

NAME _____

HEALTHY LIFESTYLE

1. LOOK AT THE PICTURES AND WRITE THE NAMES OF SPORTS



1 t.....



2 c.....



5 w..... p.....



6 f.....



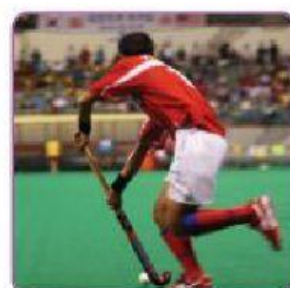
3 b.....



4 r.....



7 b.....



8 h.....

2. COMPLETE WITH **DO / PLAY / GO** (ережені дәптерге жаз)

We use:

- **play** with ball sports or competitive games. *play football*
- **go** with activities ending in **-ing**. *go skiing*
- **do** with all other sports and recreational activities.
do gymnastics

3 ★ Complete the sentences. Use: **do, play or go.**

- 1 We often bowling on a Friday night.
- 2 Do you know how to baseball?
- 3 Serik and Talgat karate.
- 4 Let's cycling at the weekend.
- 5 Can you golf?
- 6 Where can I learn to judo?

3. LOOK AT THE TABLE AND COMPLETE SENTENCES WITH CORRECT ADVERB OF FREQUENCY



| | |
|-----------|------|
| never | ☆ |
| sometimes | ★ |
| often | ★★ |
| usually | ★★★ |
| always | ★★★★ |

- 1 Berik plays football with his friends after school. ★★
- 2 He plays water polo. ☆
- 3 He plays hockey at the weekend. ★
- 4 He has a tennis lesson on Fridays. ★★★★★
- 5 He plays badminton with his sister on Sunday mornings. ★★★

4. RAED THE TEXTBY VOICEMAIL(RETELL/ДАУЫСТЫҚ ХАБАРЛАМА АРҚЫЛЫ ҚЫСҚАША ТҮСІНІК АЙТУ)

THE HIGHLAND GAMES

Are you bored with modern sports? Then come to the Highland Games in Scotland and discover traditional Scottish sports. The Games celebrate Scottish culture, and also include Scottish dance competitions and typical local food.

From May to September there are Highland Games in towns and villages across Scotland. Men, women and children travel from all over the world to watch.

Nobody knows when the Games started. But in the 11th century, King Malcolm III of Scotland held a race to find a fast runner to take his messages. Maybe this was the first Highland Games. Some historians say that the Victorians invented The Games in the 19th century.

Competitors at the Games do a lot of different events. There are special 'heavy' athletic sports. One famous event is the *caber toss*. A caber is a heavy wooden pole. Contestants throw the caber. The winners are very strong! Other events are the *stone put* – contestants throw a big stone – and the *hammer throw* – they throw a metal ball on a long stick. Another popular event is the *Tug o' war*. In this event, rival teams pull a rope in opposite directions! Local Scottish athletes wear traditional tartan kilts similar to skirts. Tartan is a colourful material. In the past, Scottish people wore tartan to show which family they were from.

Nowadays, people from all round the world compete in the events. So why don't you come too and experience the magic of the Highland Games?

FACT! There are Highland Games all round the world. The first Highland Games in the USA took place in New York in 1936.

