

PHYSICAL EDUCATION – VOCABULARY

Skrypt do języka angielskiego

AUTORZY:

KAMILA JANKOWSKA – LOREK

MAGDALENA MIZERSKA

ANNA NOWAKOWSKA

ELŻBIETA SENCERZ

Pod redakcją Kamili Jankowskiej – Lorek

WYDAWNICTWO NAUKOWE WSKFiT

Autorzy:

Kamila Jankowska – Lorek,
Magdalena Mizerska, Anna Nowakowska, Elżbieta Sencierz

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WYDANIE I

ISBN
978-83-932017-1-6

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SPORTS DISCIPLINES

What is your favourite sports discipline?

*What sports disciplines do you practice and what do you watch in TV?
Are you professional or amateur?*

Give examples of team and individual sports.

SPORT

Sport is defined in many different ways. First of all, sport means various forms of physical and intellectual activities, taken for pleasure or competition. When the competition is concerned, one must obey many rules applied to a discipline. One can compete with other competitors (e.g. fencing, football) or compete with oneself (e.g. extreme sports). When it comes to recreation, there is no competition.

SPORTS DISCIPLINES

There are many various divisions of sports disciplines, regarding number of competitors, place of competition and season. One can distinguish winter or summer sports, team or individual, indoor or outdoor, Olympic or non-Olympic and many others.

EXERCISES

1. Find 25 sports disciplines in the word search grid. The words can be vertically, horizontally, across or backwards.

P	G	Q	T	H	N	A	S	A	E	D	R	A	U	G	H	T	S	T	O
A	A	R	C	H	E	R	Y	F	E	R	B	N	N	U	A	D	H	O	T
R	W	R	I	D	I	N	G	C	F	D	Q	K	M	H	N	G	O	L	F
A	A	P	A	O	O	L	Z	X	C	B	G	F	T	L	D	O	R	E	E
G	R	C	Y	C	L	I	N	G	Y	O	F	O	A	A	B	I	S	E	N
L	A	H	S	C	H	O	T	N	N	B	P	P	W	B	A	W	E	P	C
I	A	E	A	C	V	U	V	I	N	S	L	O	Q	B	L	Y	R	I	I
D	D	S	B	N	O	U	T	L	U	L	K	J	T	R	L	W	A	N	N
I	O	S	J	T	T	E	O	I	T	E	K	I	U	A	O	P	C	G	G
N	I	T	O	B	O	G	G	A	N	I	N	G	I	Y	C	Q	I	Y	L
G	L	T	G	A	O	F	Y	S	O	G	H	N	G	N	Y	D	N	M	O
T	I	G	G	A	F	X	I	A	A	H	U	I	J	N	G	P	G	N	W
E	E	G	I	O	A	U	I	I	P	I	E	L	Y	O	W	O	P	A	U
A	W	B	N	H	I	U	A	N	L	E	D	T	T	T	A	O	P	S	E
R	A	M	G	X	Z	W	Y	W	G	A	U	S	J	N	J	F	I	T	S
E	Z	O	E	D	F	A	U	A	T	H	L	E	T	I	C	S	R	I	E
C	Z	P	A	Q	O	Y	R	L	O	P	W	R	P	M	U	R	U	C	P
V	B	O	U	L	D	E	R	I	N	G	Q	W	X	D	A	R	T	S	I
B	N	O	F	O	O	T	B	A	L	L	W	Q	A	A	U	O	G	R	S
R	E	H	I	O	G	N	I	N	O	O	L	L	A	B	R	W	D	F	O

2. Group sports disciplines from exercise 1 into correct categories. One word can be used more than once.

summer sports:

combat sports:

indoor sports:

outdoor sports:

winter sports:

board games:

extreme sports:

air sports:

equestrian sports:

shooting:

water sports:

3. Think of other sports disciplines and match them to the sport categories above.

4. Match sports disciplines to their descriptions.

- | | |
|--|-------------------|
| 1. You fight with a foil, sabre or epee | a. snooker |
| 2. You use two techniques to lift the weight:
clean and jerk&snatch | b. hang-gliding |
| 3. Toe jumps and edge jumps are the most important element | c. golf |
| 4. You fight with a bamboo stick | d. cricket |
| 5. There play: batsman, non-striker, fielder, bowler, wicket keeper | e. badminton |
| 6. You play on the table with six pockets | f. skateboarding |
| 7. You fly unmotorized aircraft launched from a hill | g. Kendo |
| 8. You play only with racket and shuttlecock | h. fencing |
| 9. You hit a ball into a hole with a stick called 'club' | i. figure skating |
| 10. You perform many tricks in air like jump over a garbage bin | j. weightlifting |

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

5. How do you play some of these sports? Write maximum 3 sentences. Look at the example.

football – played by two teams of eleven players. They run on the football pitch and try to score a goal.

tennis –

ice hockey –

darts –

sumo –

What sports disciplines are the most popular in Poland and what in other countries?

Sport is healthy. Do you agree?

SPORTSMEN

What is your favourite sportsmen? Describe him/her in a few sentences (nationality, age, external appearance, sports discipline, achievements)

EXERCISES

1. Match the names from A-F to the descriptions of famous sportsmen. In the places marked ___ you have to guess and write the profession of sportsman.

1.

He won 3 gold medals in the Olympic Games in Seoul, Barcelona and Atlanta, 9 world and 12 European **championship titles**. He is the most **eminent** _____ in the history of this discipline. He stayed unbeaten for 13 years (1987-2000) and for five years (1994-1999) no **competitor** could win even one point! When he was born he weighted 6,8 kilos. He is 193 cm high.

2.

He gained his popularity during the **world championships** in Sweden in 1958 when as an 18-year old **striker** scored six goals. He's the most **prize-winning** _____ in the history of this discipline; he got 32 trophies. In his whole career he scored over 1200 goals.

3.

He won 3 gold medals at the Beijing Olympic Games in 2008 and holds world records for the 100 metre (9,69s), the 200 metre (19,30s) and the 4x100 metre relay. He comes from Jamaica and nowadays he is the fastest _____ in the world.

4.

He wanted to **give up** his **career** and work as a roofer. Years 2000 and 2001 were the **turning point** in his life when as a first Pole he won **Four Hills Tournament** and then won a **world cup** as the best _____ of the season. Now he's four-times **Olympic gold medalists**, four-times world champion and four-times world cup winner.

5.

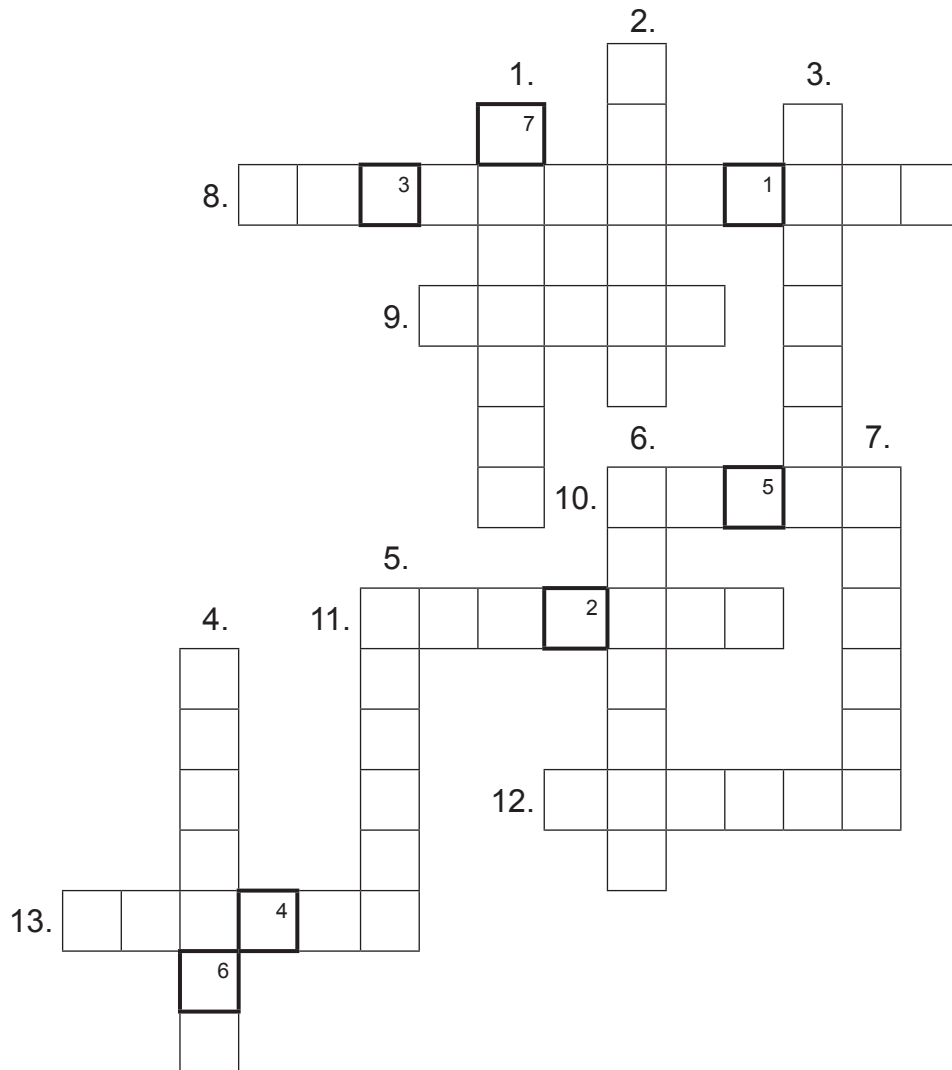
The winner of over 300 medals. When in 1993 she was **disqualified** for two years for taking **performance-enhancing drugs** she wanted to give up her carrier; however, she started to train and in 1997 she was in a top form: she won silver and bronze medals in world championships in Göteborg and 3 gold medals in European championships in Sheffield. She's the most eminent _____ of twenty century.

6.

From the middle 80s she is recognized the best _____. She's current **world record holder** in her discipline at 2,09 m which she established in 1987 and Olympic record holder at 2,05 m. Five times she took part in indoor world championships and each time she won gold medal. In 1995 she gave birth to a daughter and two years later gave up her carrier.

- A. Stefka Kostadinova
- B. Alexander Karelin
- C. Adam Malysz
- D. Alicja Pęczak
- E. Usain Bolt
- F. Edson Arantes do Nascimento

2. Find the correct words and complete the crosswords. Seven marked squares make one extra term.



DOWN

1. A person who uses the strength of his arm to throw something in the air
2. Someone who travels by foot for pleasure or competition
3. A participant in athletics
4. A sportsman who takes part in Olympic fencing
5. A person who participates in athletics or a kind of woolen sweater
6. A professional in crawl or butterfly
7. Sprinter or marathoner

ACROSS

8. Uses techniques like clean or snatch and jerk
9. Someone who fights in the ring
10. A person who practices sport on snow or water
11. Fights on a mat
12. Other term for sabre fighter

A fencer who fights with a foil

3. Besides sportsmen, there are other people connected with sport. Fill the gaps with the appropriate word from the list below and complete the sentences.

loser, team, amateur, member, captain, spectator, leader, runner-up, professional, commentator

1. Plays for pleasure, not for pay. _____
2. Composed of five, six or eleven players depending on a sports discipline. _____
3. Plays for pay; sport is the source of income. _____
4. Takes silver medal. _____
5. Wears yellow jersey as the winner of the general classification in the Tour de France. _____
6. Does not win the match. _____
7. Leader of the football team on the pitch. _____
8. Belongs to a sports club. _____
9. Watches sport in front of TV or in the stadium. _____
10. Gives a detailed commentary on a basketball match. _____

4. Join the words which have similar meanings.

- | | |
|--------------|---------------|
| 1. player | a. fan |
| 2. opponent | b. champion |
| 3. winner | c. competitor |
| 4. coach | d. rival |
| 5. umpire | e. trainer |
| 6. supporter | f. referee |

1.	2.	3.	4.	5.	6.

Why aren't Polish football players so successful as Brazilian players? What changes would you do in our national team?

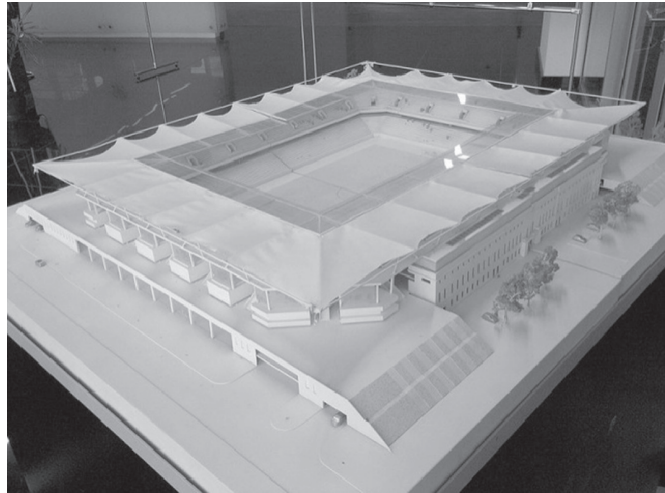
Why do Polish sportsmen play in foreign sports clubs?

SPORT FACILITIES

Which is the most popular sport stadium in the world?

Do you think watching sports at the stadium is better

than at home on TV, or in a bar on a giant screen?



STADIUMS IN POLAND

WARSAW

The National Stadium is a football stadium under construction on the site of the former 10th-Anniversary Stadium.

The new stadium will have 55,000 seats. Its construction started in 2008 and it will finish in 2011. The stadium is one of the locations for the UEFA Euro 2012, it will host the opening match, 2 group matches, a quarterfinal, and a semifinal.

The plans include constructing the stadium, an indoor sports arena with places for 15,000 spectators, a swimming pool for 4,000 spectators and an aquatic park, a hotel and a congress center.

CHORZÓW

Silesian Stadium is a sport stadium opened on 22th July 1956. It has seats for 55,211 spectators. There are plans to construct a roof over the stadium. With 43,000 m² it will be the largest stadium in the world.

It hosts football matches, motorcycle speedway world championships, and music festivals.

In 1993, the stadium was selected as the official home stadium of the Polish national football team.

Wrocław

The City Stadium is a football stadium, which will have a seating capacity of 45,771 people. The construction started in April 2009, and will be finished in June 2011. It will be a host stadium for the 2012 UEFA European Football Championship.

The stadium will be divided into a number of zones for VIPs and business-people. Various types of food and drink kiosks, medical aid rooms, the police offices, and toilets will be located on the promenade. There are plans to make the new stadium a place without barriers for disabled people and their carers.

EXERCISES

1. Match the sports with the balls.

- | | |
|---------------|-----------------|
| 1. baseball | 6. rugby |
| 2. basketball | 7. table tennis |
| 3. cricket | 8. tennis |
| 4. football | 9. volleyball |
| 5. golf | 10. water polo |



a.



b.



c.



d.



e.



f.



g.



h.



i.



j.

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

2. We use many various types of equipment to play different sports. Match the names of the sport disciplines with suitable equipment.

1. archery	a. bat
2. baseball	b. bow
3. basketball	c. cap
4. boxing	d. cue
5. horse riding	e. flippers
6. pool	f. gloves
7. scuba-diving	g. hoop
8. swimming	h. net
9. tennis	i. racket
10. volleyball	j. saddle

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

3. Sportspeople measure time, the score and distance in various ways depending on which type of sport you are speaking about. Match time, score and/or distance measurement we use in each of the sports below. Some of the words are used more than once.

Game, Point, Set, Mile, Inning, Strokes, Yard, Round, Move, Match, Meter, Round, Quarter, Out, Half, Lap, Down, Length

American football: _____

athletics: _____

baseball: _____

boxing: _____

chess: _____

football: _____

golf: _____

horse racing: _____

ice hockey: _____

motor racing: _____

squash: _____

swimming: _____

table tennis: _____

tennis: _____

volleyball: _____

4. Sports take place on/in all sorts of different places. Match the sport with the areas. Some of the words are used more than once.

Court, Rink, Table, Course, Field, Ring, Pitch, Board, Track, Ring, Field, Pool

American football: _____

athletics: _____

baseball: _____

boxing: _____

chess: _____

cricket: _____

football: _____

golf: _____

horse racing: _____

ice hockey: _____

ice skating: _____

motor racing: _____

squash: _____

swimming: _____

table tennis: _____

tennis: _____

volleyball: _____

5. Think of words connected with these sports.

Swimming- _____

Football- _____

Golf- _____

Tennis- _____

Boxing- _____

Parachuting- _____

Ice hockey- _____

Chess- _____

Ice skating- _____

Baseball- _____

6. Match the names of venues with sport disciplines.

Arena, Course, Court, Field, Pitch, Pool, Ring, Rink, Stadium, Tower

1. American football _____
2. athletics _____
3. badminton _____
4. baseball _____
5. boxing _____
6. discus throwing _____
7. diving _____
8. figure skating _____
9. football _____
10. golf _____
11. handball _____
12. javelin _____
13. long jump _____
14. olympic _____
15. rugby _____
16. skating _____
17. swimming _____
18. tennis _____
19. triple jump _____
20. volleyball _____

How can national sport facilities be improved?

How can facilities influence participation in sport?

ATHLETICS

THE HISTORY OF ATHLETICS

Athletics is one of the oldest sports disciplines, which has its origins in the ancient times. Ancient people walked, run and jumped over natural obstacles as well as threw stones or spears in order to hunt animals. During **the Olympiad**, the ancient Greeks competed in such sport disciplines as discus, javelin, short-distance runs and long jumps.

ATHLETICS AT THE OLYMPICS

Athletic disciplines have always been an integral part of the Olympiad and formed the basis for modern **Olympic Games**. Athletics appeared during the first modern **Olympics** which took place in Athens in 1896 where medals were given in such disciplines as **shot put, javelin, hurdles, marathon, high jump, long jump, pole vault** and **triple jump**. It's an interesting point that the winners were given silver medals while bronze medals were given to those who took second place in a contest. It's also worth mentioning that marathon was included in first modern Olympic Games in order to commemorate Pheidippides, an Athenian hero who run 37 kilometers from Marathon to Athens to announce the victory of the Greek over Persia in the battle of Marathon.

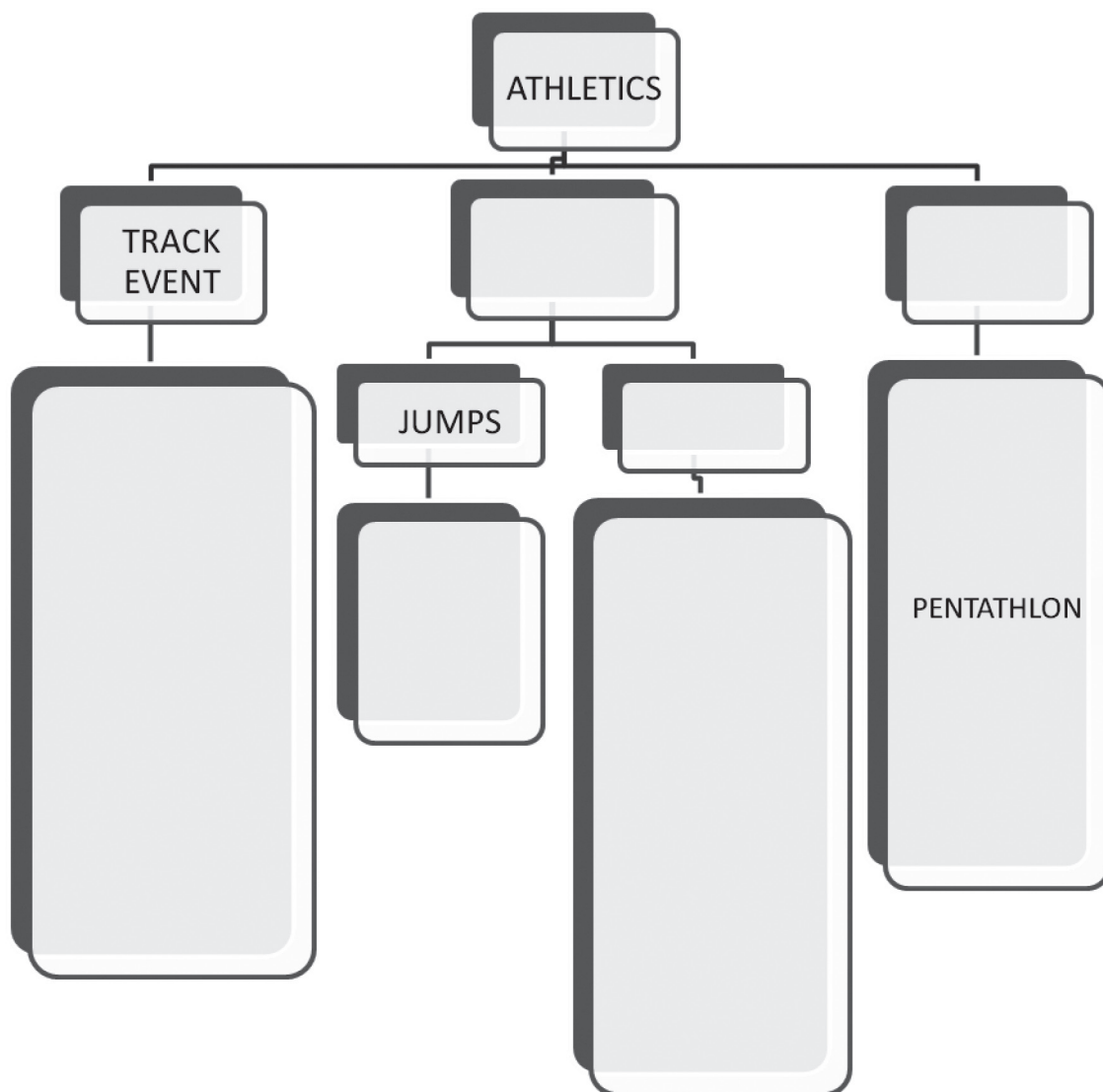
FAMOUS NAMES

We should mention some famous names like Jesse Owens, an American legend of athletics who won 4 gold medals in the 1936 **Summer Olympics** in Berlin; Carl Lewis, another American who took 4 gold medals in the 1984 Olympics in Los Angeles; Sergei Bubka, an Ukrainian **pole vaulter**; Bob Beamon, an American **long jumper**; Marion Jones, an American **sprinter**, Walter Davis, an American **triple jumper** and Siergiej Makarow, Russian **javelin thrower**. Among Polish famous athletes there are: Irena Szewińska-Kirszentstein (sprinter), Artur Partyka (**high jumper**), Halina Konopacka (**discus thrower**), Robert Korzeniowski (**walker**), Artur Kohutek (**hurdler**), Kamila Skolimowska (**hammer thrower**), Władysław Komar (**shot-putter**).

