Sport in our life



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Development of sport

 Sport is probably as old as the humanity itself. It has been developing with the developing and growing of the mankind.







Imposed of sport

Spon is very work in our life it's popular and sound and old people. Many people do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions.

Physical training lessons at school. Physical training is an important subject at school. Pupils have got physical training lessons twice a week. There are sports grounds and stadiums near many schools and school-children go in for sports outdoors.

Modern sports

 There are so many kinds of sports, such as cycling, swimming, gymnastics, boxing, skating, skiing, rowing, yachting and many more in which you can take an active part or just be a devoted fan.

Boxing, swimming and ers

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Athletics Footba

Most popular sports

Varieties of seasonal sports







 There are summer and winter kinds of sports. The summer kinds of sports are, athletics, football opticities for example, swimming, basketball and others. The example, figure skating, skiin ice-bisckey are on

Sport on TV

 TV programs about sports are always very popular. For example if you can't go in for sport that you like, you can watch something very interesting every day on TV with friends or yourself.

My attitude to sport

 Let me tell you about my own attitude to sports and sportsmen. As an alternative to the sport I prefer evening walks but now I do not have time for them. I think that the basic needs for successful training it is your mood and good company.

My conclusion.

 Finally I'd like to say that sport plays a great role in our life. We all need to temper or doing morning exercises, if we have the opportunity for this.Regular exercises give you more energy and make you feel and look better.