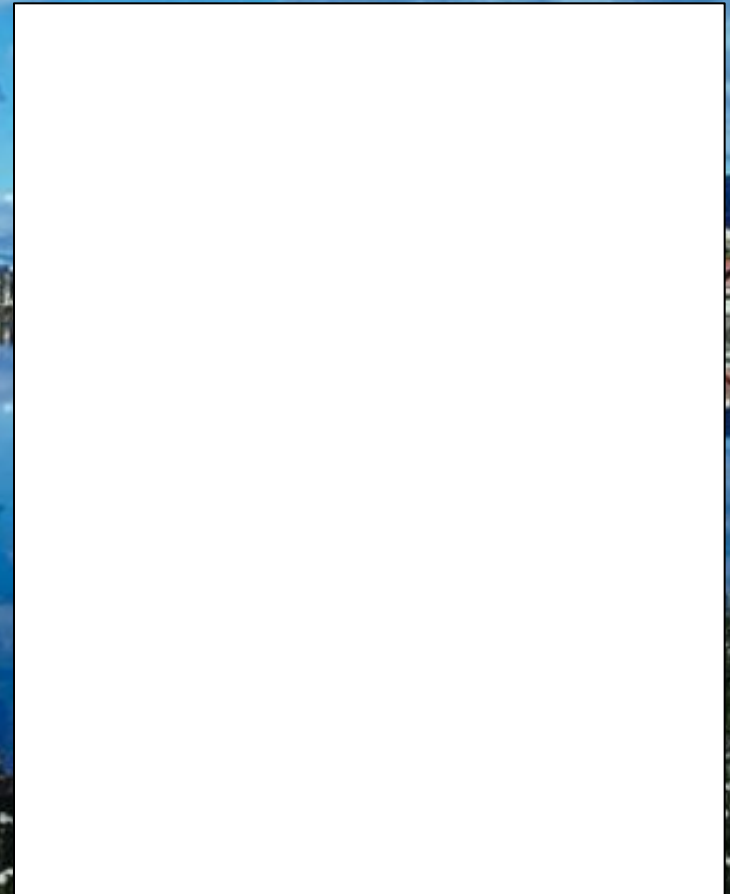
# E) Street luge

Street luge is the pavement version of ice luge. Both involve lying flat on your back and steering a luge not much bigger than a skateboard with your head just inches off the ground . Complete fearlessness is essential for this sport , as well as a thick piece of rubber , preferably from a car tyre , as footwear . Top lugers can reach speeds of 145 kilometres per hour , yet their only way of braking is to use their feet, which often causes painful injuries .



# F) Ice-climbing

As the name suggest ,  
practioners of this activity  
climb glaciers with the aid  
of an ice axe and a great  
deal of other specialist  
equipment. As well as all  
the equipment , incredible  
physical and mental  
strength are essential ,  
together with the ability to  
work closely with other  
team members in the  
most .



Содержани  
е





# G) Zorbing

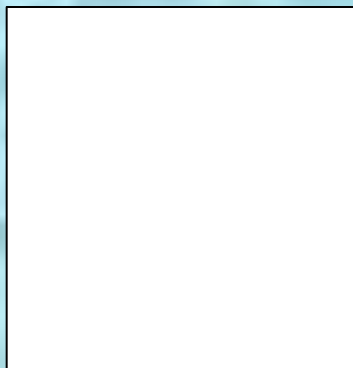
Zorbing is the latest adventure experience from New Zealand. It involves rolling around in a ball, or zorb three metres in diameter. It requires no more skill than a hamster running in its wheel as centrifugal force keeps the zorbonaut pinned inside the zorb. Although zorbonauts have hurtled downhill at speeds 50 kilometres per hour, the air cushioning inside means they do not risk hurting themselves too seriously.





# Task 1

Сделайте подписи под фотографиями :



skydiving



Содержани  
е



# Task 2

Каким экстремальным видам спорта  
соответствуют следующие утверждения ?

- ✓ You do need to have any special skills .
- ✓ You need to cooperate with a group of people .
- ✓ It was started by the inventors of another extreme sport .
- ✓ You can hurt yourself whilst trying to stop .
- ✓ You need to be both strong and psychologically prepared .
- ✓ It offers reasonably good protection from injury .
- ✓ It could get you into trouble with the police .
- ✓ You can make own protection for you feet.

# Task 3

На фотографиях изображены экстремальные или опасные виды спорта .

Подумайте и ответьте на следующие вопросы .  
Аргументируйте свой ответ.

Can we consider these activities to be sports ?

Which of them do you think is most enjoyable ?

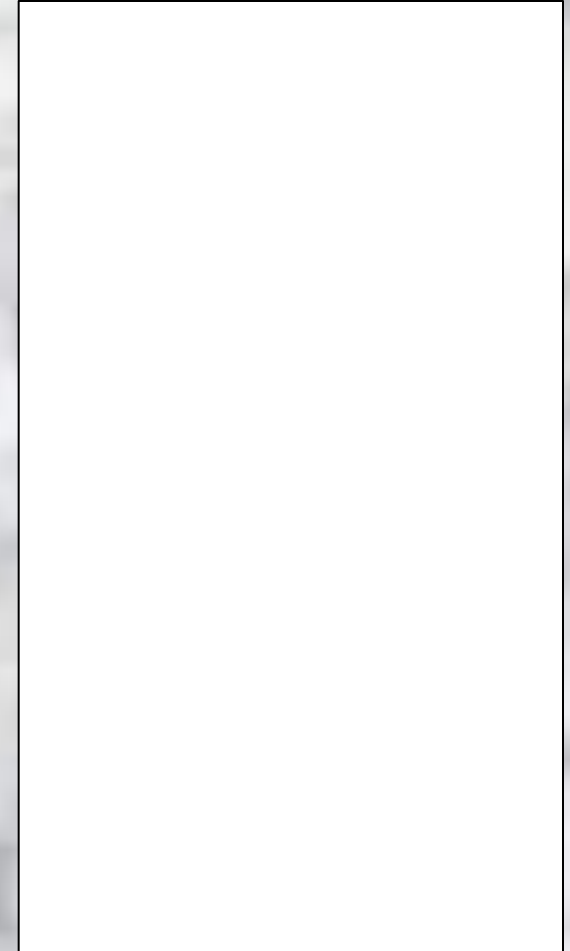
Which of them do you think is most difficult to learn ?

Which of these sports are often shown on television ?

Do you think any of these sports are suitable for women ?

Which of these extreme sports would you most and least like to do ?

What is the reason for the changing nature of modern sports ?





# Task 4

Каково твоё отношение к экстремальным видам спорта ?

Работайте в небольших группах . Ответь на следующие вопросы  
. Поделись своим мнением с другими учащимися класса.

Is it good/bad to participate in extreme sports ?

Do you agree that all of them are sports ?

What attracts people to extreme sports ?

Have you ever tried any unusual sports ?

What qualities or strengths do people need to participate in extreme sports ?

What is your opinion on taking risks ?

# Task 5

Обсудите следующие темы :

1. Sport and health ;
2. Sport and money ;

Подведение итогов урока

Содержани  
е