EXERCISES

1. Complete the diagram with athletics disciplines from the list above.

hammer throw, combined events, race walking, middle distance run, pentathlon, long jump, field event, javelin throw, heptathlon, track event, triple jump, hurdle, four-event competition, pole vault, discus throw, jumps, relay, throws, shot put, decathlon, sprint, athletics, high jump, marathon



2. Answer the questions:

1. What disciplines are there in athletics?

2. Where and when was the first Olympics organized?

3. Who was Pheidippides?

4. What do athletics disciplines derive from ancient people behaviour?

5. What are the similarities between Jesse Owens and Carl Lewis?

WATER SPORTS

EXERCISES

1. Look at the pictures and the letters. Write the names of water sports.
Sometimes there are two words.



1. LGNINAG



2. NGIASIL



3. FDIWUGNISNR



4. IGDCAVNIBUS



5. KAGIIRTWENS



6. SWYASRTAMECNITG



7. MWGMNSII



8. FGUNRIS



9. ROWOLTAEP



10. AKGAYKNI

2. Think of equipment connected with above water sports.

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

3. Match different expressions to water sports.

1. human-powered small boat, covered deck, double-bladed paddle, one or two paddlers
2. single scull, double scull, coxed fours, coxless pairs, cox, oar
3. raft, life jacket, paddles
4. aqualung, wet suit, diving mask
5. human powered narrow boat, usually single-bladed paddles, open decked, 1-4 paddlers
6. snorkel, swimfins (swim fins, fins), flippers
7. warm clothes, mitts, socks, snow removal tools, tools to hew out a hole in ice
8. watercraft, jet ski
9. crawl, butterfly, backstroke, breaststroke, springboard, trunks
10. one-person boat, regatta, boat class

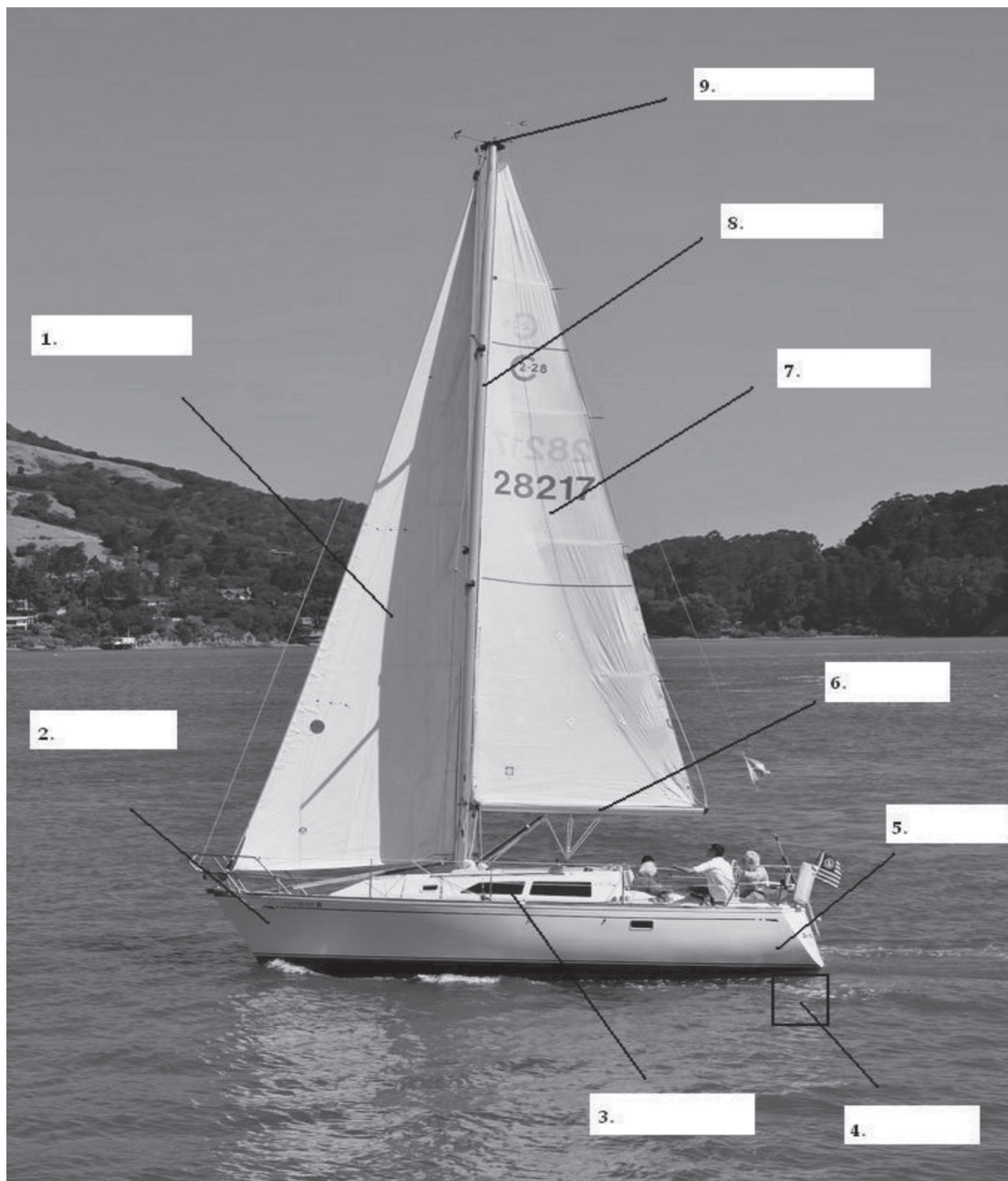
- | | |
|---------------|-----------------|
| a. jet skiing | f. snorkeling |
| b. rafting | g. swimming |
| c. ice-diving | h. sailing |
| d. kayaking | i. canoeing |
| e. rowing | j. scuba diving |

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

4. Look at the pictures. Fill the gaps with correct parts of sailing boat and sailboard from the lists below.

SAILING BOAT:

rudder, mast cockpit, jib, stern, masthead, boom, main sail, bow



SAILBOARD:

centerboard, sail, clew, batten sleeve, stern, mast, boom, luff, row



TOURISM AND RECREATION

Do you like travelling? Why/why not?

How did you spend your last holidays?

What is your best way of spending summer holidays?

TRAVEL AGENCY

If you **plan a journey** you have to **look over** many **brochures**. You can go to the **travel agency** where the **travel agent** will **attract with low prices** and **offer an interesting journey**. You will be given a **catalogue** with **tempting offers**. You can **compare prices**, ask for **detailed information** and then **consider** the offer. If you have decided to **take advantage of travel agency** you **book** a journey. You choose a **travel date**, means of transport like **plane, bus, train, own car** and a hotel with **full board, half-board** or **self-catering**. You **make a payment** and get a **confirmation**. You **pay the rest** two weeks before the journey.

CAMPING

You can **organize a holiday on your own** and spend your holiday in a **caravan**. You are looking for **well-equipped camping centre** with many **camping places**. If you find an interesting camping place you can book it earlier. If you don't have your own car, you can **rent a caravan** for affordable **rental fee**. Don't forget to pack up **cutlery, mugs, toilet paper, hammer, hatchet, tinned food, waste bin, first-aid kit, pocket knife**. Sometimes they can be helpful.

CAMP SITE

If you look for **budget accommodation** you can also go on a **camp site** and live in a tent. Well-equipped camp sites have **washroom** and **laundry**. You **pitch up a tent** in a **shaded place** and unpack the **equipment: fold-up chair, fold-up table, drinking water, gas cylinder, torch** and **sleeping bag**.

MOUNTAINS

Summer holidays in the mountains give many opportunities to have **active leisure pursuits**. You can **plan a trip to a mountain peak** which involves many essential equipment. You need to pack up a **rucksack, heavy boots, sports clothes suitable for all weather conditions** and **food supplies**. Don't forget to take **binoculars** and **hike map**. Be careful regardless of whether you **go on long trips** or short ones. You can **mistake a way** or **get lost in a fog** because of **sudden change of weather**.

EXERCISES

1. Find 12 words connected with accommodation. Sometimes there are two words. The words can be vertically, horizontally, across or backwards.

B	Q	E	S	U	O	H	R	E	M	M	U	S	L	U	X
O	T	T	V	S	I	U	M	O	T	E	L	P	O	F	R
A	O	X	G	H	R	A	C	U	M	U	T	E	R	L	W
R	I	H	A	S	F	G	A	R	E	T	I	L	A	A	Q
D	L	O	E	M	O	U	N	T	A	I	N	H	U	T	U
I	R	T	Y	G	U	E	S	T	H	O	U	S	E	G	A
N	E	E	P	A	M	F	W	D	J	J	H	I	X	H	R
G	W	L	Y	E	R	B	O	D	O	R	E	W	B	V	M
H	M	G	R	Y	O	U	T	H	H	O	S	T	E	L	O
O	I	U	E	W	W	N	J	E	S	A	P	O	L	I	A
U	L	I	W	A	R	G	I	O	C	H	A	L	E	T	N
S	Q	S	G	S	W	A	S	G	I	I	E	R	K	A	X
E	A	O	M	F	A	L	D	B	T	H	O	W	E	Y	Z
E	X	C	S	D	F	O	C	G	G	I	N	N	T	T	M
A	C	U	S	U	O	W	E	O	B	V	Q	A	O	P	Q
T	N	E	M	T	R	A	P	A	Y	A	D	I	L	O	H

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

2. Complete the sentences with the correct word. The words are connected with travelling.

trip, voyage, flight, package tour, journey, cruise, travel, ride

1. Last year Tom went on a _____ in the Mediterranean.
2. The _____ 554 falls out from the schedule.
3. We took advantage of travel agency and decided on a _____ to Egypt.
4. Ann suffered from seasickness on her _____ from Calais to Dover.
5. Andrew took me for a _____ in his new car.
6. _____ by plane is the safest; accidents involving planes are rare.
7. John works a lot. It's his third business _____ this month!
8. They have never made the _____ to Rome.

Do you prefer package holiday or holiday organized on you own? Why?

Do you like holidays abroad? Why/why not?

What were your unpleasant experiences during the holidays?

VOLLEYBALL



Do you prefer playing or watching volleyball?

Do you have your favorite volleyball team? Which one is it?

HOW TO PLAY VOLLEYBALL

Two teams play a volleyball game on a volleyball court (18 metres by 9 metres) separated by a 1 metre wide net in the middle of the court.

There are six players on the court in each team. The game starts when one team serves the ball over the net into the opposing side. The opposing side must return the ball back with no more than 3 touches of the ball.

The basic play is for the ball to be “passed” or “bumped” by the first player to contact the ball to a setter.

The setter is a player who is able to set the ball up for a hitter. The third touch is usually where the team is able to carry out an attacking move, called a spike.

During the spike, the opposing team’s front row players jump at the net to stop the hitter from getting the ball into their court, this is called the “block”.

This series of attack and counter attack continues until one team hits the ball out or the ball contacts the floor on their side of the court.

When this happens, the players pass the volleyball ball to the side that did not make the error and the whole team turn around clockwise to serve.

The game continues until one team gets 25 points and is ahead of the other team by two points, at which point they win the Set.

EXERCISES

1. Find 20 words about volleyball in the word search grid. The words can be up or down.

S	P	I	K	E	A	S	T	A	R	G	E	T	D	F	G	T	H	J	O
Q	W	E	A	T	T	A	C	K	E	R	T	Y	U	I	O	O	P	K	V
A	Z	A	G	H	H	A	E	N	M	F	G	H	J	K	K	U	K	Y	E
Z	O	Z	T	H	F	Z	Q	B	L	O	C	K	Q	W	E	C	R	T	R
S	N	X	I	J	S	S	W	A	E	Y	U	I	O	P	P	H	A	S	H
D	E	S	P	J	Z	D	R	C	T	D	F	G	H	J	K	L	Z	X	E
F	S	D	R	K	A	F	T	K	Q	X	C	V	B	N	M	Q	W	E	A
G	R	C	D	Y	Q	G	Y	S	S	E	R	T	Y	U	I	O	P	P	D
V	F	C	S	U	F	O	R	E	A	R	M	P	A	S	S	A	A	S	P
B	V	R	G	I	W	H	H	T	A	D	T	Y	U	B	V	Q	Q	W	A
N	D	O	Q	J	E	J	B	D	S	D	G	H	J	N	C	D	I	G	S
M	W	S	R	G	R	T	E	A	M	F	G	H	I	M	X	A	E	W	S
L	R	S	Y	E	T	K	C	D	G	L	I	N	E	S	M	A	N	T	Y
P	Y	C	U	S	Y	O	S	H	P	O	I	N	T	Y	B	P	B	S	C
O	U	O	F	X	U	P	X	Y	J	D	Q	I	S	K	V	L	F	Q	A
S	I	U	X	F	R	O	T	A	T	E	W	U	D	L	C	A	R	S	D
T	O	R	V	V	I	U	C	Y	W	F	E	O	F	M	X	Y	W	D	D
O	P	T	B	H	I	Y	V	R	E	V	R	P	G	N	Z	E	W	D	F
U	L	F	N	B	O	E	R	R	O	R	T	A	H	B	A	R	C	N	F
T	F	O	U	L	P	R	B	Q	F	V	Y	S	J	V	S	D	F	Z	X

2. Answer the question.

1. How many players are there on a court in a volleyball team? _____
2. Is it legal for a player to touch the net during a game? _____
3. To win a game, by how many points must a team be ahead? _____
4. What direction do you rotate on the volleyball court? _____
5. In a game, when do you rotate? _____

6. With no more than how many touches of the ball the opposing side must return the ball back? _____
7. If the ball lands on the sideline, is the ball in bounds or out of bounds?

8. Is it legal for the same player to contact the ball twice in a row?

9. When serving, can the server step on the back line? _____
10. Name 3 positions on the volleyball court.
1. _____ 2. _____ 3. _____

3. Match the volleyball phrases with their definitions.

1. attack
2. back set
3. block
4. crosscourt
5. dig
6. forearm pass
7. overhead pass
8. spike
9. target
10. zones

- a. a defensive play above the net by one or more players, which attempts to stop or channel a spiked ball
- b. a pass with both hands open above the forehead, and directed by the fingers
- c. a set made when the setter's back is toward the hitter
- d. a spike from antenna area of court in which the ball is directed diagonally toward the far sideline of the opponent's court
- e. areas of the court and/or net, used to show target areas for serving
- f. arms from the elbows to the wrists joined to form a platform to contact the ball with an underhand motion
- g. passing a spiked or topspin hit ball
- h. the offensive action of hitting the ball
- i. to jump and hit the ball with maximum force toward the opponent's floor
- j. an area of the court or a specific player toward which the ball is directed



1.	2.	3.	4.	5.	6.	7.	8.	9.	10

4. Match the names of the players with their volleyball court positions.

Left Front (LF) Right Back (RB) Right Front (RF) Middle Front (MF) Left Back (LB)
Middle Back (MB)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Why volleyball is the second most popular sport in Poland after football?

What do you think about beach volleyball at the Summer Olympics?

FOOTBALL (SOCCER)



What do you think about football? Do you like it?

Do you have your favorite team? Which one is it and why?

Football is one of the most popular games in the world.

Everyone can play from children to professional players.

HOW THE GAME WORKS

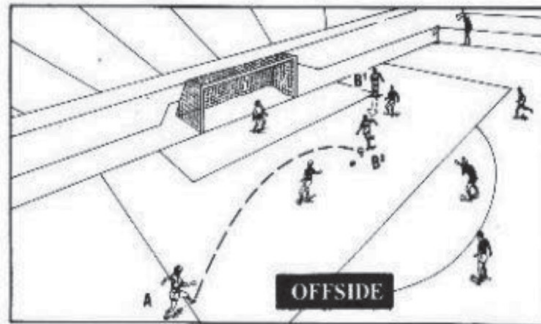
To play this game one needs:

- 1st two teams of eleven players
- 2nd a rectangular field (a football pitch)
- 3rd two goals at both ends of the field.

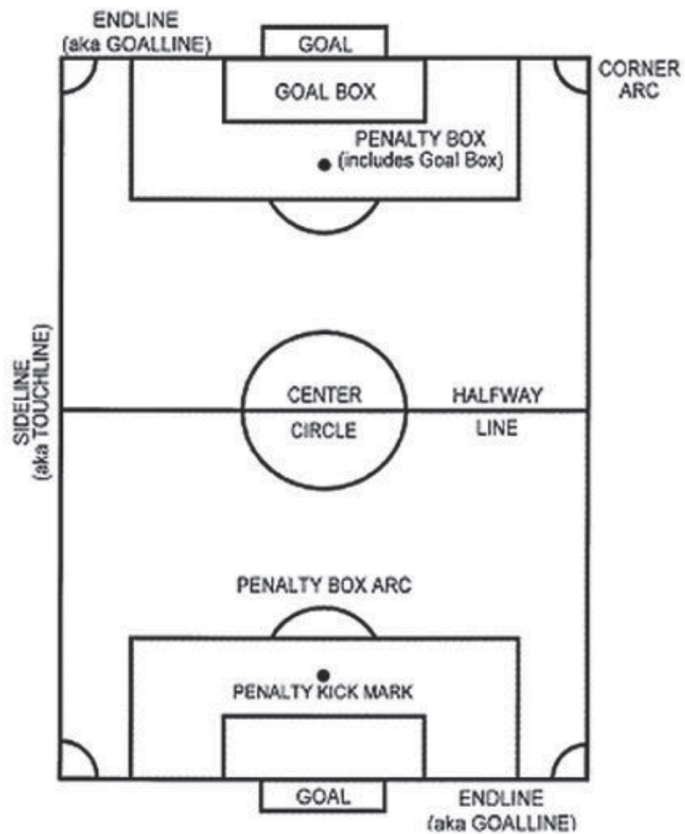
Players pass the ball to each other by kicking or heading it in order to score goals by getting the ball into the opponent's goal. The game lasts for two 45-minute halves, and the team scoring the most goals wins.

In general play, the goalkeeper is the only player who can touch the ball with his/her hands or arms. All the other players can only kick or head the ball.

To get back the ball players can tackle an opponent, but without for example pushing the player. Pushing along with other illegal actions such as 'handball' and 'offside', are fouls that can be penalized with a free kick. If a player makes a foul in the penalty area near each goal, the referee can award a penalty kick. If a player commits a more serious offense, the referee can show a yellow card as a warning, or a red card and send off the player who cannot be replaced by a substitute.



An example of an **offside**



FOOTBALL PITCH

EURO 2012 IN POLAND AND UKRAINE

The 2012 UEFA European Football Championship, will be the 14th European Championship for national football teams sanctioned by UEFA. Poland and Ukraine will host the final tournament between 8th June and 1st July 2012.

UEFA's Executive Committee on 18th April 2007, in Cardiff, Wales, chose the joint Poland/Ukraine bid. This bid is the third successful joint bid for the European Championship, after those of Belgium/Netherlands, for Euro 2000, and Austria/Switzerland for Euro 2008.

This will be the last European Championship finals in which only 16 nations will participate. In 2016, for the first, 24 competing nations will take part in finals.

EXERCISES

1. Match words from two columns to form correct expressions.

- | | |
|--------------|------------|
| 1. assistant | a. referee |
| 2. yellow | b. area |
| 3. shin | c. pitch |
| 4. penalty | d. guard |
| 5. team | e. card |
| 6. extra | f. spot |
| 7. halfway | g. time |
| 8. centre | h. in |
| 9. throw | i. shirt |
| 10. football | j. line |

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

2. Read the scores and complete the sentences with the words.

beat (x2) drew (x2) lost (x2) won (x2)

1. Manchester United 3 – Manchester City 2

Manchester United _____ the match against Manchester City.

2. Real Madrid 3 – Sporting Lisbon 0

Real Madrid _____ Sporting Lisbon.

3. Bayern Munich 2 – Barcelona 3

Bayern Munich _____ the match against Barcelona.

4. Poland 4 – England 2

Poland _____ the match against England.

5. Legia Warszawa 3 – Wisła Kraków 3

Legia Warszawa and Wisła Kraków _____ .

6. Wales 4 – England 0

Wales _____ England.

7. Juventus 0 – F.C. Porto 0

Juventus and F.C. Porto _____ .

