**Тема «Спорт в жизни людей. Твой любимый вид спорта».**

**Тип урока: комбинированный.**

**Цели урока.**

* Совершенствование навыков чтения про себя.
* Развитие навыков монологической речи.
* Совершенствование грамматических навыков и навыков аудирования.

**Оснащение.** Карточки с раздаточным материалом и аудиозапись.

**Используемая литература.**

1. Английский язык «Письмо». Экспресс-репетитор для подготовки к ЕГЭ. Е.С. Музланова, Е.И.Кисунько.Астрель, Москва 2014.
2. Exam Excellence,Oxford University Press

**Ходурока.**

**I.Чтениепросебя.**

1. Read the introductory paragraph of the interview. Which sentence sums up best what the interview is about?

1. Jason talks about his experiences as a player for Liverpool FC.
2. Jason tells us what it is like to be a supporter of Liverpool FC.
3. Jason informs us about the activities of the Liverpool FC fan club.

2. Read the interview quickly. Write down what happens or happened at each of these times in Jason’s life.

1. a few weeks after his fifth birthday
2. when he was at school
3. at the age of 12
4. every year
5. in 2005
6. when he wanted to go to the FA Cup Final

Possible answers.

1. He saw Everton play Liverpool with his Dad on TV at his uncle’s house.
2. He played in the school team.
3. He won a swimming competition.
4. He buys a season ticket.
5. Liverpool won the Champions’ League.
6. Their car broke down at the motorway.
7. Read the following interview with Jason Evans from Liverpol.The reporter’s questions have been removed. Match the reporter’s questions A-G to each paragraph 1-6 that should follow them. There is one question that you won’t need to use.

**Good Times, Bad Times.**

*Jason Evans, 28, has been a fan of Liverpool Football Club since he was five. He told us about his experiences.*

1\_\_\_\_\_F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Well, it wasn’t really an automatic choice. There’s always a lot of tension between us in the family when the two local teams play each other. My father and my older brother support Everton, but I support Liverpool.

2\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I remember watching Everton play Liverpool with my Dad on TV at my uncle’s house a few weeks after my fifth birthday. They were both wearing their Everton team shirts- and were getting more and more depressed as the game went on because Liverpool was two goals up by half-time. And I just love the way the Reds played that day. I remember jumping up and down with joy when they scored the first goal. Then my Dad told me that I was actually cheering for ‘the wrong team’…But I swore to myself that one day I would become a Liverpool player myself.

3\_\_\_\_\_A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I played in the school team for a few years. I was only the reserve goal keeper, so I didn’t always get a chance to play in the competitive matches. But I‘ve never played for a serious team, no. Then when I was about twelve, I won a swimming competition and I‘ve been concentrating more on my swimming ever since.

4\_\_\_\_D\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I buy a season ticket every year, and I go along to all the home games. Not just the Premiership matches but the Cup Games and Friendlies, too. And whenever I can, I travel when we play away from home. I read the team’s website regularly and occasionally contribute to a fan’s newsletterрассылка, too. Oh, and I wear red every Saturday, of course.

5\_\_\_\_C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When we won the Champions’ League in 2005.That was amazing! I watched the game on TV with my mates. Three-nil down at half time, then we equalized and ended up winning it all on penalties. I was sitting on the edge of my seat all evening. And I have to admit I was in tears, when the game ended .I still can’t believe it.

6\_\_\_\_\_G\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I was going to go with my friend Nick, to Cardiff to FA football association Cup Final against West Ham. Our car broke down on the motorway and had to be towed тащитьaway for repairs. I didn’t manage to get to Cardiff, and there wasn’t even a TV I could watch the game on. Luckily, my girlfriend taped the game for me, so I could see it when I got home in the evening.

‘ **Reds ‘ is the nickname for Liverpool after the colour of their team shirt.**

Questions.

1. Have you ever played football yourself professionally?
2. What’s your first memory of being a Liverpool supporter?
3. What was your first experience of being a fan?
4. How do you support your team? What do you do in a typical week?
5. When did you first go to watch a live game in Liverpool?
6. What was your main reason for choosing Liverpool FC football club to support? Do you support the same team as your family?
7. What was your biggest disappointment?

