

**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**



**Elena Isinbayeva**  
**athletics**



**Aleksey Nemov**  
**gymnastics**

**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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