8. Celtic Glasgow 1 – Rangers 4

Celtic _____ the match against Rangers

3. Find the correct words and complete the crossword. Seven marked squares make one extra football term.

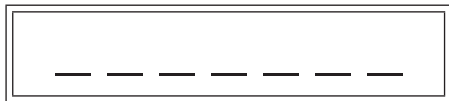
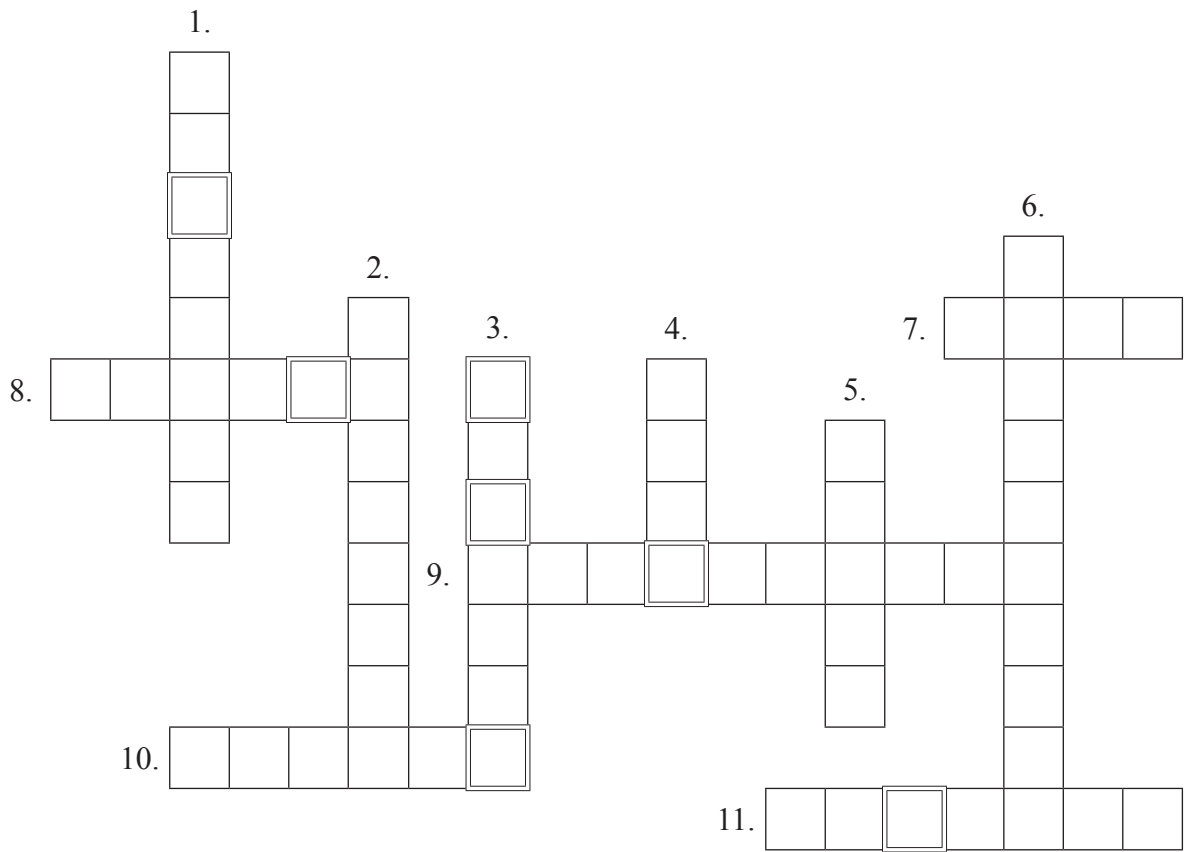
DOWN

1. Touching the ball with any part of the arm or hand.
2. A direct kick from the penalty spot.
3. A situation when an attacking player is behind the last defending player when the ball is passed in his/her direction by a teammate.
4. To kick or head the ball to another player on one's own team.
5. A playing field.
6. A player whose role is to stop the ball from entering the goal, and the only player who can handle the ball in general play.



ACROSS

7. A frame 24 feet (7.32 m) wide by 8 feet (2.44 m) tall.
8. Somebody who participates in a game or sport.
9. A player used to replace another teammate.
10. To stop an opponent carrying the ball.
11. A person who makes sure that the players follow the rules. Normally wears a black shirt and shorts, and has a whistle.



the action of attacking an opposing team

4. Match the scores.

- | | |
|---------------|----------|
| 1. four all | a. 0 – 0 |
| 2. three nil | b. 4 – 0 |
| 3. one all | c. 1 – 1 |
| 4. four nil | d. 1 – 2 |
| 5. one two | e. 4 – 4 |
| 6. five three | f. 3 – 3 |
| 7. nil nil | g. 0 – 2 |
| 8. nil two | h. 2 – 2 |
| 9. three all | i. 3 – 0 |
| 10. two all | j. 5 – 3 |

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

5. Complete the sentences with the words.

supporters, whistle, stadium, football, referee, goalkeeper, players

1. _____ is the most popular team sport in Poland.
2. A _____ wears gloves and stops goals.
3. When the _____ blows the _____ the match is over.
4. A football team has eleven _____.
5. Football _____ usually wear scarves, T-shirts and hats of their teams.
6. We go to a football _____ to see a very important football match.

What do you think about corruption in Polish football? Does PZPN (Polish Football Association) take adequate steps to fight corruption?

In some countries there seems to be a link between violence and vandalism with football. Why should this be?

What is your opinion on Polish football fans? Are new security measures, like ID cards, really needed?

Do you ever watch/play women's football? Why, why not?

BASKETBALL

What do you think about basketball? Do you like it?

Do you have your player team? Who is it and why?

A BUSY DAY

(two friends speaking in a park when they meet each other jogging)

Barbara: Hi, Katherine, how are you today?

John: I'm great and you?

Barbara: I'm very busy! I'm jogging now, but later I have a lot of things to do!

John: What do you have to do?

Barbara: Well, first of all, I have to do the shopping. We don't have anything healthy to eat at home. And my son Jacob needs a new tracksuit.

John: ... and then?

Barbara: Jacob has a very important basketball game this afternoon.

John: Oh, how is his team doing?

Barbara: They're doing very well. Next week, they're travelling to New York for an international tournament.

John: That's impressive.

Barbara: Well, Jacob likes playing basketball. I'm happy he's enjoying it. What are you doing today?

John: I'm not doing much. I'm meeting some friends for lunch, but, other than that, I don't have much to do today.

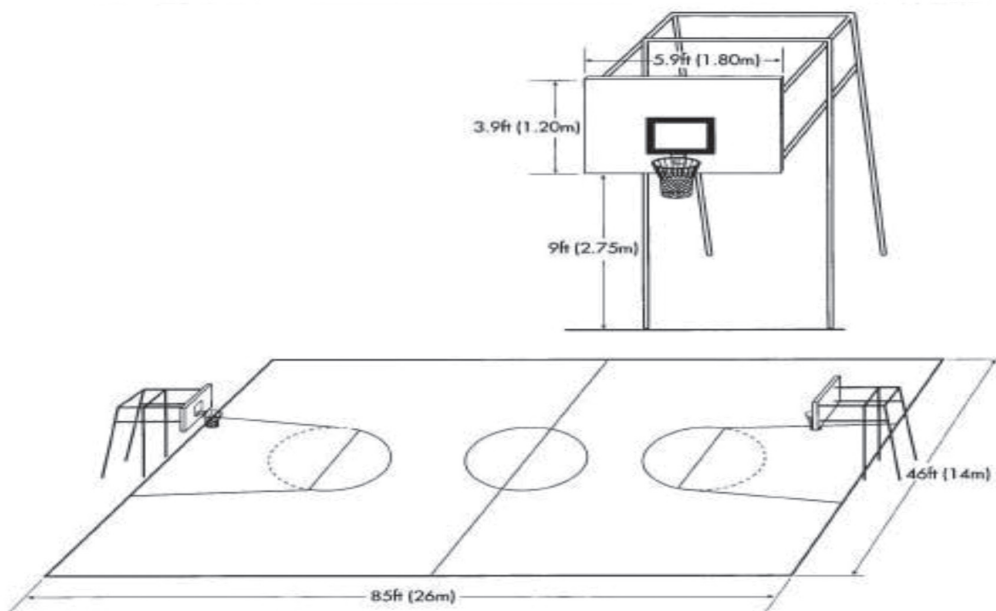
Barbara: You're so lucky!

John: No, you're the lucky one. I'd like to have so many things to do.

Millions of people, both men and women, in all parts of the world play basketball. Even more watch professional basketball on TV.

HOW THE GAME WORKS

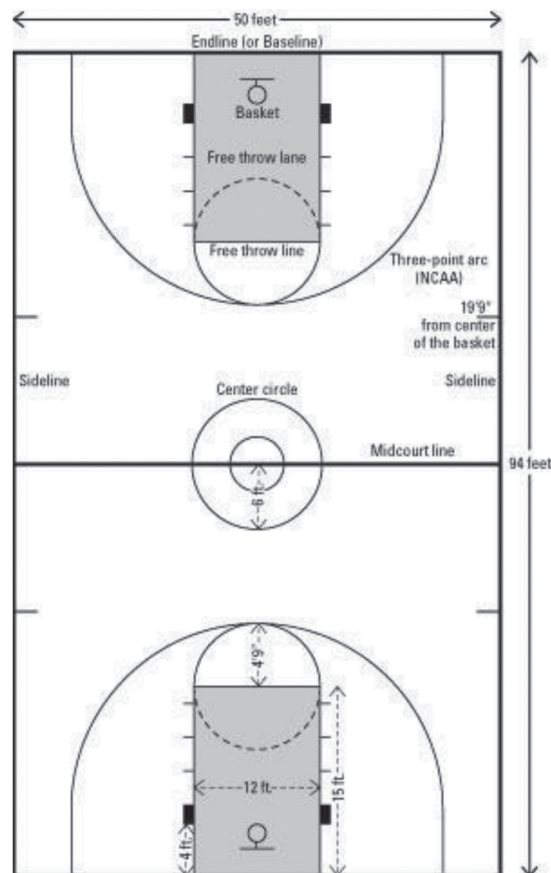
Two teams, with five players per team, play basketball on a rectangular court 28 metres long and 15 metres wide (approximately 92 ft by 49 ft) with a basket at a height of 3.05 metres (10 ft) at each end. Most indoor courts have a floor made of wood. Players score points by getting the ball through the opponents' hoop called 'the goal' or 'the basket'. The team that scores the most points wins.



A goal scored from inside the three-point line earns two, and a goal scored from outside the three-point line earns three points, and goals from free throws earn one point.



NBA games are played over four quarters of twelve minutes. Teams include twelve players, but only five can be on court at one time. Players can be substituted as often as the coach likes. Each coach has a limited number of time-outs they can call during a game, and the game clock is stopped whenever play stops. Several officials oversee each game, including three on-court referees who call fouls, and table officials who keep score, run the game and shot clocks, and keep track of fouls and substitutions.



THE GREATEST PLAYER OF ALL TIME

Michael Jordan: Born on the 17th of February 1963, he started his career in athletics by playing basketball, baseball and football. He joined the NBA's Chicago Bulls in 1984 after an outstanding career at the University of North Carolina. He won the NBA championship with the Bulls in 1991, 1992, 1993, 1996, 1997 and 1998. He also won two Olympic gold medals with U.S. basketball teams in 1984 and 1992, five MVP (Most Valuable Player) awards, the NBA Defensive Player of the Year Award in 1988. ESPN (Entertainment Sports Programming Network) named him the greatest North American athlete of the 20th century. He is one of the most important figures in the world of basketball.

EXERCISES

1. Match words from two columns to form correct expressions.

- | | |
|--------------------|------------|
| 1. backboard | a. conduct |
| 2. unsportsmanlike | b. oop |
| 3. first | c. line |
| 4. air | d. quarter |
| 5. end | e. court |
| 6. double | f. support |
| 7. alley | g. ball |
| 8. back | h. dribble |
| 9. zone | i. beater |
| 10. buzzer | j. defense |

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

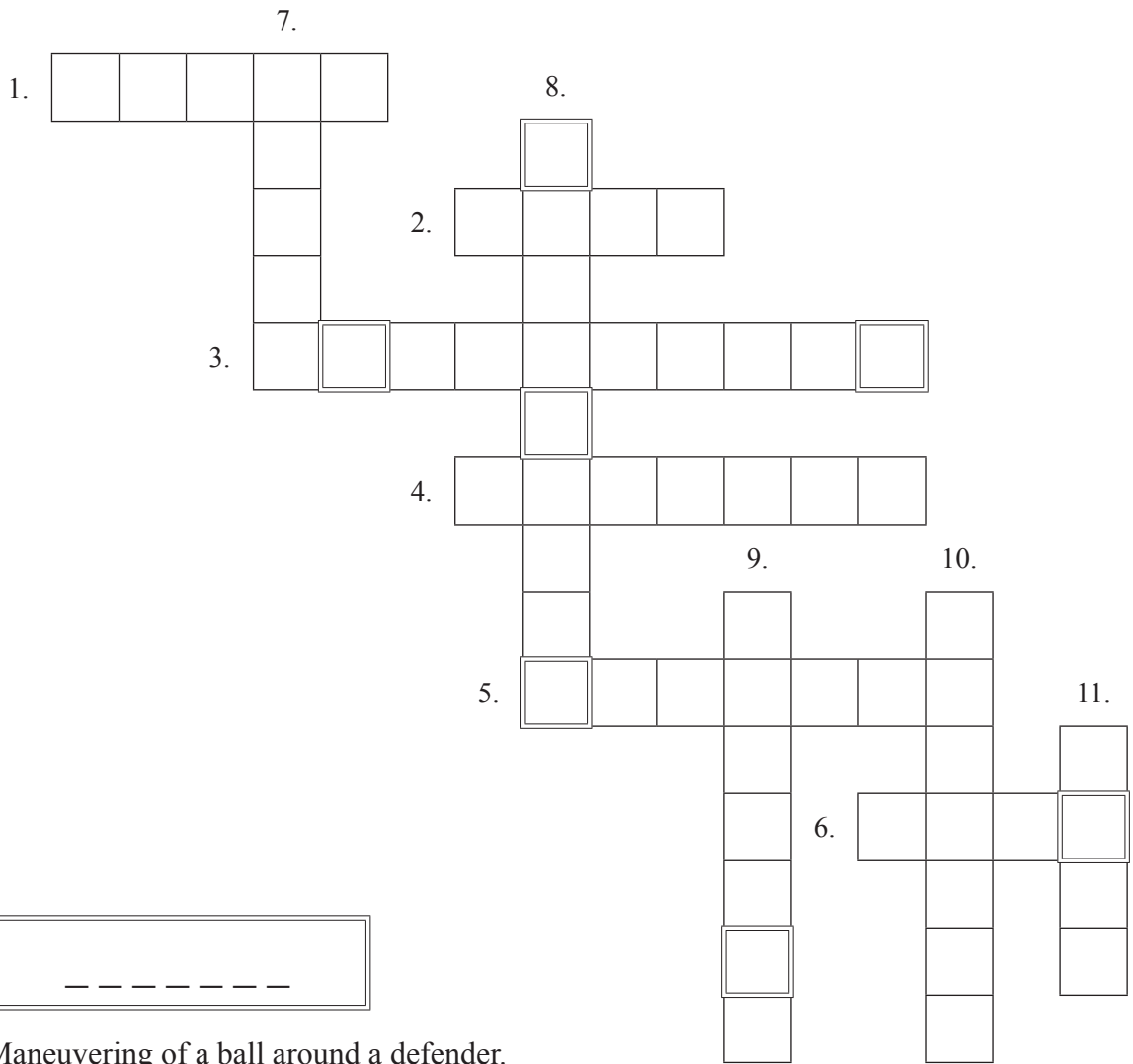
2. Find the correct words and complete the crossword. Seven marked squares make one extra basketball term.

ACROSS

1. A person who is in charge of training a team.
2. To throw a ball to a teammate.
3. An official who keeps track of the time.
4. A player who plays nearest to the opposing team's basket, and is responsible for scoring.
5. An action of preventing an opponent from scoring.
6. An act that violates the rules.

DOWN

7. A special area where a game is played.
8. A board with basket attached used to play basketball.
9. The chief official who ensures fair play.
10. The act of securing possession of the rebounding basketball after a missed shot.
11. A situation when a player intentionally falls backward to the floor after physical contact with another player.



Maneuvering of a ball around a defender.

3. Match the words with their definitions.

Jump ball, Air ball, Rebound, Travelling, Goal tending, Dribble, Double dribble, Lay-up, Alley oop, Free throw

1. _____ A play in which one player throws the ball into the vicinity of the rim and a jumping team-mate catches it and scores a basket in one motion.
2. _____ Controlling the basketball by bouncing it with either hand.
3. _____ An basketball shot from the foul line; given to penalize the other team for committing a foul.

4. _____ A basketball shot made with one hand from a position under or beside the basket.
5. _____ An official tosses the ball up between two players who jump in an effort to tap it to a teammate.
6. _____ Touching the ball when a shot is descending towards the basket or is directly above the basket.
7. _____ A violation by a player with the ball who moves both feet without dribbling.
8. _____ The act of securing possession of the rebounding basketball after a missed shot.
9. _____ A shot that missed the rim, net and backboard.
10. _____ An illegal dribble in basketball when a player uses both hands to dribble or starts to dribble a second time after coming to a stop.

Why basketball is so popular in the USA and isn't in Poland?

What do you think about polish players (Marcin Gortat, Cezary Trybański, Maciej Lampe) in NBA (National Basketball Association)? Do they really have a chance to be stars like Shaquille O'Neal, Michael Jordan or Kobe Bryant?

Do you think NBA stars should be paid such high salaries (Kevin Garnett, Boston, \$24.75; Kobe Bryant, LA Lakers, \$21.26million; Shaquille O'Neal, Phoenix, \$21million)? What are the arguments for and against?

FORMULA ONE

What do you think about F1? Do you like it?

Do you have your favourite driver? Who is it and why?

FORMULA ONE FACTS

Names: Formula One, Formula 1, F1

Type of vehicle: single seater

Place: circuits, public roads

Top speed: 360 km/h

Beginning: 1950, Silverstone, UK

First winner: Giuseppe Farina / Alfa Rom

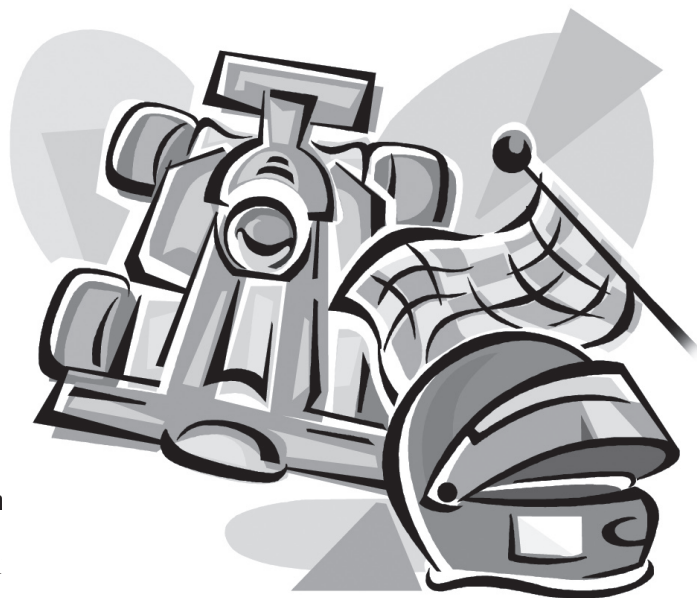
Record winner: Michael Schumacher – si

Record constructor winner: Ferrari – six consecutive championships

Number of teams: 12

Number of drivers: 24

Minimum weight of the car: 620 kg



FORMULA 1

Formula 1 event lasts a weekend, starting with three practice sessions. Each team can have two cars and three drivers. Each driver can use no more than eight engines during a season and only one gearbox for every four races. A qualifying session, which decides about the order of participants in the race, takes place after practice sessions.

Currently qualifying session is divided into three rounds. This system is called ‘knock-out’, as in every round the slowest drivers are being removed from the session and placed at adequate positions in the grid, which is set on the basis of their best lap time. Only ten best cars are qualified for the pole position.

The race starts with a warm-up lap, which helps the drivers to warm the tyres, check the condition of the car and track. At the moment cars have to use two types of tyre compounds, but both models are referred to as 'slick'.

The beginning of the race is indicated by five red lights. The winner of the race is the one who as first crosses the finish line after completing specified number of laps, usually the distance of about 305 km.

In exceptional situations, for example dangerous conditions on the road or accident, the safety car leads the race slowing down the speed. After the situation comes back to normal, cars can race again. While racing, drivers can be lapped, which means that they are doubled by the leader and finish the race 'one lap down'. They can also retire – not finish the race due to mechanical problems or accident.

During the race drivers are allowed to make pit stops to have tyres changed or the cars repaired. Driver is obliged to at least one pit stop to change tyres, but usually three pit stops are made during the race.

Usually races take place at specially prepared circuits, but sometimes the events are held on the streets, examples being Monaco, Melbourne, Valencia, Singapore.



Catalunya Circuit

FLAGS

Red flag—shown in extraordinary situations, for e.g. during accident or when the race is finished before completing specified number of laps;

Blue flag – shown to 'slow drivers', allowing leaders to double them, i.e. overtake;

Checkered flag – shown at the end of the race.



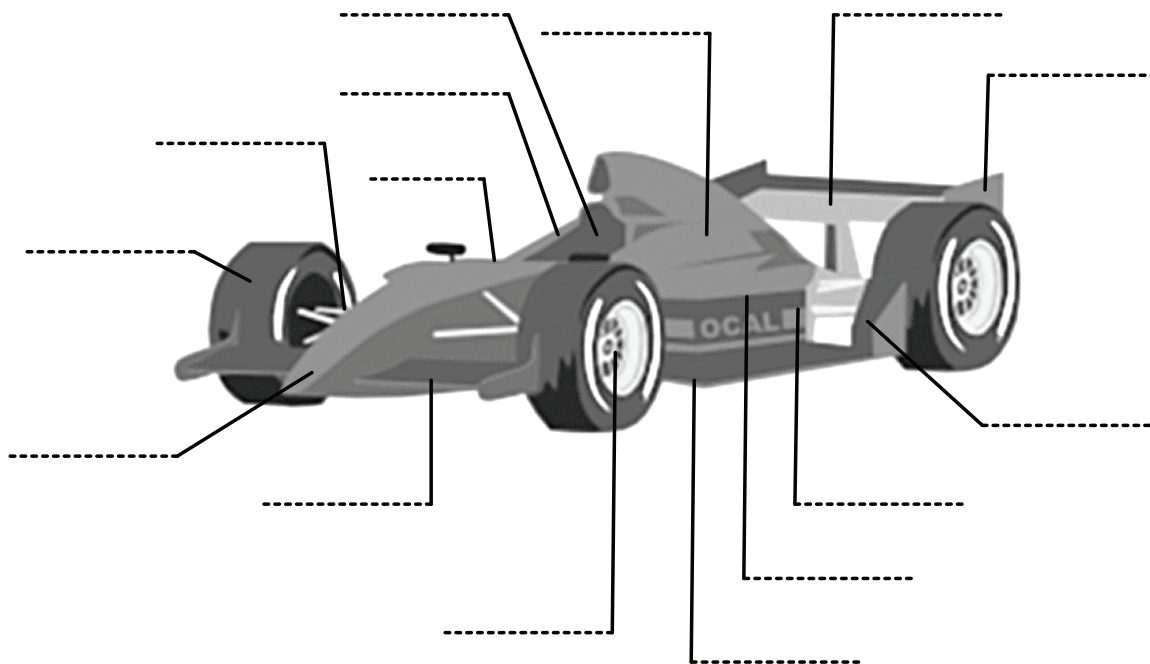
ROBERT KUBICA

The first Polish driver in F1. He began his career racing in go-karts. At the age of 22 he started his work for BMW, first as test driver, then promoted to a race driver, replacing his team mate Jacques Villeneuve. In 2007 Kubica appeared on podium after reaching third position in his third race in the Italian Grand Prix. His first victory came to him in 2008 at the Canadian Grand Prix. From 2010 Kubica is racing for Renault. He is currently holding the seventh position in the general classification.