**II.Подготовка к монологическому высказыванию.**

1.Match these parts of sentences.

1. If you don’t keep feet,
2. Team sports help people to develop a good attitude
3. You need to understand that you can achieve more
4. Sport makes people
5. Keeping your body healthy
6. Doing sport is a very sociable and enjoyable
7. to the people they work or study with.
8. helps your mind to be clearer.
9. as a part on a team than as an individual.
10. you’ll end up in hospital.
11. way to look after yourself.

F. behave in a less selfish way. **Ответы 1D 2A 3C 4F 5B 6E**

2.Повторениеструктурыанглийскогопредложения.

*The following sentences about the Modern Olympic Games have been jumbled up. Put the words in each sentence in the correct order.*

1. Athens/held/Olympic Games/The /first/in /modern/were/1896./in
2. gold /winner/ wins/ each/ of/ a/ competition/ The/ medal.
3. winners/played./ their/ When/ medal, / their/ the/ national /receive/ Anthem/ is
4. also/1924./years/been/Winter Olympics/every/has/a/four/since/There
5. only/compete/Before/the/amateurs/could/in/ Olympic Games. /1988
6. watched/people/Over/the/television./Sydney Olympics/3.5/billion/on
7. in/thousand/More/than/2004/competitors/took/eleven/part/in/Summer Olympics./the/Sydney
8. the/The/large/it/of/who/take/Olympics./makes/number/difficult/expensive/part/for/host/to/people/

cities/organise/and

**Ответы**

1. The first modern Olympic Games were held in Athens in 1896.
2. The winner of each competition wins a gold medal.
3. When the winners receive their medal, their national anthem is played.
4. There has also been a Winter Olympics every four years since 1924.
5. Before 1988 only amateurs could compete in the Olympic Games.
6. Over 3.5 billion people watch the Sydney Olympics on television.
7. More than eleven thousand competitors took part in 2004 in the Sydney Summer Olympics.
8. The large number of people who take part makes it difficult and expensive for the host cities to organize Olympics.

3.Чтение вслух и перевод текста.

Sport is one of those things that makes our lives really worth living. In one way or another, everyone is involved in sports, whether they play or watch it, or just know someone who does either. Although a lot of people seem to be interested in sports, not all of them consider it useful.

On the one hand, we must admit that sport takes a lot of energy and time and it can be really exhausting. Sportsmen train all day long and have to follow a diet, which does more harm than good. Besides, some sports such as snowboarding or rock climbing can be rather dangerous. As a result, people often have serious injuries. Moreover, sport makes you unhappy when you lose, which can lead to psychological problems.

 On the other hand, sport helps us to keep fit and to stay healthy. Among the benefits of regular exercise are a healthier heart, weight control and less susceptibility to illnesses. In addition, sport helps us to overcome difficulties and give a chance to acquire self-confidence. What is more, sport makes us more organized and better disciplined in our daily activities. It is also a good way to spend free time and to make friends.

 To sum up, I would argue that sport is very important for people’s health. However, it is not necessary to become a professional sportsman. If you go in for sports just for pleasure, to stay in good health or to relax, then I am sure sport is definitely useful.

**III.Составлениемонологическоговысказывания.**

You see this announcement in an Internet forum.

International Sport Survey

Calling sports lovers everywhere!

We want to get a picture of sport around the world. Send us a message telling us about.

* what sports are played in your region
* which ones are the most popular and why
* what are the advantages and the disadvantages of doing sports
* which sport you have played
* what your attitude to sport is
* how you think sport can help people in their lives

**IV.Аудирование.** Listen to the text twice and choose the right variant.

1. Muhhamad Ali

1. first became famous as a rapper.
2. organized antifascist demonstrations.
3. won three Olympic gold medals.
4. was good at composing poems.

