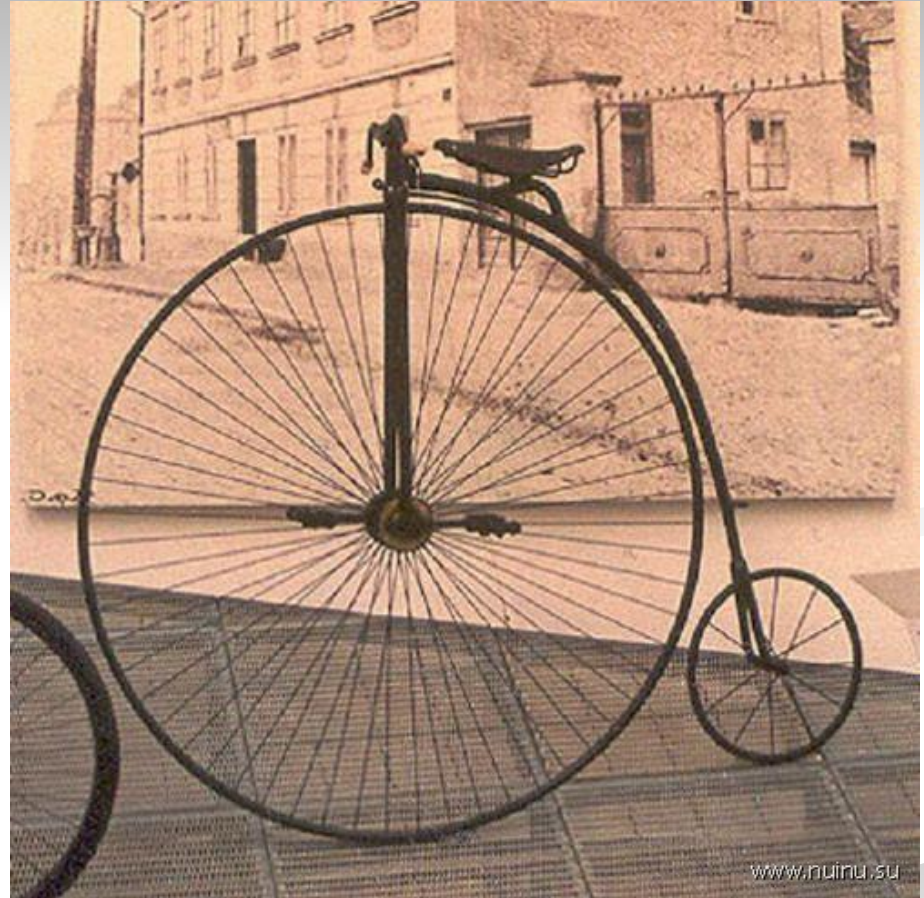


Cycling



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- The bicycle is old enough - more than a hundred years of age. Its first prototype appeared in 1791 in France.



- In 1885 people saw a model which looked like modern cycles.



■ As time went by, new bicycles were invented.



- The first bicycle race was held in 1868 in Paris.



- Cycling competitions are generally divided into road and track events. Both kinds are in the Olympic programme.





- Olympic road events include individual and team races.

- In the team road event the teams start the contest with 2-4 minutes interval, and that team wins whose members get the best sum of timings.





- Individual races' distances are different usually up to 200 kilometres. The winner is the first cyclist who passes over the finish line with his front wheel.

- People all over the world are fond of sports and games. In our town cycling is very popular.





■ Every summer children go by bicycle to lake, they have a fine time.



Physical training is an essential part of young people's development.

All pupils and students have regular training at PT lessons.

These classes are enjoyed by everybody as they give a lot of energy, develop muscles, make pupils strong, quick and healthy.

From time to time different kinds of competitions are organized at school or between schools.

The most popular sports at school are basketball, football and volleyball.

Besides, pupils and students attend a lot of sports clubs and sports sections after classes, where they take up their favourite kind of sport.

- **Cycling is useful exercise, too, because it takes you out into the fresh air and gives much work to all the muscles. Sport makes people healthy, keeps them fit, more organized and better disciplined. I shouldn't call myself a sports fan. Of course, I like to watch sports competitions on TV. So if you think that physical fitness and health are important you are to go in for sports.**

Ссылка на фильм:

<https://youtu.be/tjJHAAMUUBo>