EXERCISES

1. Write the words in the right places on the picture

open cockpit | front wing | rear wing | open wheel | winglet | engine | rear axle | front axle | gearbox | steering wheel | nose | underbody | bodywork | tyre | safety belt



2. Use the verbs and phrases in the sentences.

brake, accelerate, overtake, retire, lapped, decelerate, use the clutch, fasten seat belt

1. If you want to win the race you should other cars.
2. Robert Kubica had an engine failure during Monaco Grand Prix and had to
3. ! Can't you see the red lights?!
4. If you want to change the gear,
5. When you drive you and all the time.
6. Hamilton took over the Ferrari's test driver and him.
7. Before starting to drive always remember to

3. Chose the right answer

1. The ... are all the people working for one racing company.
 - a. group
 - b. team
 - c. friends
 - d. leaders
2. The ... are the people changing tyres or fixing the car during the race.
 - a. team
 - b. drivers
 - c. crew
 - d. workers
3. 360 km/h is the ... of the F1 car.
 - a. acceleration
 - b. engine
 - c. turn
 - d. top speed

4. ... is a place at the circuit where you should reduce the speed and make a sharp turn.
 - a. straight
 - b. hairpin
 - c. stand
 - d. racing track
5. ... is the place where the best drivers start the race.
 - a. pole position
 - b. pit stop
 - c. screen
 - d. practice session
6. 'How many ... do drivers have to cover?' 'I don't know, but the distance is about 305 km.'
 - a. turns
 - b. laps
 - c. engines
 - d. starts
7. 'How many ... do drivers have to make?' 'At least one – to change the tyres.'
 - a. breaks
 - b. practice sessions
 - c. pit stops
 - d. accelerations
8. Some races, for e.g in Monaco, take place on ...
 - a. straights
 - b. hairpins
 - c. stadiums
 - d. public roads
9. Before the race drivers have to take part in ...
 - a. racing session

- b. elimination session
- c. qualifying session
- d. start sessions

10. 'How do we call the big thing at the back of the F1 car?' 'It's a'

- a. cockpit
- b. wing
- c. winglet
- d. bonnet

4. Find 15 words connected with F1. Look at the hints below. The words can be up or down.

O	P	D	O	G	L	L	A	M	D	R	I	N	A	F
B	U	N	L	E	A	D	E	D	F	U	E	L	Q	L
D	D	R	I	V	I	N	G	G	L	O	V	E	S	O
A	K	C	O	M	R	S	C	K	T	N	E	E	P	L
C	S	R	C	H	A	S	S	I	S	P	G	A	L	L
C	U	A	W	I	C	Q	E	B	W	D	M	L	C	I
I	S	S	B	P	I	T	L	A	N	E	E	F	H	P
D	P	H	I	N	N	O	O	L	R	U	C	H	I	O
E	E	H	D	H	G	T	G	L	X	D	H	D	C	P
N	N	E	A	O	B	A	L	A	C	L	A	V	A	L
T	S	L	C	T	O	L	K	S	F	K	N	J	N	K
P	I	M	R	M	O	A	I	T	D	H	I	L	E	A
D	O	E	G	K	T	U	P	H	C	N	C	G	E	C
S	N	T	E	O	S	L	I	C	K	T	Y	R	E	B
A	R	A	C	I	N	G	O	V	E	R	A	L	L	S

1. F1 cars need this fluid to drive.
2. Part of driver's equipment to protect hands.
3. One of the most important parts of F1 car – it's 'skeleton'.
4. Special road that leads to pit stop.
5. Fireproof part of driver's equipment to protect head.
6. They have two types of compound.
7. Protective clothing of a driver.
8. A dangerous situation when cars crash.
9. System of springs and shock absorbers.
10. Hard protection of driver's head.
11. Special protection of driver's feet.
12. You need to attach it to F1 car if the minimum weight has not been achieved.
13. A person fixing cars.
14. A special place at the circuit where you have to slow down.
15. A round sign on a long pole shown to a driver in pit stop, indicating that he should keep his foot on a brake.

Do you think Robert Kubica will become another national hero like Adam Malysz?

Is F1 gaining popularity in Poland?

SUMMER OLYMPIC GAMES

What do you know about summer Olympic Games?

What is your favourite Olympic discipline?



OLYMPIC FACTS

How often? Every four years

Who organizes? The International Olympic Committee

What are the prizes? Gold, silver and bronze medals

Who is the record host country? The United States - four Summer Olympics Games

Which countries have been hosts so far? Australia, Belgium, Canada, China, Finland, France, Germany, Greece, Italy, Japan, Mexico, Netherlands, South Korea, Spain, Sweden, the Soviet Union ,The United Kingdom

When and where were the first modern Olympics held? In 1896 in Athens

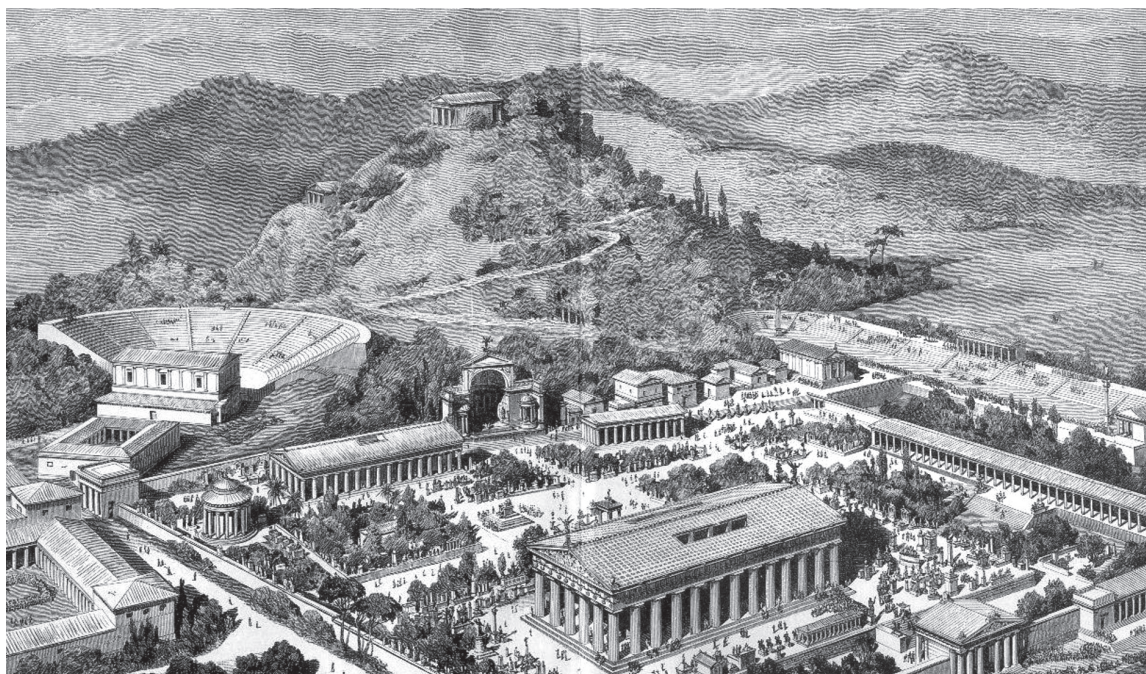
Who was the founder? Baron de Coubertin

Who took part in the I Olympic Games? Men only

Since when can women take part in the Olympics? Since the II Olympic Games in Paris in 1900

What is the official distance of the Olympic marathon? 42.195 km

HISTORY



ANCIENT OLYMPIC GAMES

The first Olympics took place in Olympia in Greece in 776 BC. During this time all the conflicts were stopped and ‘saint truce’ was heralded. Prior to starting the Olympics men were swearing honesty before the statue of Zeus. The first prize was olive garland, fame and the name of olimpionic. The oldest Olympic disciplines were short run (192.67m) and medium run (385.34m). The next were long run, wrestling, pentathlon (javelin, discus, long jump, short run and wrestling), chariot races, pankration, hoplites. The contestants, usually coming from wealthy families, were performing naked, and the only spectators could be single men. Women caught watching the games were sentenced to death.

MODERN OLYMPIC GAMES

The first modern Olympic Games were held in Athens in 1896. By the most of the sportsmen Olympics are considered the most important sporting event, with the gold medal being the most valuable trophy. One of the most influential founders of the Modern Olympic Games was baron Pierre de Coubertin.

SYMBOLS OF THE MODERN OLYMPIC GAMES

One of the best known symbols of Olympics is Olympic flag. Its colourful rings resemble continents: blue – Europe, black – Africa, red – America, yellow – Asia, green – Australia.

Another Olympic symbol is Olympic fire, carried by relay in the form of Olympic torch from the remains of the temple in Olympia to the host city, where the Olympic cauldron is being lit.



Exercises 1 and 2 present sports disciplines currently present at the summer Olympic Games.

EXERCISES

1. Match sports disciplines with the pictures.

Archery

Canoeing

Cycling

Equestrian

Fencing

Gymnastics

Handball

Sailing

Shooting

Weightlifting



2. Write missing vowels to make summer Olympics sports disciplines.

- | | |
|--------------------------|----------------------|
| a. _thl_t_cs | b. B_dm_nt_n |
| c. B_s_b_ll | d. B_sk_tb_ll |
| d. B_x_ng | e. K_y_k_ng |
| f. Cr_ck_t | g. D_v_ng |
| h. F__tb_ll | i. H_ck__ |
| j. J_d_ | k. M_d_rn p_nt_thl_n |
| l. R_w_ng | m. Sw_mm_ng |
| n. S_nchr_n_z_d sw_mm_ng | o. T_bl_t_nn_s |
| p. T__kw_nd_ | q. T_nn_s |
| r. Tr__thl_n | s. V_ll__b_ll |
| t. W_t_r p_l_ | u. Wr_stl_ng |

3. Find the correct words and complete the crossword. 12 marked squares make one extra Olympic term.

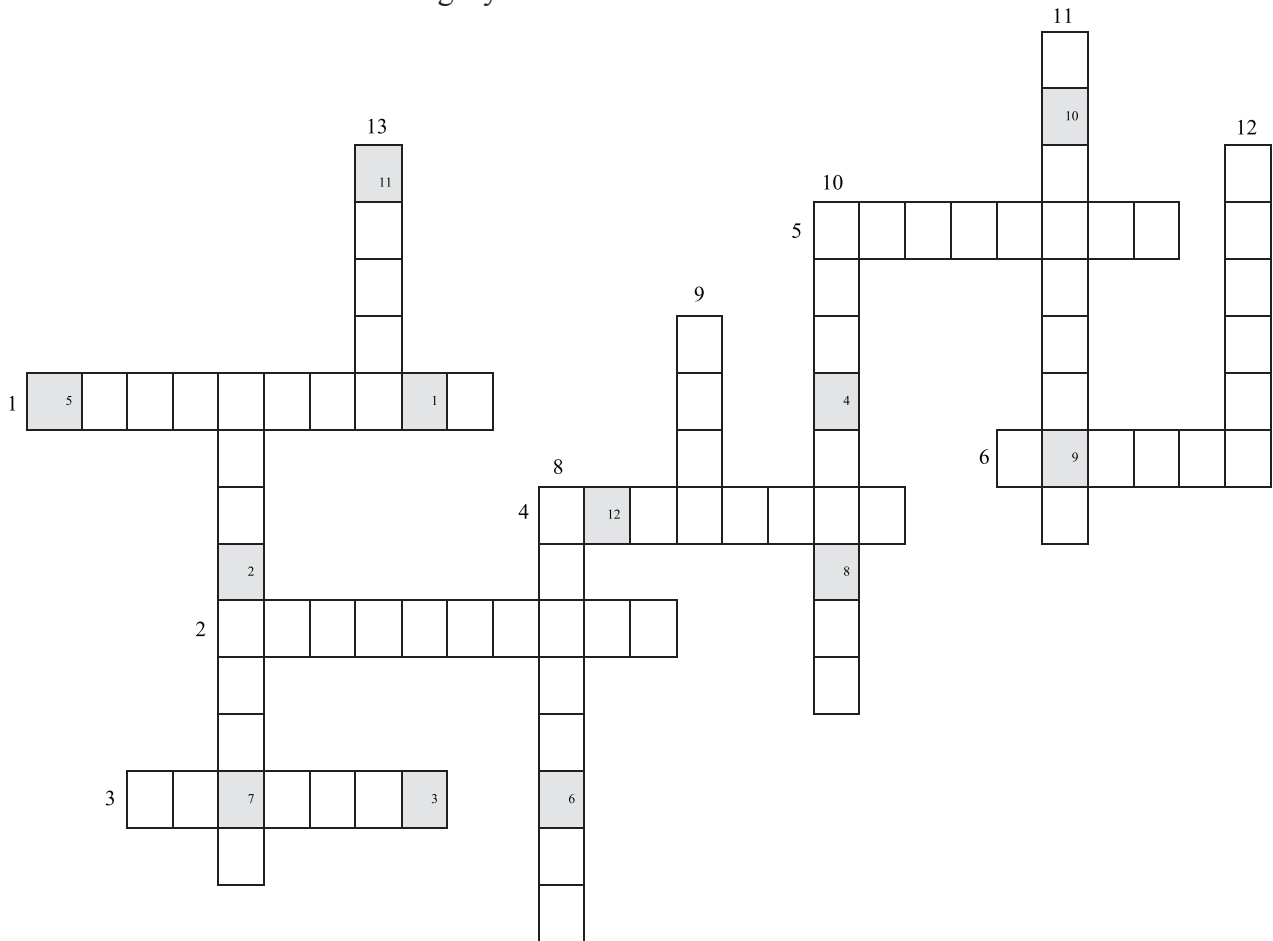
Across

1. This discipline consists of swimming, shooting, fencing, running and show jumping.
2. The art of riding a horse.
3. For this discipline you need bow and arrows.
4. For this discipline you need gun and bullets.
5. This bat-and-ball sport is especially popular in USA and Japan, and the field is called a diamond.
6. For this sport you need a boat and oars. You can compete for e.g. in coxless pairs or coxed fours.

Down

7. This is a collective sport referring to running (relay, hurdles, cross-country), jumping (long jump, high jump), throwing (discus, javelin) or walking (race walking).
8. Crawl, breaststroke, backstroke, butterfly, freestyle or synchronized.
9. One of modern Japanese martial arts.

10. Racquet sport with shuttlecock and a net.
11. Swimming, cycling and running.
12. A sport where you fall into the water from a platform. Can be synchronized.
13. One of the swimming styles



1	2	3	4	5	6	7	8	9	10	11	12

What do you think a sportsman may feel standing on a podium hearing the national anthem?

What does hosting the Olympic Games mean for a country or region?

What do you think about such sports as football, basketball or tennis present at the Olympics?

WINTER OLYMPIC GAMES

Do you prefer winter or summer Olympic Games? Why?

Do you have your favourite winter Olympics sports discipline?

OLYMPIC FACTS

How often? Every four years

When and where did they start? In 1924 in Chamonix

Which continents have been hosts so far? North America, Europe, Asia

Who is the record host country? The USA – four times

Which Olympic Games were first broadcast in colour? 1968, in Grenoble

When were the first anti-doping tests carried out? In 1968

When was it decided to alternate summer and winter Olympics every two years? In 1986

What are the official winter Olympics disciplines?

Alpine skiing, downhill, super giant slalom, giant slalom, slalom, Alpine combined, biathlon, the sprint, the individual, the pursuit, the relay, the mass start, bobsled, four-man race, two-man race, two-woman race, cross-country skiing, men's sprint, team sprint, women's sprint, curling, figure skating, men's and women's singles, pairs, ice dancing, freestyle skiing, men's and women's moguls, aerials, skicross, ice hockey, luge, Nordic combined, short track speed skating, skeleton, ski jumping, men's individual large hill, individual small hill, team large hill, snowboarding, men's and women's parallel giant slalom, half-pipe, snowboard cross, speed skating



HISTORY

The first ‘Olympics’ took place in Chamonix in 1923 under the name of International Winter Sports Week. Only a year later the event, officially opened by Gaston Vidal, received the name of Winter Olympic Games. About 260 sportsmen competed in the first Olympics, including Polish team. Only seven sports disciplines were present at the event: bobsled, curling, figure skating, ice hockey, biathlon, skiing, speed skating. So far Poland has won 14 medals in winter Olympic Games, including two gold ones for Justyna Kowalczyk and one for Wojciech Fortuna.

EXERCISES

1. Write the disciplines under the right category. Some of the words may be used twice.

moguls, half-pipe, team large hill, aerials, ice dancing, bobsled, speed skating, curling, cross-country skiing, team sprint, the relay, the mass start, men’s singles, snowboard cross

Skiing	Skating	Snowboarding	Team sport

2. Match the words with their definitions.

luge, Alpine skiing, Nordic combined, skeleton, moguls, cross-country skiing, bobsled, biathlon

- a. – combination of cross-country skiing and shooting
- b. – skiing down a slope with equipment with fixed-heel bindings
- c. – ‘running’ on relatively flat surface using skis and poles
- d. – combination of cross-country skiing and ski jumping
- e. – freestyle skiing where contestants try to pass different bumps
- f. – individual ride on a small sledge sliding on a frozen track face down
- g. – sliding in groups of two or four along a frozen track in an aerodynamic sledge
- h. – sliding individually or in groups of two face up and feet-first

3. Match the words to make full terms

- | | |
|--------------------|---------------|
| a. Alpine | skiing |
| b. Figure | dancing |
| c. Super giant | combined |
| d. Ice | speed skating |
| e. Ski | skating |
| f. Snowboard | jumping |
| g. Cross - country | slalom |
| h. Freestyle | hockey |
| i. Short track | skiing |
| j. Ice | cross |

4. Match sports disciplines with the pictures.

Speed skating

Figure skating

Alpine Skiing

Curling

Hockey

Biathlon

Bobsled

Skeleton

Ski jumping

Snowboarding



What do you think about sportsmen using drugs on the Olympics?

Should Olympic games be only for amateur sportsmen?

Are there any disciplines where a sportsmen cannot become professional?

Do you think Poland would be a good host for either winter or summer Olympic Games?

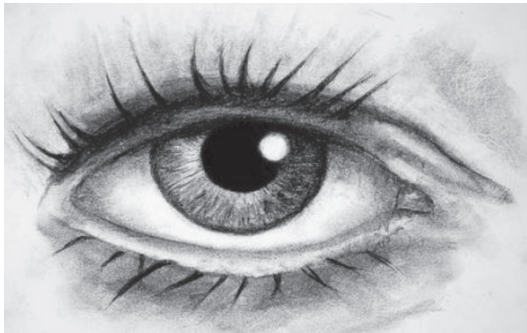
PARTS OF THE BODY

HEAD AND FACE

Face

- eye
- nose
- ear
- mouth
- lip

- forehead
- temple
- cheek
- chin
- neck



Hairiness

- hair
- beard
- moustache
- sideburns

Eye

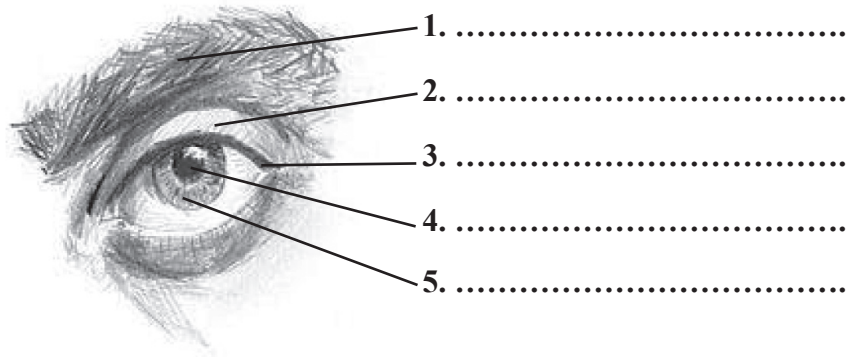
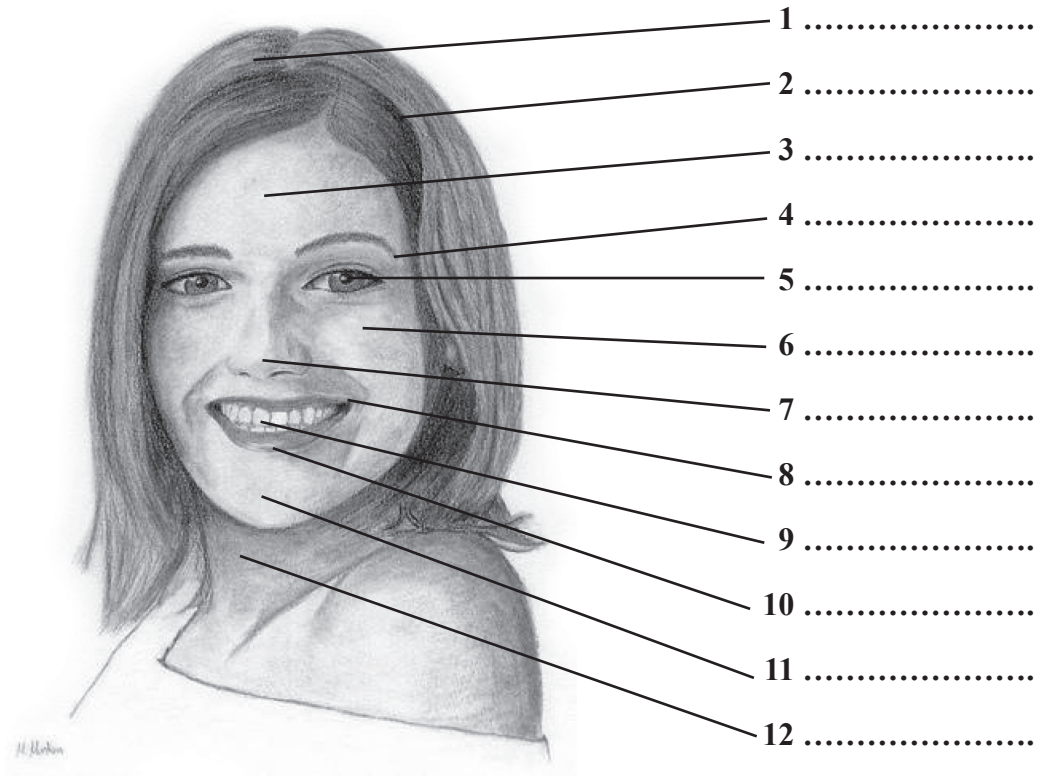
- eyebrow
- eyelash
- eyelid
- pupil
- iris