2. Ali’s first boxing coach was

1. a policeman in his hometown.
2. theLouseville Club owner.
3. a television reporter.
4. a former thief.

3. Ali’s career as an amateur boxer

1. lasted nearly 18 years.
2. ended when he was 18.
3. brought him only a few match victories.
4. didn’t bring him popularity.

4. In the 60s Ali

1. served in the American Army.
2. spend five years in prison.
3. lost his champion’s title.
4. refused to fight in championships.

5. In retirement Muhhamad Ali

1. stopped taking part in public activities.
2. supported his daughter’s boxing carrier.
3. wrote for sports magazines.
4. was still very popular.

 **Текст.Recording 19.** Radio presenter

You must have heard about Muhammad Ali – probably the most famous athlete and one of the best-known people in the world. But what do you actually know about his life?

He was the first three-time heavyweight boxing champion of the world. 1.He was known for his powerful fists as well as for his poetry. His ability to compose rhymes on the run could easily qualify him as the first rapper. He won an Olympic gold medal and later threw it into a river in protest against racism in America.

Ali’s interest in boxing began when he was 12. He was living in a poor black neighbourhood in Louisville, together with his parents and brother Rudy. One day, when his new bicycle got stolen, Ali reported the fact 2 to a local policeman, Joe Martin. He was furious and said that he was going to beat up the thief. 2 Martin was the boxing coach at the Louisville’s Club and he also had a TV show called ‘Tomorrow’s Champions’. Seeing Ali’s determination, he suggested that the boy learned to fight.

Ali passionately devoted himself to amateur boxing. He trained hard and soon became a celebrity in his hometown. Within the next few years, he won 100 of his 108 matches. At 18, he became Olympic gold medalist and very soon 3 he signed a lucrative professional contract.

In the 1960s, Ali became one of the most controversial figures in his country. 4 He refused to serve in the American army in Vietnam for religious reasons and, as a result, he lost his championship belt.(symbol of a champion) He was also sentenced to five years in prison, but later the sentence was cancelled by the Supreme Court.

Muhammad Ali retired from boxing in 1981 and soon afterwards he was diagnosed with Parkinson’s **БолезньПаркинсона** — медленнопрогрессирующеедегенеративноезаболеваниецентральнойнервнойсистемы, основнымипроявлениямикоторогоявляютсятакиедвигательныенарушения…,disease. However, he remained active in various fields and he has not been forgotten. In 1999, he was named Sportsman of the Century by one of the biggest sports magazines. In the same year, Ali’s daughter Laila made her debut as a boxer despite her father’s earlier comments against female boxing.

**V.Повторение грамматической темы «Простое прошедшее время».**

1 Повторение правила.

Прошедшее простое время употребляется для описания событий и действий, которые проходили в прошлом и часто не имеют связи с настоящим периодом времени. Например*: LastyearmyelderbrotherenteredtheMoscowStateUniversity.В прошлом году мой старший брат поступил в Московский Государственный Университет*.

Прошедшее простое время правильных глаголов образуется путем добавления окончания *-ed* к первой форме глагола. Например: *toclean-cleaned.* При добавлении окончания существуют следующие правила орфографии:

Если слово заканчивается на *-у* то -*у* меняется на -i и добавляется окончание –-*ed ,*но только в том случае, если ей предшествует согласная буква.Например:*to copy-copied ;to study-studied ,но to play-played.*

Если слово заканчивается на *–е* ,то мы добавляем в конце слова только *–d* . Например:*tobake-baked .*

У неправильных глаголов существует своя особая форма, которую нужно запомнить (вторая форма-второй столбик в таблице неправильных глаголов) например*:tobring-brought ;toput-put ;tosleep-slept.*

В предложениях с данным временем очень часто употребляются следующие временные наречия:*last (year,month,week),yesterday,ago(5 daysago) in(1995).*

Для образования вопросительной и отрицательной формы употребляется вспомогательный глагол *did* для всех лиц и чисел.

Например: *Did you go to the cinema yesterday? When did you go to the cinema? Ididnot (didn’t) gotothecinemayesterday.*

В вопросительной и отрицательной форме смысловой глагол употребляется в первой форме.