Mouth cavity

- palate
- tongue
- throat
- jaw
- gum
- tooth
- teeth

Head And Face

1. Label the pictures.



2. Unscramble the letters to write words connected with head and face.

a. totoh

e. iisr

b. eabdr

f. omsuathe

c. mug

g. brusdeisn

d. aaplet

h. gotune

TRUNK, ARMS, AND LEGS

Trunk – upper part

- back
- chest
- breasts
- belly
- waist
- navel

Trunk – lower part

- hips
- buttocks
- perineum
- groin
- genitals

Foot

- heel
- instep
- toe

Arm

- shoulder
- armpit
- elbow
- forearm

Hand

- wrist
- finger
- thumb
- nail

Leg

- thigh
- knee
- shin
- calf
- ankle

index finger

nail

thumb



middle finger

ring finger

little finger

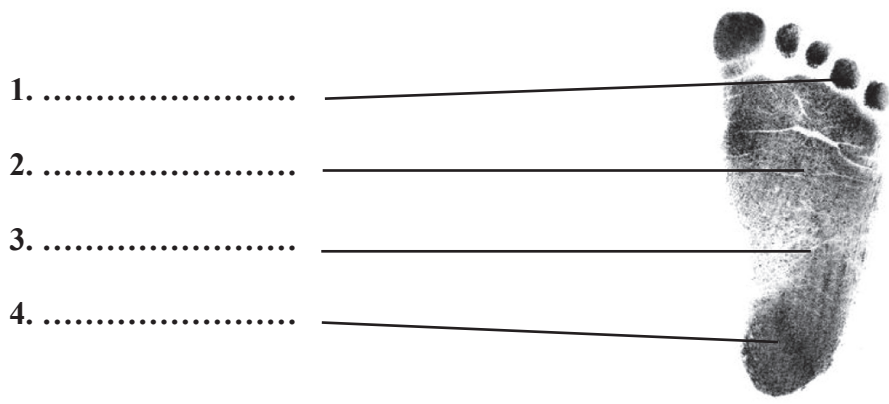
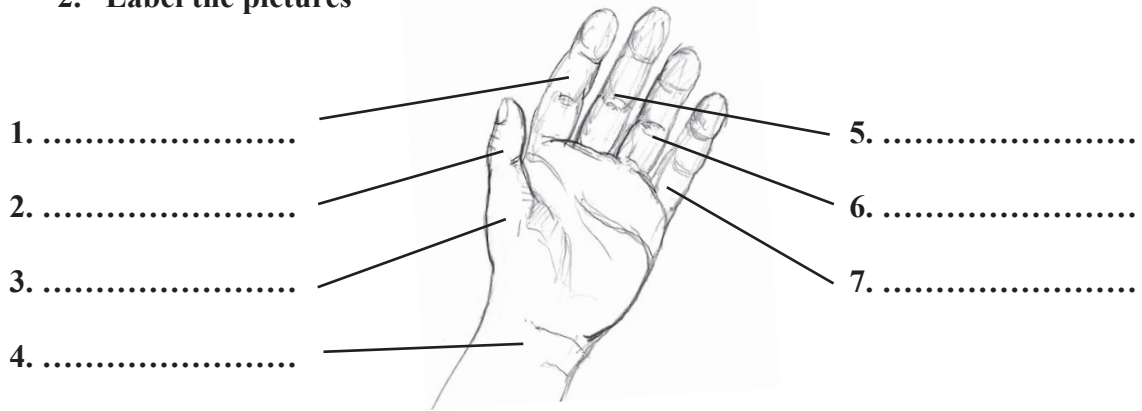
wrist

EXERCISES

1. Complete the sentences.

1. Children sit on their dad's
2. You can pierce your ears but also your and
3. If you go down the stairs carelessly, you can easily twist your
4. Friends who haven't seen each other for ages, often fall into their
5. Runners and swimmers must have very strong legs with muscular and
6. People wear belts on their
7. If you wish someone luck, you often keep your crossed.
8. If you are happy with something or agree with someone and want to say OK without speaking, you can use your

2. Label the pictures



INTERNAL ORGANS AND SKELETON

Internal organs

- brain
- heart
- lungs
- bronchial tubes

- stomach
- intestines
- liver

- pancreas

- kidney
- urethra

- ovaries
- vagina
- testicles
- penis

- vein
- artery

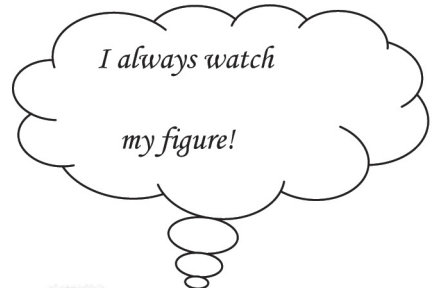
- nerves
- muscles
- fatty tissue

Skeleton

- skull
- sternum
- ribs
- spine

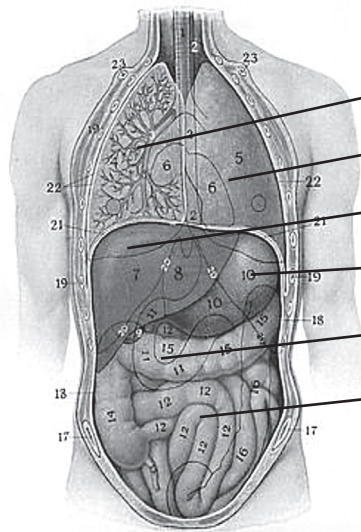
- collarbone
- shoulder blades
- pelvis

- bone
- joint
- tendon

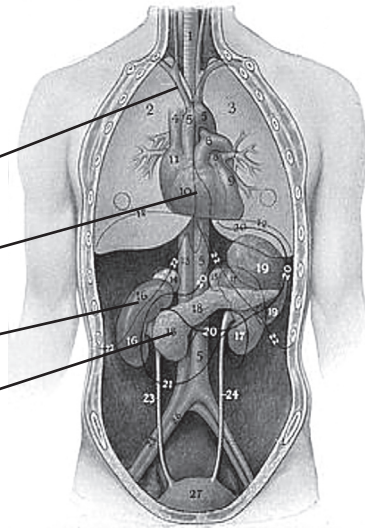


EXERCISES

1. Label the diagram with internal organs.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

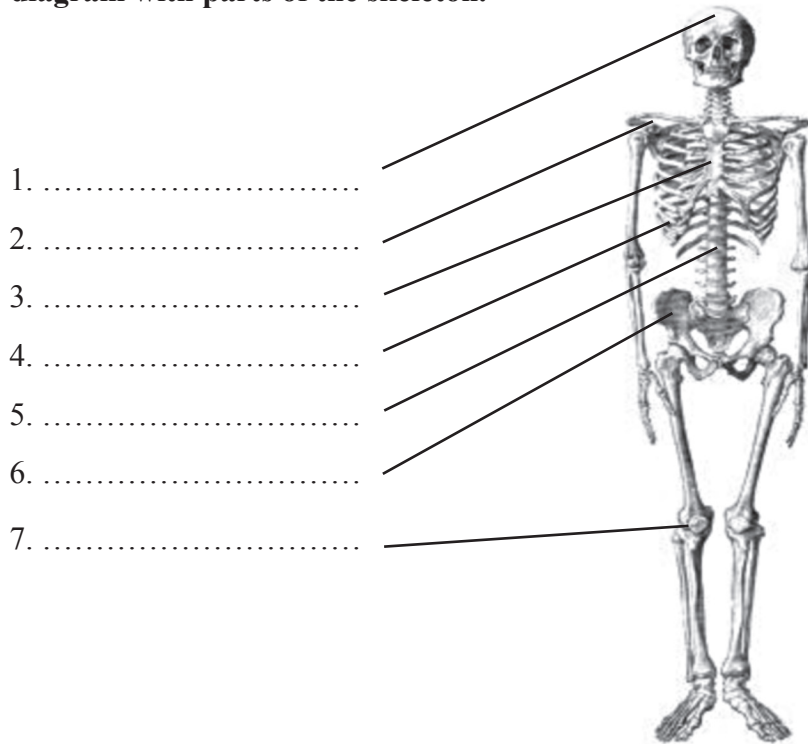


- 7.
- 8.
- 9.
- 10.

2. Use different types of internal organs to complete the sentences.

- a. you need this organ to breathe.
- b. they carry the blood to your heart from the rest of the body.
- c. it controls what you think and do.
- d. it processes and stores food.
- e. it is an organ in which food is changed into liquid.
- f. they get rid of waste liquid and filter the blood.
- g. it pumps the blood around the whole body.
- h. they carry the blood to your heart from the rest of the body.

3. Label the diagram with parts of the skeleton.



4. Complete the sentences with the correct word.

1. He had a car accident and broke his two

 - a. joints
 - b. ribs
 - c. tendons

2. She suffers from osteoporosis and breaks her very often.

 - a. tendons
 - b. joints
 - c. bones

3. My grandfather has some problems with his He can't lift any heavy things.

 - a. skull
 - b. spine
 - c. collarbone

SYSTEMS AND TISSUE

Digestive system

spleen

appendix

liver

stomach

pancreas

Excretory system

small intestine

large intestine

duodenum

urethra

bladder

colon

kidney

fascicular zone

Respiratory system

lungs

bronchial tubes

diaphragm

Reproductive system

ovary

uterus

testicles

Immune system

blood

leukocyte

thrombocyte

erythrocyte

Tissue

epithelial tissue

connective tissue

muscular tissue

nerve tissue

fatty/adipose tissue

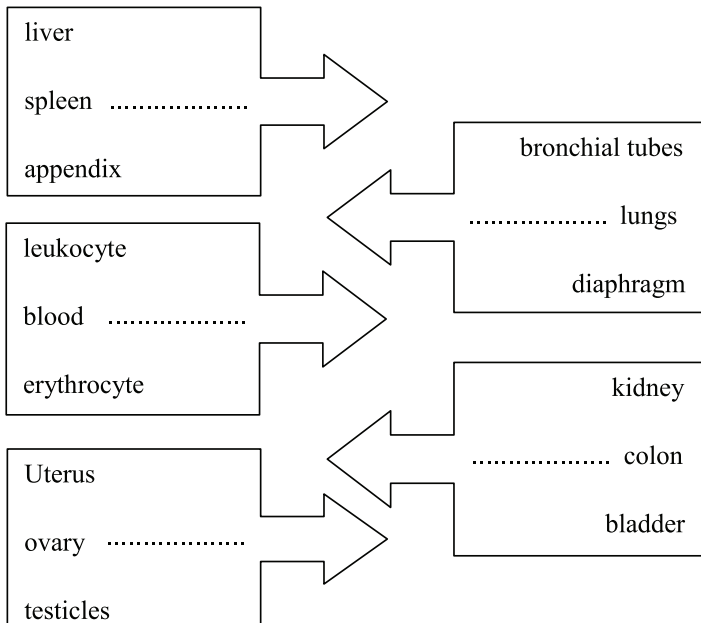
EXERCISES

1. Match the type of system with the correct definition

- a. immune system
- b. digestive system
- c. reproductive system
- d. respiratory system
- e. excretory system

1. It's a system connected with the treatment of food. Its function is to break down food into smaller parts which are then absorbed to your body to build and nourish cells as well as provide energy.
2. It's a system connected with breathing. Its function is to take oxygen into the lungs and breathe out carbon dioxide and a small amount of oxygen.
3. It's a system which is like a community or team. It is your body's defence mechanism against illness.
4. It's a system responsible for removing wastes, i.e. dangerous or unnecessary materials produced by the body, in order to remain healthy.
5. It's a system of organs within body which makes life possible and is responsible for the process of reproduction.

2. Write the type of system in the correct group of organs.



3. Unscramble the letters to form the correct tissue.

- a. eervn sstuie
- b. lailehtipe sstuie
- c. arluuscm sstuie
- d. nneccoitv sstuie
- e. yttaf sstuie

4. Complete the words with the missing vowels to form the name of tissue. Translate them into Polish.

- a. f _ tt _ t _ ss _ _
- b. _ p _ th _ l _ _ l t _ ss _ _
- c. m _ sc _ l _ r t _ ss _ _
- d. n _ rv _ t _ ss _ _
- e. c _ nn _ ct _ v _ t _ ss _ _

DISEASES

What kind of diseases do you know?

Which ones have you suffered from?

What are the symptoms?

Be careful!

The word **illness** and **disease** are very often used in the same way and are equally common in spoken English but:

- **illness** is really the state, or length of time, of being unwell (usually caused by some disease)

e.g. She died after a long illness.

- **diseases** have medical names, are related to parts of the body, and can be caught, carried and passed on if they are infectious

e.g. He suffers from Alzheimer disease.

Adopted from Longman Dictionary of Contemporary English.

Practice.

1. What infectious has your daughter suffered from so far?
2. My grandfather died after a very long
3. When you have problems with rational thinking, it's anof the mind.
4. Lung cancer is a very serious Many people die because of smoking every year.
5. Mumps is an infectious which makes your neck swell and painful.
6. Chicken pox is one of many infectious
7. Fortunately, a cold is not a very serious It usually stops after a few days.
8. After a short my sister came back to work. It turned out that it was nothing serious.

AILMENTS AND DISEASES

Ailments

cough

runny nose

sneeze

fever

shivers

sore throat

hey fever

rash

dizziness

breathing difficulty

nausea

vomit

to catch a cold

to treat

Diseases

infectious disease

infection

flu

indigestion

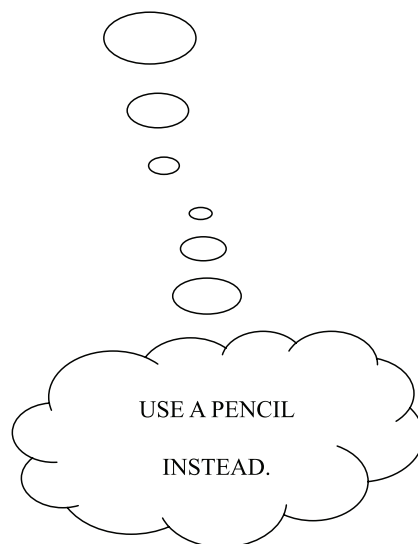
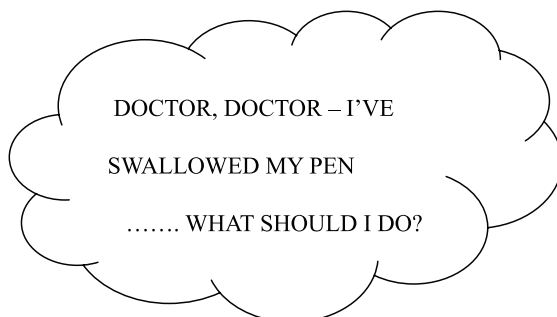
diarrhea

food poisoning

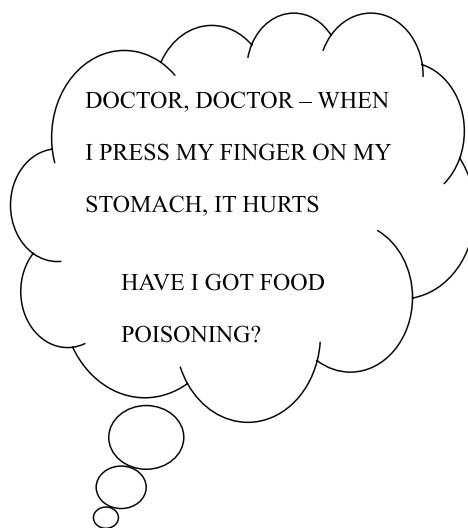
insomnia

inflammation

chicken pox



pneumonia
bronchitis
hepatitis
epidemic
asthma
cancer
jaundice
measles
mumps
tuberculosis
sunstroke
seasickness
mental disorder
amnesia
heart attack
coronary
stroke



EXERCISES

1. Put these health problems in the correct column: not serious, more serious or very serious. Add your own examples to each column.

cancer toothache flu food poisoning asthma insomnia stroke
 a cold bronchitis indigestion headache tuberculosis heart attack

Not serious	More serious	Very serious
.....
.....
.....
.....
.....
.....
.....
.....

2. Put the illnesses in the correct category: infectious or non-infectious. Add your own examples to each column.

cancer chicken pox flu food poisoning measles insomnia stroke
 hepatitis bronchitis indigestion mumps tuberculosis heart attack

15. fever, weakness, etc. caused by being outside in the sun for too long
16. an illness of the mind
17. the medical condition of not being able to remember anything
18. an infectious disease which causes a slight fever and spots on your skin
19. a sudden serious medical condition in which someone's heart stops working, causing great pain
20. an occasion when a blood tube in your brain suddenly bursts or is blocked

- a) Pneumonia
- b) mumps
- c) heart attack
- d) flu
- e) indigestion
- f) measles
- g) insomnia
- h) cancer
- i) sunstroke
- j) amnesia
- k) asthma
- l) bronchitis
- m) food poisoning
- n) stroke
- o) inflammation
- p) chicken pox
- q) jaundice
- r) tuberculosis
- s) seasickness
- t) mental disorder

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
11.	12.	13.	14.	15.	16.	17.	18.	19.	20.

4. Choose the correct alternative.

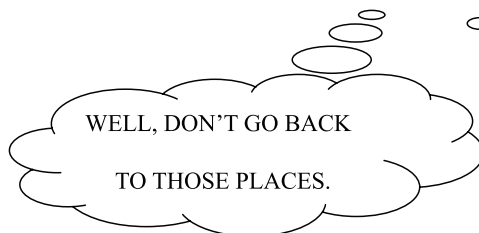
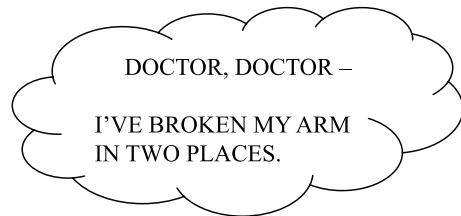
1. Food poisoning is a painful stomach illness caused by eating food that contains harmful
 - a. bacteria
 - b. virus
 - c. carbohydrates
2. Mental disorder is an illness of the
 - a. heart
 - b. mind
 - c. stomach
3. A medical condition in which eyes and skin become yellow is called
 - a. inflammation
 - b. hepatitis
 - c. jaundice
4. Slight fever and small red spots on your body and face are all symptoms of
 - a. pneumonia
 - b. tuberculosis
 - c. measles
5. Pneumonia is a serious disease of the
 - a. stomach
 - b. lungs
 - c. eyes
6. When your stomach cannot deal with food that you have eaten, it means that you have
 - a. jaundice
 - b. seasickness
 - c. indigestion
7. When a blood tube in your..... suddenly bursts or is blocked, it means that you have a stroke.
 - a. heart
 - b. brain
 - c. lungs

8. Insomnia is the condition when you cannot
 - a. sleep
 - b. breathe
 - c. eat
9. An illness that causes difficulty in breathing is called
 - a. bronchitis
 - b. asthma
 - c. flu
10. The condition when you don't remember anything is called
 - a. amnesia
 - b. pneumonia
 - c. insomnia

ACHE, INJURY, MEDICATION, DRESSING

Ache

- earache
- stomachache
- headache
- toothache
- backache
- have pain in



Injury/wound

injury

wound

bleeding

burn

bite

bruise

scratch

broken

swollen

swollen tonsils

sprained

sprain one's ankle

sprain one's wrist

sting

twist one's ankle

twisted ankle

cramp

Dressing

cotton wool

swab

disinfectant

Medication

tablet

gauze

sedative

bandage

painkiller

adhesive plaster

antibiotic

plaster cast

vitamins

needle

eye drops

syringe

syrup

ointment

EXERCISES

1. Complete the words with the missing vowels. Use your vocabulary to help you.

cold	disease	ache
1. s _ r _ thr _ _ t 2. h _ _ f _ v _ r 3. r _ sh 4. d _ zz _ n _ ss 5. c _ _ gh 6. r _ nn _ n _ s _ 7. sn _ _ z _ 8. f _ v _ r 9. sh _ v _ rs 10. n _ _ s _ _	1. _ nd _ g _ st _ _ n 2. m _ _ sl _ s 3. _ ns _ mn _ _ 4. c _ nc _ r 5. s _ nstr _ k _ 6. _ mn _ s _ _ 7. _ sthm _ 8. br _ nch _ t _ s 9. t _ b _ rc _ l _ s _ s 10. s _ _ s _ ckn _ ss	1. _ _ r _ ch _ 2. st _ m _ ch _ ch _ 3. h _ _ d _ ch _ 4. t _ _ th _ ch _ 5. b _ ck _ ch _
injury	medication	dressing
1. w _ _ nd 2. bl _ _ d _ ng 3. b _ rn 4. b _ t _ 5. scr _ tch 6. sw _ ll _ n 7. br _ _ s _ 8. cr _ mp 9. st _ ng 10. br _ k _ n	1. _ nt _ b _ _ t _ c 2. _ _ _ dr _ ps 3. _ _ ntm _ nt 4. p _ _ n k _ ll _ r 5. s _ d _ t _ v _ 6. t _ bl _ t 7. s _ r _ p 8. v _ t _ m _ ns	1. g _ _ z _ 2. n _ _ dl _ 3. d _ s _ nf _ ct _ nt 4. c _ tt _ n w _ _ l 5. sw _ b 6. s _ r _ ng _ 7. b _ nd _ g _ 8. pl _ st _ r _ c _ st

2. Match these suggestions with the correct symptoms, diseases, injuries, etc.

1. Take an aspirin. -.....
2. Sleep on a hard bed -
3. Go to the dentist. -
4. Put cotton wool in your ears.-
5. Put some ice on your forehead.-.....
6. Take a cough sweet. -
7. Keep a bucket near you. -
8. Put some anti mosquito ointment on your skin. -
9. Keep a lot of tissues near you. -
10. Take some magnesium. -

3. Complete the dialogues.

Dialogue 1

- A. Are you ok.?
B. No, I have got a terrible
- A. Would you like an aspirin?
B. Yes, thank you.