2.Выполнениеупражнений.

***1)Use one of the verbs in the box to fill each gap. Put the verb in the Past Simple.***

|  |
| --- |
| Fallпадать findнаходить spendпроводитьвремяloseтерять needнуждаться hurtранить laughсмеяться take брать leaveпокидать saveспасать celebrateотмечать canмочь |

Three days lost, alone, and injured on a mountain.

Gary Smith yesterday celebrated his 18th birthday, but he is lucky to be alive. In March this year, he was climbing Ben Nevis, Britain’s highest mountain, when he 1\_\_\_\_\_\_\_\_\_his way and 2\_\_\_\_\_\_three days in sub-zero temperatures.

“My friends 3\_\_\_\_\_\_at me for having so much survival equipment, but it 4\_\_\_\_\_\_my life.

On the first night, the weather was so bad that it tore his new mountain tent to pieces, so he moved into a Youth Hostel for the night. He 5\_\_\_\_\_the hostel at 10.00 the next morning, but he was soon in trouble. «I 6\_\_\_\_\_off a rock and 7\_\_\_\_\_\_my knees.I 8\_\_\_\_\_\_move.

Mountain rescue teams went out to look for Garry, and 9\_\_\_\_\_\_\_\_him at 1.00 in the morning. A helicopter 10\_\_\_\_\_him to hospital, where he 11\_\_\_\_\_\_several operations.

“Next time I’ll go with my friends, not on my own! “ he joked.

**Ответы.1.lost 2.spent 3.laughed 4.saved 5.left 6.fell 7.hurt 8.couldn’t 9.found 10.took 11.needed**

***2).Make the following sentences negative.***

*Shakespeare wrote songs. Shakespeare didn’t write songs. He wrote plays.*

1. Christopher Columbus discovered India.
2. Beethoven came from Paris.
3. Leonardo da Vinci lived in Brazil.
4. The Americans landed on the Moon in the 19th century.
5. Last night I had grass for dinner.

***3).Write questions to ask about the missing information.***

*I went to the States in 19\_\_\_.When did you go to the States?*

1. I went to\_\_\_\_\_\_for my last holiday.Where\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
2. We stayed in\_\_\_\_\_\_\_.Where\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
3. We stayed there for\_\_\_\_\_\_weeks. How long\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
4. We had\_\_\_\_\_\_weather. Did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
5. We travelled round by\_\_\_\_\_\_\_. How\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
6. We had\_\_\_\_\_food. Did\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_good food?

***4).Write the Past Tense of the following verbs.***

Work/save/stop/come/want/help/wash/walk/make/feel/send/know/arrive/use/like/smile/plan/travel/rob

***5).Fill in the gaps with one of the words from the box if necessary.***

|  |
| --- |
| **Ago last in for at when on** |

1 I was born in Africa\_\_1970. 2 My parents moved back to England\_\_\_\_I was five.

3 We lived in Bristol\_\_\_three years. 4 I went to college three years\_\_\_. 5 I found a flat on my own\_\_\_last year. 6 I usually go home\_\_\_weekend. 7 I didn’t go home \_\_\_weekend because some friends came to stay. 8 They arrived\_\_\_threeo’clock\_\_\_the afternoon. 9 \_\_\_Saturday evening we went out to a concert. 10 \_\_\_we got home we listened to some music. 11 We got uplate\_\_\_Sunday morning. 12 \_\_\_afternoon we went for a walk. 13 I bought a car a few weeks\_\_\_. 14 I had an accident \_\_\_\_last night. 15 It will be ready \_\_\_two weeks.

**VI.Подведение итогов урока и задание на дом.**

1. Подготовить сообщение о спорте.
2. Повторить правило «Прошедшее простое время».

**Тема «Экстремальные виды спорта. Прошедшее длительное время».**

**Тип урока: комбинированный.**

**Цели урока.**

* Совершенствование навыков чтения про себя.
* Развитие навыков монологической речи и логического мышления.
* Совершенствование грамматических навыков.