Dialogue 2

- A. I.....
- B. Should I call a doctor?
A. Yes, I think so.

Dialogue 3

- A. What's wrong?
B. I have a
- A. In that case you should definitely go to the dentist.
B. Yes, I think I will.

Dialogue 4

- A. Have you got a?
- B. Yes. I feel hot, my nose is red and I have a headache.
- A. I think you should have a hot drink and go to bed early.

4. Make collocations by matching a word from A with a word from B.

A	B
1. heart	a. nose
2. sore	b. cancer
3. chicken	c. poisoning
4. food	d. pox
5. swollen	e. attack
6. twisted	f. temperature
7. runny	g. ankle
8. lung	h. throat
9. high	i. tonsils
10. painful	j. stomach

5. Complete the table using these words and phrases. Add your own examples to each column.

a high temperature	a broken leg	flu	rash	runny nose	a cold
scratch	insomnia	food poisoning	bruise	bite	swollen tonsils
a pain in my chest	earache	sunstroke	stomachache	indigestion	

illness	injury	symptom
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

6. Complete the sentences with an appropriate word. The first letters are already given.

cancer sore throat backache heart attack sneezes
sprained runny nose asthma hay fever chest dizzy

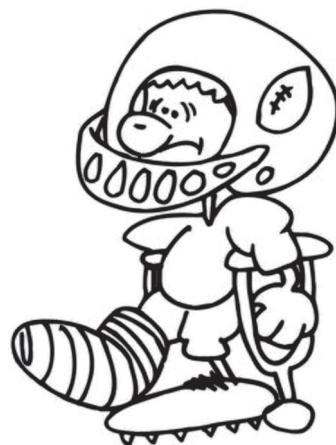
- a) Peter has got a terrible He can't lift heavy boxes.
- b) kills many people who smoke cigarettes.
- c) I can't play football, I've my ankle.
- d) John had a He is in hospital.
- e) I have a terrible pain in my I can't breathe.
- f) My younger brother sometimes has some difficulty in breathing. He suffers from
- g) If you have a really bad....., you should try sucking a cough sweet.
- h) My sister always gets in spring because of flowers and grass. She all the time.
- i) I feel I think I should sit down, otherwise I'm going to fall down.
- j) I really need a lot of tissues. I have a

SPORTS INJURIES

What is a sport injury? Can you name any?

Have you ever had one? What type?

Sports injuries usually happen to athletes taking part in different types of sporting events. Frequently they are a result of excessive use of a particular part of a body or unexpected strong contact with something. Injuries happen very often in the world of professional sports.



We can divide sports injuries into two main categories: traumatic and overuse. **Traumatic injuries**, also known as acute sports injuries, usually appear in contact sports such as basketball or football and they may result in muscle strains, bone fractures, bruises, swelling, dislocations, etc. **Overuse** or chronic **injuries** occur when one part of the body is used more than it should be or in an inadequate way. An example of overuse injury can be tennis elbow.

Injuries may also happen because of improper warming up, poor training or faulty equipment. Standard procedure to treat an injury is RICE, which stands for Rest, Ice, Compression and Elevation.

FRACTURES, RUPTURES, SPRAINS AND STRAINS

The injuries which seem to happen the most frequently in the world of sport are fractures, ruptures, sprains and strains. **Fracture** means a process of breaking a bone. **Rupture** refers to tearing a tissue. **Sprain** is a stretch or tear of a ligament, tissues that joins the end of one bone with another. **Strain** is a twist, pull, or tear of a muscle or tendon, tissue connecting muscle to bone.



EXERCISES

1. Write missing vowels and provide Polish translation.

- a. br__s_ -
- b. sw_ll_ng -
- c. fr_ct_r_ -
- d. d_spl_c_d fr_ct_r_ -
- e. br__n c_nc_ss__n -
- f. _p_n fr_ct_r_ -
- g. m_scl_str__n -
- h. spr__n d__nkl_ -
- i. d_sl_c_t_d sh__ld_r -
- j. _br_s__n -
- k. t_nd_n r_pt_r_ -

2. Write *fracture, rupture, sprain or strain*.

- a. ankle /
- b. medial ligament
- c. Achilles
- d. of Achilles
- e. calf
- f. hamstring
- g. tight
- h. of rectus femoris muscle
- i. groin
- j. of the femur
- k. iliolumbar ligament
- l. of the clavicle
- m. of the triceps tendon
- n. metacarpal
- o. thumb
- p. of the ribs

3. Place injuries under the right category.

Achilles bursitis, Acute Achilles tendinitis, Arthritis, Asthma, Blisters, Bruised heel (Fat pad contusion), Bunions, Cramp, Cyst, Deep vein thrombosis, Dislocated shoulder, Dislocation of the carpal bones, Fracture of the neck of the humerus, Ganglion, Heel spur, Hernia, Hip bursitis, Inflammation of hamstring tendons, Inflammation of the biceps tendon, Lordosis, Metatarsal fracture, Osteoporosis, Patella dislocation, Periostitis, Rupture of quadriceps muscles, Sciatica, Scoliosis, Winged scapula,



Foot	Leg	Back	Arm	Other

4. Chose the best answer.

1. You have pain in your back. You suffer from
 - a. tennis elbow
 - b. brain concussion
 - c. osteoporosis
 - d. sciatica

2. Where did you get that ... ? It looks horrible – blue and green!
 - a. Sprain
 - b. bruise
 - c. scoliosis
 - d. fracture

3. Don't worry, it's nothing serious. It's just a(n)
 - a. Achilles bursitis
 - b. asthma
 - c. abrasion
 - d. hernia

4. 'Why are you limping?' 'I have a(n)
 - a. Achilles strain
 - b. osteoporosis
 - c. cyst
 - d. swelling

5. Those shoes are too small. You'll have
 - a. hip bursitis
 - b. blisters
 - c. tendon rupture
 - d. lordosis

6. Oh! My calf hurts so much! It's ... again!
 - a. cramp
 - b. dislocated shoulder
 - c. groin strain
 - d. heel spur
7. When I was snowboarding I fell and I broke some bones in my hand. My doctor said that I have a
 - a. fracture of the femur
 - b. fracture of the ribs
 - c. metacarpal fracture
 - d. metatarsal fracture
8. Don't lift those heavy weights! You might get
 - a. Bunions
 - b. Periostitis
 - c. Hernia
 - d. winged scapula
9. Jane had a bike accident and broke her leg, but she needed to have an operation because it was a
 - a. open fracture
 - b. bruised heel
 - c. osteoporosis
 - d. tight strain
10. You are coughing all the time. You should go to the doctor and check if you don't have a(n)
 - a. arthritis
 - b. cyst
 - c. fracture
 - d. asthma

5. Find 10 words connected with injuries. Look at the hints below.

A	N	E	C	K	B	R	A	C	E
B	P	L	A	S	T	E	R	B	M
U	K	I	S	M	T	O	O	A	A
C	R	U	T	C	H	E	S	N	S
J	K	T	R	N	V	K	L	D	S
D	H	I	O	B	F	P	I	A	A
T	R	A	C	T	I	O	N	G	G
S	Z	A	D	H	X	Q	G	E	E
Y	S	T	I	T	C	H	E	S	J
W	H	E	E	L	C	H	A	I	R

1. You have to wear it if you have problems with your neck.
2. A special tape which is put around broken bones. After contact with water it gets hard. Or a white powder which creates solid forms after contact with water.
3. You have to use them when you have problems with walking.
4. It is used for displaced fractures, usually over hospital beds.
5. Surgeons put them after operation on large cut wounds.
6. You use this vehicle when you can't walk.
7. Bandage with a firm cover, often plaster, to immobilize broken bones.
8. A piece of material, usually of triangular shape, supporting broken arm.
9. A piece of material which is put around wounds.
10. An act of, for example rubbing or pressing muscles to relieve pain or to relax.

What do you think about letting sportsmen play with injuries after giving them strong painkillers? Think about team sports such as football or basketball.

What is the most dangerous sport?

What, if any, compensation should sportsmen get after being seriously injured during training or game?



HEALTHY LIFESTYLE

What should people do to lead a healthy lifestyle?

What do you think is a good diet?

How to avoid stress?



QUIZ

1. How often do you eat fruit and vegetables?

A never B sometimes C always

2. How often do you eat sweets?

A never B sometimes C always

3. How often do you drink fizzy drinks?

A never B sometimes C always

4. How often do you play sports?

A never B sometimes C always

5. How often do you watch TV?

A never B sometimes C always

6. How often do you sleep 8 -10 hours at night?

A never B sometimes C always

7. How often do you think about your healthy lifestyle?

A never B sometimes C always

Scores:

1. A 2 B 4 C 6

2. A 6 B 4 C 2

3. A 2 B 4 C 6

4. A 6 B 4 C 2

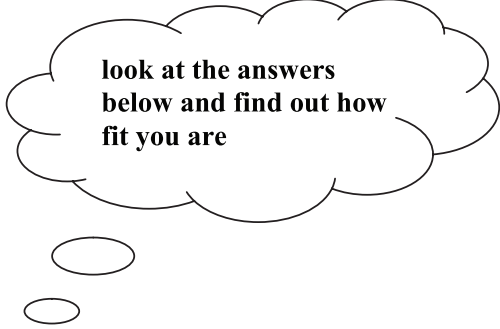
5. A 6 B 4 C 2

6. A 2 B 4 C 6

7. A 2 B 4 C 6



What is your total score? _____



look at the answers
below and find out how
fit you are

28 – 42

You definitely lead a healthy lifestyle.
Keep on like this.
Well done!

14 - 28

Not bad but you should be careful.
Try to do more exercise
and eat more healthily.

0 - 14

Oh dear!
You should certainly do more exercise
and change your diet.

HEALTHY LIFESTYLE - WHAT DOES IT MEAN?

What is the best recipe to keep fit and healthy?

The only thing is to follow some simple and practical steps. Here they are:

STEP 1 - TAKE SOME EXERCISE

One of the most important things to stay healthy is taking regular exercise. The more you do, the healthier you are. People who exercise regularly feel better and live longer. That is why, we should spend at least half an hour daily jogging, playing tennis or walking. Even making small changes and adding simple activities such as chores or gardening can make a huge difference. Here is a list of practical things which you can do to keep fit:

- **Turn off the TV.** Once or twice a week, turn off the TV and do something a bit more active with your family. Go to a swimming pool, play some games, take a walk - do anything which is more active than sitting on the sofa.
- **Walk more.** Take the stairs instead of a lift. When you get your mail, take a walk around your block or house, go for an extra outing with your dog every day or simply do the shopping without your car.
- **Do some chores.** Working in the garden, sweeping the floor, hovering or just doing the washing up – all these activities can help you add a little movement to your non-active lifestyle.

All of the activities mentioned above can protect you from serious medical problems as well as provide with many health benefits. Here is a list of the advantages:

- stress reduction
- relaxation
- flexibility
- joint stability improvement
- increase of self esteem
- blood pressure reduction
- cholesterol reduction
- memory improvement
- osteoporosis prevention
- reduction of the risk of heart disease, stroke and diabetes
- increase of longevity

Keeping fit and healthy

- do regular exercise
- go to the gym
- do aerobics
- stretch
- build up
- muscles

- take a walk
- do some chores
- flexibility
- joint stability
- blood pressure
- longevity
- increase
- prevention
- reduction

EXERCISES

1. **How can you keep fit and healthy? Write your own ideas in the table below.**

THE EXERCISE YOU DO	
activity	example
I swim a lot.	I go to the swimming pool twice a day.
.....
.....
.....
.....
.....

2. **Complete the sentence with appropriate words or phrases connected with taking regular exercises. The first letters are already given.**

1. How often do you go to the gym to build up your m.....?
2. Doing yoga gives you energy and increases your f.....
3. If you feel stresses, you should t..... a w..... for relaxation.
4. Don't forget to s..... before jogging and running or doing other sports.

STEP 2 – EAT HEALTHILY

A healthy diet is yet another key to a healthy lifestyle – it can improve your health and quality of life . For this reason, we should eat regularly five times a day and remember that our diet should not only be balanced but also varied. Here are some tips:

- **Focus on fruit.** Eat a variety of fruit. Choose fresh, frozen, or dried fruit. Add it to your cereal, salads and dinner. And remember about healthy 100% fruit juices!
- **Eat more vegetables.** Add them wherever you can - on your sandwich, on your pizza, or in your pasta sauce. They can be raw or cooked, fresh or frozen, depending on what you like. And don't forget about 100% vegetable juice!
- **Get some calcium-rich foods.** Drink a lot of milk and remember about lactose-free products or other calcium sources.
- **Never forget about proteins.** Eat a lot of meat and beans. Choose poultry or lean meat. Don't forget about fish, peas, nuts, and seeds.
- **Eat a lot of grains.** Whole grain bread, pasta, breakfast cereal, crackers, or brown rice are all grain products. They are a good source of vitamin B, fibre and iron.
- **Eat low-fat or fat-free dairy.** Try to drink skimmed milk or eat fat free yogurt. It is yet another simple way to eat less calories without having to change too much in your diet.
- **Drink a lot of water.** It cleans the body, controls the temperature, and generally helps us to keep healthy.

A healthy diet

eat healthily
improve health
fat-free diary
eat regularly
skimmed milk
balanced diet
calcium-rich foods

- variety
- lean meet
- vitamins
- poultry
- minerals
- grain bread
- proteins
- peas
- fats
- nuts
- carbohydrates
- seeds
- fibre
- iron

EXERCISES

1. How can you keep fit and healthy? Write your own ideas in the table below.

YOUR DIET	
activity I cook for myself.	example I eat a lot of green vegetables.

2. Find words and phrases connected with healthy diet in the word search.

F	I	B	R	E	G	J	H	U	E	R	Y	U	S	E	E	D	S	O	C
E	R	R	L	O	M	N	A	W	B	J	U	T	E	F	N	D	H	P	A
A	O	K	D	M	F	B	G	R	A	I	N	B	R	E	A	D	U	E	R
S	N	E	E	T	A	F	R	E	V	E	G	E	T	A	B	L	E	S	B
A	S	P	R	O	T	E	I	N	S	G	F	C	W	T	K	E	T	F	O
F	G	R	Y	D	S	I	N	U	T	E	L	W	A	H	I	A	N	T	H
A	T	Y	U	I	L	K	O	T	W	T	V	E	C	E	N	N	A	R	Y
P	O	U	L	T	R	Y	D	S	A	G	I	H	N	A	C	M	V	M	D
Q	U	E	N	T	I	L	P	W	A	D	T	H	J	L	E	E	B	I	R
S	D	F	A	T	F	R	E	E	D	I	A	R	Y	T	N	E	V	C	A
K	F	D	S	G	U	I	D	R	E	B	M	E	E	H	F	T	D	L	T
S	K	I	M	M	E	D	M	I	L	K	I	W	A	I	Y	H	I	M	E
F	C	A	L	C	I	U	M	U	M	S	N	J	K	L	H	P	E	E	S
G	H	D	E	A	L	R	I	S	A	E	S	C	A	Y	C	I	U	M	I
B	A	L	A	N	C	E	D	D	I	E	T	L	U	N	C	G	R	E	N

- | | |
|---------|----------|
| 1. | 10. |
| 2. | 11. |
| 3. | 12. |
| 4. | 13. |
| 5. | 14. |
| 6. | 15. |
| 7. | 16. |
| 8. | 17. |
| 9. | 18. |

STEP 3 - FORGET ABOUT BAD HABITS

If you want to lead a healthy lifestyle, you should definitely give up all your bad habits, such as drinking alcohol or smoking cigarettes. Cigarettes cause very serious diseases, such as heart disease, lung cancer, or bronchial troubles. Apart from that you should also forget about all kinds of junk food, i.e. fast food and fatty products. They are just empty calories which only make you put on weight and don't provide any nutrients to your body. And remember - never lie and eat in front of TV! Being a couch potato is the worst thing you can do!

Bad habits

give up

cause

junk food

cholesterol

coach potato

put on weight

provide

nutrients

EXERCISES

1. How can you keep fit and healthy? Write your own ideas in the table below.

BAD HABITS	
activity	example
I avoid alcohol.	I don't drink at parties.
.....
.....
.....
.....
.....

STEP 4 – REMEMBER ABOUT RELAXATION

Another important thing for our health is relaxation. In order to relax both our body and mind we should remember about two vital things, i.e. sleep and rest. Our body needs time to regenerate. For this reason, we should sleep at least eight hours at night and try to rest also during the day. A good thing to do this is to find some time for ourselves. We can drink a cup of coffee in a peaceful atmosphere, listen to some relaxing music, read a good book, do some yoga, or simply have a relaxing bath.

Relaxation
avoid stress
do yoga
regenerate
be under pressure
body
mind
vital

EXERCISES

1. How can you keep fit and healthy? Write your own ideas in the table below.

RELAXATION	
activity	example
I avoid stress.	I relax in sauna once a week.
.....
.....
.....
.....
.....

SUMMARY

So, to sum up, if you want to be fit and healthy, you should follow a few very simple rules. First of all, you should always remember about taking regular exercise. Secondly, you should follow a healthy, balanced but also varied diet. Thirdly, you should definitely forget about all your bad habits. And finally, you should bear in mind that only relaxed people who try to find a moment for relaxation during the day and do their best to avoid stress, have a real chance to keep healthy. If you follow the rules, you will live long and happily ever after! Pretty simple, isn't it? ☺

What can people do to take regular exercise?

What to eat and what not to eat to lead a healthy diet?

What can we do to minimise stress in our life?

ADDITIONAL EXERCISES

1. Complete the table putting the words and expressions in the correct column.

fizzy drinks vegetables cottage cheese hamburgers mineral water stress
 milk going to the gym yoghurt sweets full-fat dressing drinking alcohol
 jogging sleeping swimming eating snacks in front of TV vitamins crisps
 lean meat cookies being a coach potato smoking cigarettes coffee relaxation

Healthy	Unhealthy
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

2. Match each group of foods with the item it provides.

minerals	fat	vitamin C	proteins	carbohydrates	fibre
----------	-----	-----------	----------	---------------	-------

cream yoghurt
.....
cheese butter

tomatoes lemons
.....
apples oranges

eggs soya
.....
fish meat

vegetables fruit
.....
bread cereal

rice potatoes
.....
pasta bread

nuts cereals
.....
fish salt

My favourite group of foods is:

.....

3. Create your own healthy food diary. Think about healthy breakfasts, lunches, dinners, suppers, and snacks.

	HEALTHY BREAKFAST
breakfast 1	example: skimmed milk with grain cereal and fruit
breakfast 2	example:

	HEALTHY LUNCH
lunch 1	example:
lunch 2	example:

	HEALTHY DINNER
dinner 1	example:
dinner 2	example:

	HEALTHY SUPPER
supper 1	example:
supper 2	example:

	HEALTHY SNACK
snack 1	example:
snack 2	example:

SPORT IDIOMS

This last chapter is ‘the icing on a cake’ and it deals with idiomatic expressions connected with sport.

Do you know what are idioms and why is it worth knowing some of them?

How can you understand the phrase ‘icing on a cake’?



Idiom – a phrase or expression which has a parallel meaning; it cannot be understood literally or from the definitions of the words that constitute the idiom.

EXERCISES

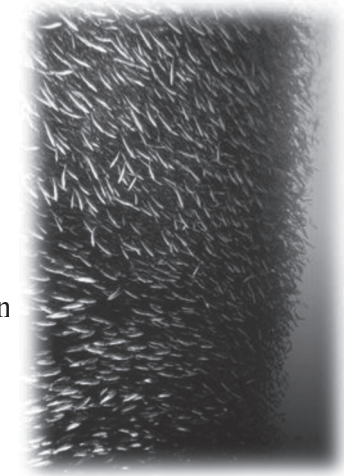
1. Match the idioms with their meaning and sport of origin.

Idiom	Sport	Meaning
the ball is in your court	hunting	escape, get away with
bark up the wrong tree	fishing	you have to decide
front runner	tennis	someone certain to win
get off the hook	hunting	do your best
give it your best shot	running	you have a bad idea; you should talk to someone else
go overboard	martial arts	here is no problem
hit below the belt	sailing	to learn new things, understand
neck and neck	sailing	exaggerate
learn the ropes	horse racing	not to act fair
no sweat	any sport	strong and even competition

Idiom	Sport	Meaning
out of someone's league	fishing	to act in a risky way
plenty of other fish in the sea	skating	to begin something
race against time	ball sports	not to be as good as someone else
skate on thin ice	team sport	to feel the pressure of time
start the ball rolling	running	there are many other people to date
throw in the towel	gambling	win easily
time out	gambling	illegally
under the table	boxing	to make a break
hands down	any sport	to give up

2. Choose the best answer.

- Oh, come on start the ball How long can we be waiting?
 - bouncing
 - playing
 - hitting
 - rolling
- Tom is a(n) ... runner. He is going to win the match again.
 - best
 - front
 - fore
 - fast



3. Stop thinking about him. There is plenty other ...
 - a. boats in the ocean
 - b. flowers in the garden
 - c. fish in the sea
 - d. balls in the game

4. She is ... again. Don't listen to her.
 - a. going out
 - b. going overboard
 - c. walking out
 - d. throwing overboard

5. Investing in this new company you are You may lose all your money.
 - a. timing out
 - b. racing against time
 - c. running fast
 - d. skating on thin ice

6. 'Will you help me with those bags?' 'No ... ?'
 - a. trouble
 - b. rush
 - c. fun
 - d. sweat

7. Don't ... the towel. You'll pass your driving licence exam one day.
 - a. wash
 - b. throw in
 - c. dry
 - d. tear

8. You shouldn't make deals under the It's illegal!

- a. bridge
- b. weather
- c. table
- d. bed

9. I'm not the right person to talk to. You are barking up the wrong Go to the manager.

- a. dog
- b. place
- c. man
- d. tree

10. Look at the score! They are fighting

- a. head and shoulders
- b. neck and neck
- c. eye to eye
- d. apple of the eye

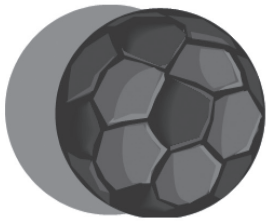
3. Write adequate idioms.