**Оснащение.** Карточки с раздаточным материалом, учебник.

**Используемая литература.**

1. Музланова Е.С., Кисунько Е.И.,Английский язык «Письмо». Экспресс-репетитор для подготовки к ЕГЭ. Астрель, Москва 2014.
2. ХристорождественскаяА.П.,Английский язык .Практический курс 1,Харвест, Минск,2003.

**Ход урока.**

**I.Чтение про себя и развитие монологической речи.**

There s no doubt that extreme sports are becoming more and more popular nowadays.Nevetheless, these sports are considered rather dangerous and it is quite difficult to understand why people put their lives at risk.

As for me, I can understand people who are addicted to risky sports, First off all, they try extreme sports for the thrill and excitement. They just want a new experience and new emotions. For them extreme sport is an antidote to our safety –first, shrink-wrapped world. Besides, risky sports enable people to conquer fears and to satisfy their curiosity. Finally, young people are likely to take risks because they want to look daring and outrageous.

However, parents are often against extreme sports because of the possibility of injury. They are also afraid that young people will become addicted to taking risks. As a matter of fact, many extreme sports are even less dangerous than traditional ones. Improvements in equipment allow the reduction in risk and if you do not take things to the edge, extreme sports are rather safe. In addition, risky sports help people to relax and to find new friends who share the same passion. In my opinion, it is much better than drug addiction.

To sum up, I strongly believe that extreme sports are as beneficial as traditional kinds. They offer the opportunity to find out where you limits lie. Personally, I am not a risk taker but I respect people who go to extremes.

***1.Найти в тексте выражения.***

1. Считаются довольно опасными
2. Рисковать жизнью
3. Привыкнуть к рискованным видам спорта
4. Для удовольствия и развлечения
5. Хотеть новых ощущений и новых эмоций
6. Помогают людям
7. Преодолеть страхи
8. Удовлетворить любопытство
9. Любят рисковать
10. Выглядеть мужественно и необычно
11. Против экстремальных видов спорта
12. Возможность получить травму
13. Привычны к риску
14. Менее опасны
15. Усовершенствования в оборудовании
16. Уменьшение риска
17. Доходить до крайностей(2 выражения)
18. Иметь общие интересы
19. Полезный
20. Выявить свои возможности
21. Я не любитель рисковать
22. Уважать

***2.Найти в тексте речевые клише.***

There s no doubt that …/Nevertheless…/As for me, I can understand…/ First off all…./ Besides…/ Finally…/ However…/ As a matter of fact…/ In addition…/ In my opinion…/ To sum up…/ I strongly believe that…/ Personally, I…

***3.Используя таблицу, сделайте анализ содержания абзацев.***

|  |  |
| --- | --- |
| Части текста |  Содержание |
| Введение (1абзац) | Перефразирована тема, сформулирована проблема, содержащая противопоставление двух точек зрения.(С одной стороны, экстремальные виды спорта популярны; с другой стороны, многие люди считают их опасными и не понимают стремления рисковать жизнью. |
| Основная часть (2абзац) | Высказана своя точка зрения о преимуществах экстремальных видов спорта, приведены развернутые аргументы за: во - первых, удовольствие, новые впечатления и эмоции . Более того, экстремальный спорт помогает преодолевать страхи и удовлетворять любопытство. И наконец, многие люди, предпринимающие занятия экстремальными видами спорта хотят выглядеть необычно смелыми. |
| Основная часть(3абзац) | Излагает мнение других людей и их обоснования, а также приводит контраргументы. Многие родители против экстремальных видов спорта из-за возможности получения травмы; они также бояться привыкания детей к риску. Контраргумент: многие экстремальные виды спорта менее опасны, чем традиционные. Усовершенствованное спортивное оборудование сокращает риск подобных занятий, и если Вы не доходите до крайностей, то это довольно безопасно.В добавление, рискованные виды спорта помогают людям отдохнуть и найти новых друзей, и еще это лучше чем привыкание к наркотикам. |
| Основная часть(4абзац) | В данном эссе нет 4 абзаца  |
| Заключение (4 -5 абзац) | Автор излагает свое мнение другими словами: экстремальный спорт также полезен как традиционный, потому что предлагает возможность определить свои способности. Сам он не любитель рисковать, но уважает людей, которые идут на риск.  |