.....
.....



.....
.....



.....
.....



.....
.....

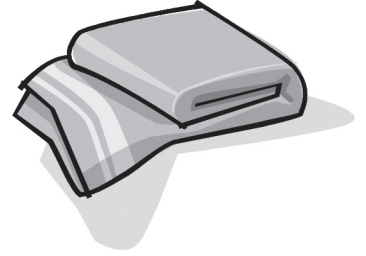


.....
.....



.....

4. Fill in the missing words and answer the questions.



1. Do you ever (give up)?
2. When did you (risk)?
3. Have you ever (feel the pressure of time)? In what situation?
4. When was the last time you (get away with something)?
5. Can you give examples when players (not act fair)?

VOCABULARY

SPORTS DISCIPLINES

aikido – aikido

air sports – sporty uprawiane w powietrzu

Alpine skiing – narciarstwo alpejskie

archery – łucznictwo

badminton – badminton

ballooning – loty balonem

bamboo stick – kij bambusowy

bamboo sword – miecz bambusowy

baseball – baseball

basketball – koszykówka

batsman – zawodnik wybijający piłkę (cricket)

beach volleyball – siatkówka plażowa

biathlon – biathlon, dwubój zimowy

board games – sporty planszowe

bobsleigh – bobsleje

bouldering – wspinaczka bez asekuracji liną

bowler – serwujący (cricket)

boxing – boks

bungee jumping – skoki na linie, skoki na bungee

chess – szachy

clean and jerk – podrzut (podnoszenie ciężarów)

club – kij do golfa

combat sports – sporty walki

cricket – krykiet

croquet – krokiet

cross-country skiing – narciarstwo biegowe

curling – curling

cycling – jazda na rowerze, kolarstwo

darts – darty, rzutki

draughts – warcaby

downhill race – bieg zjazdowy

zamachując się wolną nogą

edge jump (figure skating) – ‘skok krawędziowy’ bez wbicia zębka łyżwy wolnej, ale zamachując się wolną nogą

épée – szpada

equestrian sports – sporty konne

extreme sports – sporty ekstremalne

fencing – szermierka

field event – konkurencja techniczna (w lekkiej atletyce)

field hockey – hokej na trawie

fielder – gracz drużyny atakującej (cricket, baseball), gracz z pola

figure skating – jazda figurowa na lodzie

foil – floret

football/soccer – piłka nożna

golf – gra w golfa

gymnastics – gimnastyka

handball – piłka ręczna

hang-gliding – lotniarstwo

harness racing – wyścigi zaprzęgów

horseracing – wyścigi konne

ice diving – nurkowanie pod lodem

ice hockey – hokej na lodzie

iceboating – bojery	snatch – rwanie (podnoszenie ciężarów)
indoor sports – sporty halowe	snooker – snooker
jogging – jogging	snow-boarding – snowboarding
judo – džudo	speed skating – łyżwiarstwo szybkie
karate – karate	speedway racing – wyścigi na żużlu, żużel
kayaking – kajakarstwo	sports disciplines – dyscypliny sportowe
Kendo – Kendo	squash – squash
kitesurfing – kitesurfing, odmiana surfing, zamiast żagla jest latawiec	summer sports – sporty letnie
lacrosse – lacrosse, gra kanadyjska podobna do hokeja na trawie	sumo – sumo
martial arts – sztuki walki	table tennis – tenis stołowy
non-striker – gracz z kijem, drugi batsman stojący po przeciwnej stronie ‘pitchu’	tennis – tenis
outdoor sports – sporty uprawiane na wolnym powietrzu	tobogganing – saneczkarstwo
parachuting – spadochroniarstwo	toe jump (figure skating) – ‘skok kopany’ za pomocą wbicia ząbka łyżwy wolnej
paragliding – paralotniarstwo	track event – konkurencja biegowa (w lekkiej atletyce)
pocket – luza (w snookerze)	volleyball – siatkówka
polo – polo	walking race – zawody w chodzie
racket – rakieta (do badmintonu)	water sports – sporty wodne
racquetball – rodzaj squasha	weight – sztanga
riding – jazda konna	weightlifting – podnoszenie ciężarów
road racing – kolarstwo szosowe	white water rafting – spływ
rugby – rugby	wicket keeper – łapacz, zawodnik broniący, łapiący piłkę której nie wybił batsman (cricket)
sabre – szabla	winter sports – sporty zimowe
scuba diving – nurkowanie głębinowe	wrestling – zapasy
shooting – sporty strzeleckie	
shuttlecock – lotka	SPORTSMEN
skateboarding – jazda na deskorolce	athlete – siłacz
skating/ice skating – łyżwiarstwo	amateur – amator
skiing – narciarstwo	Beijing – Pekin
ski-jumping – skoki narciarskie	boxer – bokser, pięściarz

butterfly – styl motylkowy	professional – profesjonalista
captain – kapitan	record holder – rekordzista
champion – mistrz	referee – sędzia (basketball, football, boxing)
championship titles – tytuły mistrzowskie	rival – rywal
commentator – komentator	runner – biegacz
competitor – uczestnik, zawodnik	runner-up – osoba zajmująca drugie miejsce
crawl – styl kraul	sabre (BR) saber (US) – szabla
disqualified – zdyskwalifikowany	sabre fencer – szablista
eminent – wybitny, wyjątkowy	sailor – żeglarz
epeeist – szpadzista	score – zdobyć punkt, strzelić gola
fan – kibic	ski jumper – skoczek narciarski
fencer – szermierz	skier – narciarz
foil – floret	spectator – widz
footballer – piłkarz	sprinter – sprinter
Four Hills Tournament – Turniej Czterech Skoczni	striker – napastnik
give up career – zrezygnować z kariery	supporter – zwolennik
high jumper – skoczek wzwyż	swimmer – pływak
judoist – dżudoka	team – zespół
jumper – skoczek	thrower – miotacz
leader – prowadzący; lider	trainer/coach – trener
loser – przegrany	turning point – punkt zwrotny
marathoner – maratończyk	umpire – arbiter, sędzia (tennis, baseball, cricket)
medallist (BR) medalist (US) – medalista	walker – chodziarz
member – członek (of a club)	weightlifter – ciężarowiec
Olympic gold medalist – złoty medalista olimpijski	winner – zwycięzca
opponent – przeciwnik	world championships – mistrzostwa świata
performance-enhancing drugs – środki dopingujące	world cup – puchar świata
player – gracz	wrestler – zapaśnik
prize-winning – nagrodzony	yellow jersey – żółta koszulka lidera

SPORT FACILITIES

archery – łucznictwo

athletics – lekkoatletyka

bag – torba

base – baza (baseball)

baseball glove – rękawica basebolowa

bat – kij

batting helmet – kask pałkarza (baseball)

bishop – goniec (chess)

board – tablica

bow – łuk

boxing gloves – rękawice bokserskie

cap – czepek

catcher – łapacz (baseball)

catcher's helmet – kask łapacza

catcher's mitt – rękawica łapacza (baseball)

center fielder – środkowozapolewy (baseball)

chess – szachy

chessboard – szachownica

chest protector – (female) ochraniacz klatki piersiowej

club – kij (baseball)

court – boisko

cue – kij bilrdowy

cup – puchar

distance finder – dalmierz (golf)

diving – nurkowanie

down – przyłożenie (american football)

elbow pads – nałokietniki

field – pole, boisko

figure skating – jazda figurowa na lodzie

first baseman – pierwszobazowy (baseball)

first baseman's mitt – rękawica pierwszorazowego (baseball)

flippers – płetwy

football boots – korki (buty piłkarskie)

game – gra

game clock – zegar szachowy

gloves – rękawice

goalie – bramkarz

goalkeeping gloves – rękawice bramkarskie

goggles – gogle, okulary pływackie

golf ball – piłeczka golfowa

golf cart – wózek golfowy

golf course – pole golfowe

gps – global positioning system; satelitarny system nawigacyjny

half – połowa

handball – piłka ręczna

harness – uprząż do paralotniarstwa

headgear – bokserski kask ochronny

helmet – kask

hockey stick – kij hokejowy

hoop – obręcz

horse riding – jazda konna

ice hockey – hokej

ice skates – łyżwy

ice skating – jazda na łyżwach

inflatable armbands – rękawki do nauki pływania

inning – runda, fragment meczu basebolowego

javelin – oszczep
jockstrap – ochraniacz genitaliów
king – król
knight – skoczek/konik
lap – okrążenie toru
left fielder – lewopolowy (baseball)
length – dystans, odległość
long jump – skok w dal
mask – maska
match – mecz
meter – metr
mile – mila (1,6 km)
mouthpiece/mouthguard – ochraniacz zębów
move – ruch
neck guard – ochraniacz na szyję
net – siatka
out – aut
pants – slipy
paragliding – paralotniarstwo
pawn – pionek
pelvic protector – ochraniacz miednicy (żeńska wersja 'jockstrap')
pitch – boisko piłkarskie
pitcher – miotacz (baseball)
point – punkt
pool – bilard, pula, basen
puck – krążek hokejowy
quarter – kwarta
queen – królowa
racket/racquet – rakieta tenisowa
right fielder – prawopolowy (baseball)

ring – ring
rink – lodowisko
rook – wieża szachowa
round – runda
saddle – siodło
scuba-diving – nurkowanie z aparatem tlenowym
second baseman – drugobazowy (baseball)
set – set
shin guards/pads – nagołenniki
shirt – koszulka
shorts – spodenki
shortstop – łącznik (baseball)
shoulder pads – naramienniki
sliding shorts – obcisłe slipy z nogawką
stroke – styl pływacki
sweatband – przepaska, opaska na głowę (czoło) zatrzymująca pot
swim ring – koło dmuchane do nauki pływania
swimming board – deska do pływania
swimming trunks – kąpielówki
swimsuit – strój pływacki
table tennis – tenis stołowy, ping pong
tank top – bezrękawnik
tee – podstawka pod piłkę golfową, rzutnia
third baseman – trzeciobazowy (baseball)
track – bieżnia, tor wyścigowy
triple jump – trójskok
uniform – strój, uniform
venue – miejsce
wing – paralotnia

wrist wrap – stabilizator nadgarstka

yard – jard (anglosaska miara długości równa ok. 91,4 cm)

ATHLETICS

athletics – lekkoatletyka

combined events – wieloboje

decathlon – dziesięciobój

discus throw – rzut dyskiem

discus thrower – miotacz dyskiem

field event – konkurencja techniczna (lekkoatletyka)

four-event competition – czwórbój

hammer throw – rzut młotem

hammer thrower – miotacz młotem

heptathlon – siedmiobój

high jump – skok wzwyż

high jumper – skoczek wzwyż

hurdle race – bieg przez płotki

hurdler – płotkarz

javelin throw – rzut oszczepem

javelin thrower – oszczepnik

jumps – skoki

long jump – skok w dal

long jumper – skoczek w dal

long-distance race – bieg długodystansowy

marathon – bieg długodystansowy, maraton

middle-distance race – bieg średniodystansowy

Olympiad – olimpiada, igrzyska olimpijskie (antyczne)

Olympic Games/the Olympics – olimpiada, igrzyska olimpijskie

pentathlon – pięciobój

pole vault – skok o tyczce

pole vaulter – tyczkarz

race walking – chód, chodździarstwo

relay – sztafeta

shot put – pchnięcie kulą

shot-putter – miotacz kulą

sprint – sprint

sprinter – sprinter

Summer Olympics – letnie igrzyska olimpijskie

the 4 x 100 relay – sztafeta 4 razy 100 metrów

throws – rzuty

track event – konkurencja biegowa (lekkoatletyka)

triple jump – trójskok

triple jumper – trójskoczek

walker – chodździarz

WATER SPORTS

angling – wędkarstwo, wędkowanie

aqualung – akwalung

backstroke – styl grzbietowy

ball – piłka

batten sleeve – kieszeń listwowa

boat class – klasa łodzi

boom – bom (belka jednym końcem oparta o maszt, drugi koniec jest wolny)

bow – dziób (statku)

breaststroke – styl klasyczny (żabka)

butterfly – styl motylkowy

canoeing – kajakarstwo

centerboard – miecz (składana pletwa umieszczona w środkowej części deski windsurfiugowej)

clew – róg szotowy (róg żagla mocowany do bomu)

cockpit – kabina

cox – sternik

coxed fours – czwórka ze sternikiem

coxless pairs – czwórka bez sternika

crawl – styl kraul

diving – nurkowanie

diving mask – maska do nurkowania

double scull – dwójka podwójna

double-bladed paddle – wiosło dwupiórowe

fishing – wędkarstwo, rybołówstwo

fishing rod – wędka

flippers – pletwy

ice diving – nurkowanie pod lodem

jet ski – skuter wodny

jet skiing – pływanie skuterem wodnym

jib – kliwer (trójkątny żagiel przedni)

kayak – kajak

kayaking – pływanie kajakiem

life jacket – kamizelka ratunkowa

luff – lik przedni (brzeg żagla do którego przyszyta jest kieszeń masztowa)

main sail – główny żagiel

mast – maszt

masthead – top masztu

mitts – rękawice

mountain canoeing – kajakarstwo górskie

net – siatka, bramka

oar – wiosło (rowing boat)

one-person boat – łódka jednoosobowa

paddle – wiosło (kayak, canoe)

paddler – wiosłarz

raft – tratwa

rafting – spływ pontonem; rafting

regatta – regaty

rowing – wiosłarstwo

rudder – ster

sail – żagiel

sailboard – deska windsurfiugowa

sailing – żeglarstwo

sailing boat/sailboat – żaglówka

springboard – trampolina

scuba-diving – nurkowanie z akwalungiem

sea kayaking – kajakarstwo morskie

single scull – jedynka podwójna

single-bladed paddle – wiosło jednopiórowe

snorkel – rurka

snorkelling (GB) snorkeling (US) – nurkowanie z rurką

snow removal tools – narzędzia do usuwania śniegu

stern – rufa

surfboard – deska surfingowa

surfing – pływanie na desce; surfing

swimfins (swim fins, fins) – pletwy

swimming – pływanie

swimming costume – kostium kąpielowy

swimming goggles – okulary pływackie

swimming trunks – kąpielówki

synchronized swimming – pływanie synchroniczne

tools to hew out a hole in ice – narzędzia do wykucia dziury w lodzie

water gymnastics – gimnastyka w wodzie

water ski – narty wodne

water skiing – narciarstwo wodne

water-polo – piłka wodna

wetsuit – strój piankowy (do nurkowania)

white water canoeing – spływ kajakowy górskimi szlakami

windsurfing – windsurfing

TOURISM AND RECREATION

active leisure pursuits – aktywny wypoczynek

apartment – mieszkanie

attract with low prices – kusić niskimi cenami

binoculars – lornetka

boarding house – pensjonat

book – zarezerwować

budget accommodation – niedrogie zakwaterowanie

bungalow – bungalow

camp site – pole namiotowe, plac kempingowy

camping place – miejsce kempingowe

caravan – wóz kempingowy

catalogue – katalog

chalet – domek letniskowy, dom w stylu alpejskim (in mountains)

compare prices – porównywać ceny

confirmation – potwierdzenie

consider – rozważyć, przemyśleć

cruise – rejs

cutlery – sztućce

detailed information – szczegółowe informacje

drinking water – woda zdatna do picia

equipment – wyposażenie

first-aid kit – apteczka

flat – mieszkanie

flight – lot

fold-up chair – składane krzesło

fold-up table – składany stolik

food supplies – zapasy żywności

gas cylinder – butla gazowa

get lost in a fog – zgubić się we mgle

go on a long trips – chodzić na długie wycieczki

guest house – pensjonat

hammer – młotek

hatchet – siekierka

heavy boots – ciężkie obuwie

hike map – mapa szlaków

holiday apartment – mieszkanie na urlop/wakacje

hotel – hotel

hut – schronisko górskie

inn – gospoda, oberża

journey – podróż, wyjazd, wyprawa, droga do (z wyrażeniami 'make', 'go on')

laundry – pralnia

look over brochures – przeglądać

broszury	tent – namiot
make a payment – dokonać wpłaty	tinned food – konserwy
mistake a way – pomylić drogę	torch – latarka
motel – motel	tour – wycieczka dla przyjemności, połączona ze zwiedzaniem
mugs – kubki	travel – podróż w znaczeniu ogólnym (travel on a ship, travel by train, travel by plane)
offer an interesting journey – zaproponować ciekawą podróż	travel agency – biuro podróży
organize a holiday on one's own – zorganizować wakacje indywidualnie	travel agent – agent podróży
toilet paper – papier toaletowy	travel date – termin podróży
pay the rest – zapłacić pozostałą kwotę	trip – krótki wyjazd, także w celach naukowych, zawodowych (business trip, research trip)
pitch up a tent – rozbić namiot	voyage – podróż statkiem
plan a journey – planować podróż	washroom – łazienka
plan a trip to a mountain peak – zaplanować podróż na szczyt	waste bin – kosz na śmieci
plane – samolot	well-equipped camping centre – dobrze wyposażony ośrodek kempingowy
pocket knife – szczyrzyk	youth hostel – schronisko młodzieżowe
rent a caravan – wynająć wóz kempingowy	
rental fee – opłata za użytkowanie	VOLLEYBALL
ride – przejażdżka (dla przyjemności)	ace – as serwisowy
rucksack – plecak	antenna – antena
shaded place – zacienione miejsce	approach – nastawienie
sleeping bag – śpiwór	attack line – linia ataku
sports clothes – sportowe ubrania	attack zone – strefa ataku
sudden change of weather – nagła zmiana pogody	attack – slang 'spike', atak
suitable for all weather conditions – odpowiedni na każdą pogodę	back zone – strefa obrony
summer house – domek letni	ball – piłka
take advantage of travel agency – skorzystać z usług biura podróży	block – blok
tempting offers – kuszące oferty	boundary – granica
	bump – odbicie sposobem dolnym

clear space – strefa wolna
clock wise – według wskazówek zegara
coach – trener
contact– kontakt
counter attack– kontratak
court – parkiet
defense – obrona
dig – odbicie sposobem dolnym oburącz w pozycjach o zachwianej równowadze (pady, rzut)
direction – kierunek
elbow – łokieć
end line – linia końcowa
error – błąd
floor – podłoga
foot fault – a foot fault in volleyball is when you put your foot on or over the line while serving
footwork– praca nóg
forearm – przedramie
foul – faul, błąd
front row – przedni rząd
game – gra
left attacker – lewy napastnik
left back – lewy obrońca
libero – obrońca środkowy
line – linia
linesman – sędzia liniowy
match – mecz
middle attacker – napastnik środkowy
middle back – przyjmujący
middle blocker – środkowy bloku

net – siatka
opposing side – przeciwna strona
opposite – atakujący
out of bounds – poza boiskiem
outside hitter – przyjmujący
overhand serve – zagrywka z wyrzutem ręki znad głowy
pass – podać
player – gracz
players' bench – ławka zawodników
point – punkt
position – pozycja
post – słupek
professional – profesjonalny
reception – przyjęcie
recreational – rekreacyjny
referee – sędzia, arbiter
right attacker – prawy napastnik
right back – rozgrywający
rotate – rotacja, zmiana
scorer – obliczający wyniki
serve – serw, zagrywka
service line – linia serwisowa
set – rozegranie, set
setter – rozgrywający
sideline – linia boczna
spike – uderzenie z wyskoku
stance – pozycja
starting position – pozycja startowa
substitute – zmiana
swing – wymach

target – cel
team – drużyna
team mates – współzawodnicy
technique – technika
tip – odbicie sposobem górnym
top spin – rodzaj zagrania nadający piłce górną rotację, dzięki czemu jej tor lotu jest bardziej zakrzywiony
touch – dotknięcie
umpire – sędzia pomocniczy
underhand serve – serw sposobem dolnym
vertical side band – boczny pas pionowy
volleyball ball – piłka do siatkówki
volleyball court – boisko do siatkówki
volleyball – siatkówka
white tape – taśma siatki
wrist – nadgarstek
zone – strefa

FOOTBALL (SOCCER)

assistant referee – asystent sędziego
attacking midfielder – pomocnik ofensywny
centre circle – koło środkowe
centre flag – chorągiewka linii środkowej
centre forward – środkowy, wysunięty napastnik
centre midfielder – środkowy pomocnik
centre spot – środek boiska
centre -back – środkowy obrońca
corner arc – łuk narożnika
corner flag – chorągiewka narożnika
corner kick – rzut różny

defensive midfielder – pomocnik defensywny
dive – wymuszenie rzutu wolnego
draw – remis
extra time – dogrywka
football boot – but piłkarski
football – piłka
football pitch – boisko piłkarskie
footballer – piłkarz
forward – napastnik
foul – faul
full-back – obrońca
goal area – pole bramkowe
goal – bramka
goalkeeper – bramkarz
goalkeeper's gloves – rękawice bramkarza
halfway line – linia środkowa boiska
handball – zagranie ręką, "ręka"
league – liga
left-back – lewy skrzydłowy
linesman – sędzia liniowy
midfielder – pomocnik
offside – spalony
pass – podanie
penalty arc – łuk pola karnego
penalty area marking – linia pola karnego
penalty area – pole karne
penalty shootout – konkurs rzutów karnych
penalty spot – punkt rzutu karnego
player position – ustawienie zawodnika
red card – czerwona kartka
referee – sędzia główny
right-back – prawy skrzydłowy

screw -in studs – wymienne korki
second striker – cofnięty, drugi napastnik
shin guard – nagolennik
shoot – strzał
shorts – szorty
side back – boczny obrońca
side midfielder – boczny pomocnik
sock – skarpetka
stadium – stadion
striker – napastnik
substitute – zawodnik rezerwowi
substitutes's bench – ławka rezerwowych
supporter – kibic
sweeper – ostatni stoper, „forstoper”
tactical – taktyka
team shirt – koszulka drużyny
throw in – wyrzut z autu
touchline – linia autowa
wall – mur
whistle – gwizdek
wing-back – skrzydłowy
yellow card – żółta kartka

BASKETBALL

360 540 – wsad po obrocie w powietrzu o 360, 540 stopni
air ball – „niedolot”, rzut piłką która nie doleciała do obręczy kosza, ani nie trafiła w jego żadną inną część
alley oop – rodzaj podania piłki w okolice kosza, zakończonego zdobyciem punktów wsadem; będąc w wyskoku atakujący odbiera podanie „alley oop” od rozgrywającego i kończy zagranie przed opadnięciem na parkiet.

assistant coach – asystent trenera
backboard – tablica
back court – połowa boiska, na której znajduje się kosz drużyny atakującej
back court violation – błąd połowy
backboard support – ramię kosza
basket – kosz
basketball – piłka koszykowa
basketball player – koszykarz
between the leg – przełożenie piłki pomiędzy nogami przed dokonaniem wsadu
blind dunk – wsad wykonany z zasłoniętymi, bądź zamkniętymi oczami
block – blok
buzzer beater – celny rzut równo z kończąca spotkanie (lub kwartę) syreną
buzzer – syrena
cartwheel – oburęczny wsad z dużego zamachu
centre circle – koło środkowe
centre line – linia środkowa
centre – środkowy
charley horse – uniesienie kolana podczas bloku koszykarskiego aby ugodzić przeciwnika.

clock operator – operator zegara

coach – trener

court – boisko

defense – obrona

double clutch – wsad podczas którego piłka najpierw jest na wyciągniętej dłoni/dłoniach, później zawodnik przysuwa ją do siebie, by ponownie odciągnąć i wsadzić

double dribble – podwójne kozłowanie

double windmill – podwójny młynek; zawodnik wykonuje dwa obroty ramieniem, trzymając piłkę w dowolny sposób

double-double – sytuacja kiedy dwa wyniki statystyczne uzyskane przez zawodnika (punkty, asysty, zbiórki, przechwyty, bloki) wyrażone są w postaci liczb dwucyfrowych.

dribble – kozłować

dunk – obuwie do koszykówki

end line – linia końcowa

fadeaway – rzut, w którym gracz odchyła się w dowolnym kierunku, uniemożliwiając obrońcy zablokowanie go

first quarter – pierwsza kwadra

first space – pierwsza strefa

flop – symulowanie kontuzji przy jednoczesnym wydawaniu z siebie okrzyków bólu

foul – faul

free throw line dunk – zawodnik wyskakując do wsadu odbija się z linii rzutów wolnych i wykonuje lot w kierunku kosza, zakończony wsadem jedną ręką

free throw line – linia rzutu wolnego

free throw – rzut wolny

guard – obrońca

kiss the rim – zawodnik wybija się wysoko z dwóch nóg, przechylając się mocno w kierunku kosza robi nieznaczny dwuręczny windmill'a, w tym samym momencie wyrzucając nogi jak najwyżej w powietrze

left forward – lewy napastnik

man-to-man defense – obrona każdy swego, polega na kryciu tylko jednego zawodnika drużyny przeciwnej

net – siatka na obręcz

off the backboard – wsad po złapaniu w powietrzu piłki odbitej uprzednio od tablicy

padded base – wyściełana podstawa kosza

padded upright – wyściełany słupek kosza

pass – podać

pass – podanie

personal foul – faul osobisty

pick and roll/screen and roll – dwójkowe zagranie ofensywne w koszykówce.

player's number – numer zawodnika

point guard – obrońca

power forward – silny skrzydłowy

pump – pompka; wsad wykonywany oburącz, piłka ściągnięta jak najniżej, do okolic brzucha, potem następuje szybkie wypchnięcie i wsad

quadruple-double – uzyskanie wyników dwucyfrowych w czterech z pięciu możliwych pozytywnych statystyk (punkty, asysty, zbiórki, przechwyty, bloki).

quarter – kwadra

rebound – zbiórka

referee – sędzia

restricted area – rejon ograniczony

restricting circle – koło ograniczające

reverse – wsad, gdy wykonujący znajduje się plecami do kosza

right forward – prawy napastnik

rim – obręcz kosza

rock the baby – podczas tego wsadu zawodnik blokuje piłkę w nadgarstku i przesuwał ramię po łuku wsadza piłkę do kosza

scorer – obliczający wyniki

second space – druga strefa
semi-circle – pole rzutów wolnych
shirt – koszulka
shoe – but
shooting guard – rzucający obrońca
shorts – spodenki
sideline – linia boczna
slam dunk – wsad
small forward – niski skrzydłowy
swingman – gracz swobodnie balansującego między pozycjami
technical foul – faul techniczny
timekeeper – chronometrażysta
tomahawk – zawodnik po odbiciu ramię z piłką wyciąga daleko za głowę, po czym z wielką siłą wkłada ją do kosza
trainer – instruktor
unsportsmanlike conduct – niesportowe zachowanie
windmill – młynek; zawodnik wykonuje obrót ramieniem, trzymając piłkę w dowolny sposób
zone defense – obrona strefowa

FORMULA ONE

acceleration – przyspieszenie
accident – wypadek
balaclava – kominiarka
ballast – balast, obciążenie
bodywork – karoseria
brake – hamować
brakes – hamulce
championships – mistrzostwa

chassis – rama pojazdu
checkered flag – flaga w kratkę
chicane – szykana
circuit, racing track – tor
clutch – sprzęgło
crash helmet – kask
crew – ekipa
decelerate – zwalniać
driver – kierowca
driving gloves – rękawice
engine – silnik
failure – usterka
finish – meta
fix – naprawiać
front axle – przednia oś
front wing – przedni spojler
gear – bieg
gearbox – skrzynia biegów
go-kart – gokart
grid – tabela
hairpin – serpentyna drogi
lap – okrążenie
lollipop – znak trzymany przed bolidem podczas postoju w pit stopie, oznaczający, że kierowca nie może ponownie włączyć się do wyścigu
mechanic – mechanic
nose – nos
open cockpit – otwarty kokpit
open wheel – nieosłonięte koło
overtake – wyprzedzać
pit lane – pas serwisowy

podium – podium
pole position – pierwsze miejsca startowe
practice session – sesja próbna
qualifying session – sesja kwalifikacyjna
race – wyścig
racing boots – buty wyścigowe
racing overalls – kombinezon
rear axle – tylnia oś
rear wing – tylni spojler
safety belt – pas bezpieczeństwa
safety car – pojazd bezpieczeństwa
screen – ekran
shock absorber – amortyzator
single seater – pojazd jednoosobowy
spring – sprężyna
stand – trybuna
steering wheel – kierownica
straight – prosta
suspension – zawieszenie
team – zespół
to be lapped – zostać zdublowanym
to retire – zrezygnować z kontynuowania wyścigu z powodu np. uszkodzenia pojazdu
top speed – prędkość maksymalna
turn – zakręt
tyre – opona
tyre compound – mieszanka ogumienia
underbody – podwozie
unleaded fuel – paliwo bezołowiowe
wing – spojler
winglet – skrzydełko aerodynamiczne

SUMMER OLYMPIC GAMES

archery – łucznictwo
arrow – strzała
athletics – lekkoatletyka
backstroke – styl grzbietowy
badminton – badminton
baseball – bejsbol
basketball – koszykówka
bat – kij do bejsbolu
bow – łuk
boxing – boks
breaststroke – styl klasyczny, żabka
bullet – kula
butterfly – styl motylkowy
canoeing and kayaking – kajakarstwo
chariot races – wyścigi rydwanów
coxed four – czwórka ze sternikiem
coxless pair – para bez sternika
crawl – kraul
cricket – krykiet
cross-country race – bieg przełajowy
cycling – kolarstwo
discus throw – rzut dyskiem
diving – skoki do wody
equestrian – jazda konna
fencing – szermierka
football – futbol
freestyle – styl dowolny
gun – pistolet
gymnastics – gimnastyka

handball – piłka ręczna
high jump – skok wzwyż
hockey (field) – hokej na trawie
hoplites – bieg w uzbrojeniu
host – gospodarz
hurdles – bieg przez płotki
javelin throw – rzut oszczepem
judo – dżudo
long jump – skok w dal
martial arts – sztuki walki
modern pentathlon – pięciobój nowoczesny
national anthem – hymn narodowy
net – siatka
oar – wiosło
olimpionic – olimpionik
olive garland – wieniec laurowy
Olympic cauldron – znicz olimpijski
Olympic fire – ogień olimpijski
Olympic torch – pochodnia olimpijska
pankatrion – skrzyżowanie zapasów i walki na pięści
(diving) platform – wieża do skoków do wody
podium – podium
race walking – chód sportowy
relay – sztafeta
rowing – wioślarstwo
sailing – żeglarstwo
saint truce – święty rozejm
shooting – strzelectwo
show jumping – skoki przez przeszkody
shuttlecock – lotka

swimming – pływanie
synchronized swimming – pływanie synchroniczne
table tennis – tenis stołowy
taekwondo – tekwondo
tennis – tenis
triathlon – triatlon
volleyball – siatkówka
water polo – piłka wodna
weightlifting – podnoszenie ciężarów
wrestling – zapasy

WINTER OLYMPIC GAMES

aerials – skoki akrobatyczne
Alpine combined – kombinacja alpejska
Alpine skiing – narciarstwo alpejskie
biathlon – biathlon
binding – wiązanie
bobsled – bobsleje
cross-country skiing – biegi narciarskie
curling – curling
downhill – zjazd / bieg zjazdowy
figure skating – łyżwiarstwo figurowe
four-man race – czwórki mężczyzn (bobsleje)
freestyle skiing – narciarstwo dowolne
giant slalom – slalom gigant
half-pipe – half-pipe
ice dancing – pary taneczne
ice hockey – hokej na lodzie
individual small hill – konkurs na malej skoczni

luge – saneczkarstwo

men's and women's moguls – jazda po muldach kobiet i mężczyzn

men's and women's parallel giant slalom – slalom gigant równoległy mężczyzn i kobiet

men's and women's singles – jazda indywidualna kobiet i mężczyzn (łyżwiarstwo)

men's individual large hill – konkurs na dużej skoczni

men's sprint – sprint mężczyzn

Nordic combined – kombinacja norweska

pairs – pary sportowe (łyżwiarstwo)

poles – kijki

short track speed skating – short track

skeleton – skeleton

ski jumping – skoki narciarskie

skicross – skicross

slalom – slalom / slalom specjalny

sledge – sanki

slope – zbocze

snowboard cross – snowcross

snowboarding – snowboarding

speed skating – łyżwiarstwo szybkie

super giant slalom – supergigant

team large hill – konkurs drużynowy na dużej skoczni

team sprint – sprint drużynowy mężczyzn

the individual – bieg indywidualny

the mass start – bieg ze startu wspólnego

the pursuit – bieg pościgowy

the relay – bieg sztafetowy

the sprint – bieg sprinterski

track – tor

two-man race – dwójki mężczyzn (bobsleje)

two-woman race – dwójki kobiet (bobsleje)

women's sprint – sprint kobiet

PARTS OF THE BODY

anatomy – anatomia

ankle – kostka

appendix – wyrostek robaczkowy

arm – ręka

armpit – pacha

artery – tętnica

back – plecy

beard – broda

belly – brzuch

bladder – pęcherz

blood – krew

bone – kość

brain – mózg

breasts – piersi

bronchial tubes – oskrzela

buttocks – pośladki

hairiness – owłosienie

calf – łydka

cheek – policzek

chest – klatka piersiowa

chin – podbródek

collarbone – obojczyk

colon – okrężnica

connective tissue – tkanka łączna

diaphragm – przepona

digestive system – układ trawienny
duodenum – dwunastnica
ear – ucho
elbow – łokieć
epithelial tissue – tkanka nabłonkowa
erythrocyte – erytrocyt
excretory system – układ wydalniczy
eye – oko
eyebrow – brew
eyelash – rzęsa
eyelid – powieka
face – twarz
fascicular zone – nadnercza
fatty tissue – tkanka tłuszczowa
finger – palec
foot – stopa
forearm – przedramię
genitals – genitalia
groin – pachwina
gum – dziąsło
hair – włosy
hand – dłoń
heart – serce
heel – pięta
hips – biodra
instep – podbicie stopy
internal organs – organy wewnętrzne
intestines – jelita
iris – tęczówka
jaw – szczęka
joint – staw

kidney – nerka
knee – kolano
large intestine – jelito grube
leg – noga
leukocyte – leukocyte
lip – warga
liver – wątroba
lower part – część dolna
lungs – płuca
system – układ
moustache – wąsy
mouth – usta
mouth cavity – jama ustna
muscles – mięśnie
muscular tissue – tkanka mięśniowa
nail – paznokieć
navel – pępek
neck – szyja
nerves – nerwy
nerve tissue – tkanka nerwowa
nose – nos
ovaries – jajniki
ovary – jajnik
uterus – macica
palate – podniebienie
pancreas – trzustka
parts of the body – części ciała
pelvis – miednica
penis – penis
perigeum – krocze
pupil – źrenica

reproductive system – układ rozrodczy
respiratory system – układ oddechowy
ribs – żebra
shin – goleń
shoulder – ramię
shoulder blades – łopatki
sideburns – bokobrody
skeleton – szkielet
skull – czaszka
small intestine – jelito cienkie
spine – kręgosłup
spleen – śledziona
sternum – mostek
stomach – żołądek
teeth / tooth — zęby / ząb
temple – skroń
tendon – ścięgno
testicles – jądra
thigh – udo
throat – gardło
thrombocyte – trombocyt
thumb – kciuk
tissue – tkanka
toe – palec u nogi
tongue – język
trunk – tułów
upper part – część górna
urethra – cewka moczowa
vagina – pochwa
vain – żyła
waist – talia

wrist – nadgarstek

DISEASES

ache – ból
adhesive plaster – plaster
ailments – dolegliwości
amnesia – amnezja
antibiotic – antybiotyk
asthma – astma, dychawica oskrzelowa
backache – ból pleców
bandage – bandaż
bite – ugryzienie
bleeding – krwawienie
breathing difficulty – trudności w oddychaniu
broken – złamany
bronchitis – zapalenie oskrzeli
bruise – siniak
burn – oparzenie
cancer – rak
chicken pox – ospa wietrzna
cold – przeziębienie
coronary – wieńcowy
cotton wool – wata
cough – kaszel
cramp – skurcz
diarrhea – biegunka
disease – choroba
disinfectant – środek dezynfekcyjny
dizziness – zawroty głowy
dressing – opatrunek
earache – ból ucha

epidemic – epidemia
eye drops – krople do oczu
fever – gorączka
food poisoning – zatrucie pokarmowe
gauze – gaza
have pain in – mieć ból w
headache – ból głowy
heart attack – atak serca
hepatitis – zapalenie wątroby
hey fever – katar sienny
indigestion – niestrawność
infection – infekcja
infectious disease – choroba zakaźna
inflammation – zapalenie
injury – rana, obrażenie
insomnia – bezsenność
jaundice – żółtaczką
measles – odra
medication – lekarstwo
mental disorder – choroba umysłowa
mumps – świnka
nausea – nudności
needle – igła
ointment – maść
painkiller – lek przeciwbólowy
plaster cast – gips
pneumonia – zapalenie płuc
rash – wysypka
runny nose – katar
scratch – zadrapanie
seasickness – choroba morską

sedative – środek uspokajający
shivers – dreszcze
sneeze – kichać
sore throat – ból gardła
sprain one's ankle – zwichnąć kostkę
sprain one's wrist – zwichnąć nadgarstek
sprained – zwichnięty
sting – użądlić
stomach ache – ból brzucha
stroke - wylew
sunstroke – porażenie słoneczne
swab – wacik
swollen – spuchnięty
swollen tonsils – spuchnięte migdałki
syringe – strzykawka
syrup – syrop
tablet – tabletką
to catch a cold – przeziębienie się
to treat – leczyć
toothache – ból zęba
tuberculosis – gruźlica
twist one's ankle – skrócić kostkę
twisted ankle – skręcona kostka
vitamins – witaminy
vomit – wymiotować
wound – rana

SPORTS INJURIES

abrasion – otarcie

Achilles bursitis – zapalenie kaletki ścięgna Achillesa

Achilles strain – nadwyręzenie ścięgna Achillesa

acute Achilles tendinitis – ostre zapalenie ścięgna Achillesa

arthritis – zapalenie stawów

asthma – dychawica oskrzelowa

bandage – bandaż

blisters – odciski

brain concussion – wstrząśnienie mózgu

bruise – siniak

bruised heel (Fat pad contusion) – stłuczona pięta

bunion – halluks

calf strain – nadwyręzenie łydki

cramp – skurcz

crutches – kule

cyst – torbiel

deep vein thrombosis – zakrzepica żył głębokich

dislocated shoulder – wybity / zwichnięty bark

dislocation of the carpal bones – zwichnięcie nadgarstka

displaced fracture – złamanie z przemieszczeniem

fracture – złamanie

fracture of the clavicle – złamanie obojczyka

fracture of the femur – złamanie kości udowej

fracture of the neck of the humerus – złamanie szyjki kości ramiennej

fracture of the ribs – złamanie rzeber

ganglion – ganglion, torbiel galaretowata

groin strain – nadwyręzenie pachwiny

hamstring strain – nadwyręzenie ścięgna podkolanowego

heel spur – ostrogi

hernia – przepuklina

hip bursitis – zapalenie kaletki stawu biodrowego

iliolumbar ligament sprain
– nadwyręzenie więzadła biodrowo-
– lędźwiowego

inflammation of hamstring tendon – stan zapalny ścięgna podkolanowego

inflammation of the biceps tendon – zapalenie ścięgna mięśnia dwugłowego

lordosis – lordoza (przednie wygięcie kręgosłupa)

massage – masaż

medial ligament sprain – nadwyręzenie więzadła przyśrodkowego

metacarpal fracture – złamanie kości śródręcza

metatarsal fracture – złamanie kości śródstopia

muscle strain – nadwyręzenie mięśnia

neck brace – kołnierz ortopedyczny

open fracture – złamanie otwarte

osteoporosis – zrzesztotnienie kości

overuse / chronic injury – kontuzja wynikająca z nadużycia / przewlekła

patella dislocation – przemieszczenie rzepki

periostitis – zapalenie okostnej

plaster – gips, plaster

press – naciskać

relieve – uśmierzać

rub – pocierać
rupture – zerwanie
rupture of Achilles – zerwanie ścięgna Achillesa
rupture of quadriceps muscles – zerwanie mięśnia czworogłowego
rupture of rectus femoris muscle – zerwanie mięśnia prostego uda
rupture of the triceps tendon – zerwanie ścięgna mięśnia trójgłowego
sciatica – rwa kulszowa
scoliosis – skolioza (skrzywienie boczne kręgosłupa)
slings – temblak
sports injury – kontuzja
sprain – zwichnięcie
sprained ankle – zwichnięta kostka
sprained thumb – zwichnięty kciuk
stitches – szwy
strain – nadwyręzenie
swelling – opuchlizna
tendon rupture – zerwane ścięgno
tennis elbow – łokieć tenisisty
tight strain – nadwyręzenie uda
traction – wyciąg
traumatic / acute sports injury – nagła / ostra kontuzja
wheelchair – wózek dla osoby niepełnosprawnej
winged scapula – odstająca łopatka

HEALTHY LIFESTYLE

avoid stress – unikać stresu
bad habits – złe nawyki
balanced diet – zbalansowana dieta

be under pressure – być pod presją
blood pressure – ciśnienie krwi
body – ciało
build up – wzmacniać, powiększać
calcium-rich foods – jedzenie bogate w wapń
carbohydrates – węglowodany
cause – powodować
cholesterol – cholesterol
coach potato – obżarciuch
do aerobics – ćwiczyć aerobik
do regular exercise – ćwiczyć regularnie
do some chores – wykonywać prace domowe
do yoga – ćwiczyć jogę
eat healthily – zdrowo się odżywiać
eat regularly – jeść regularnie
fat-free dairy – nabiał niskotłuszczowy
fats – tłuszcze
fibre – błonnik
flexibility – elastyczność
give up – zrezygnować, rzucić
go to the gym – chodzić na siłownię
grain bread – chleb zbożowy
health – zdrowie
healthy diet – zdrowa dieta
improve – polepszyć
increase – wzrost, wzrastać
iron – żelazo
joint stability – stabilność stawów
junk food – niezdrowa żywność
keep fit – trzymać formę
lean meat – chude mięso

longevity – długowieczność
mind – umysł
minerals – minerały
muscles – mięśnie
nutrients – składniki odżywcze
nuts – orzechy
peas – groszek
poultry – drób
prevention – zapobieganie
proteins – proteiny
provide – dostarczać
put on weight – przybrać na wadze
reduction – zmniejszanie
regenerate – regenerować
relaxation – relaks
seeds – nasiona
skimmed milk – mleko odtłuszczone
stretch – rozciągać
take a walk – iść na spacer
variety – różnorodność
vital – ważny
vitamins – witaminy

SPORT IDIOMS

bark up the wrong tree – zwracać się do niewłaściwej osoby
front runner – faworyt
get off the hook – ujść na sucho
give it your best shot – postarać się
go overboard – przesadzać
hands down – z łatwością
hit below the belt – zadać cios poniżej pasa

icing on a cake – wisienka na torcie
learn the ropes – uczyć się nowych rzeczy
neck and neck – iść łeb w łeb
no sweat – nie stanowić problemu
out of someone's league – nie być w czyjejs lidze
plenty of other fish in the sea – jest wiele innych możliwości
race against time – ścigać się z czasem
skate on thin ice – stąpać po cienkim lodzie
start the ball rolling – zacząć
the ball is in your court – decyzja leży po twojej stronie
throw in the towel – poddać się
time out – zrobić przerwę
under the table – pod stołem