***4.Используя таблицу, речевые клише, и выражения из текста написать сочинение на тему «Экстремальные виды спорта».***

**II.Повторение грамматики. Прошедшее длительное время.**

***Повторение правила. Случаи употребления PastContinuous.***

1.Указание на процесс, происходивший в конкретный момент времени в прошлом.*Yesterdayfrom 5p.m. till 7p.m.Iwasreadingabook.*

2.Два одновременных действия в прошлом.

*While my mother was cooking supper we were watching TV*

3.Одно действие в прошлом ,прерванное другим действием.

*I was sleeping when someone knocked at the door*

***Тренировочныеупражнения.***

***1.****Read the text and ask questions on the text.*

**An adventure.**

It was a typical summer afternoon; the sun was beating down, the cars were creeping slowly round the corner of the park. Five or six children were playing in the stream by the fountain, jumping in and out of the water, their laughter mixing with the noise of the traffic. All the world was wearing shirts and T-shirts, or bathing costumes; yet Walter Harrisson, sitting on a park bench in his overcoat, was feeling cold and lonely. “Where will it all end?” he thought, as he watched the children splashing and laughing. After a few minutes he got up and walked through the park gates. His adventure was about to begin…

 He stopped just before putting his key in the front door. Something was happening in the back garden…Quietly he crept around the side and looked through the gate. Two men were standing at the back of the house holding a ladder. A third man was at the top of the ladder and a fourth inside the house: he was passing furniture through the window to his partner who then gave it to his friends below. All four were working quietly and efficiently and the pile of furniture in the garden was getting bigger and bigger by the minute. Walter could not believe his eyes: the strangers were emptying his entire flat, and they were behaving as if it was the most normal thing in the world. He coughed loudly and then said, “Excuse me!”- and the man at the top of the ladder dropped his portable TV onto the concrete below.

1. What was the weather like?
2. How were the cars moving?
3. What were the children doing?
4. What were they wearing?
5. How was Walter Harrison feeling?
6. What was he doing?
7. What did he see in the garden?
8. How were the four me working?
9. What were the strangers actually doing? How were they behaving?
10. What did Harrison do?
11. Think of the end of the story.
12. *Retell the story using the questions.*

**III.Подведение итогов урока и задание на дом.**

Сообщение по теме «Экстремальные виды спорта».

**Дополнительныйтекст.**

**Extreme sports.**

***Welcome to Australia’s top extreme sports site. Checkout this year’s top four ex-sports.***

***1. Kite Surfing.***

***What do they do?*** Surf on a surfboard attached to a power kite that can take them into the air.Kitesurfers have to learn to control both the surfboard and the kite at the same time, and performs tricks and turns while in the air.

***Where do they do it?***The Whitsunday islands, 74 tropical islands between the mainland and the Great Barrier Reef are ideal for beginner kite surfers thanks to the warm flat water that surrounds them. The islands have become such a popular destination that Whitehaven Beach there is now known as Kitehaven Beach!

***Danger Rating: 3/5***

***2.Freestyle motor cross***

***What do they do?*** Perform stunts on special light, powerful, off-road bikes. Using ramps, riders can jump over obstacles up to 35 meters. While in the air they perform special moves such as the ‘whip’ (turning the bike sideways in the air), the ‘superman’ kicking their legs out behind them and flying parallel to the bike) and the ‘cliff hanger’ (fixing their feet under the handlebars and releasing their hands).

***Where do they do it?***There will be a whole day of motocross at the Planet X Summer Games in Sydney this November-the thrill-seekers’ Olympics!

***Danger Rating: 4/5***

***3.Street Luge.***

***What do they do?*** Lie on their backs on large skateboards only 4 cm from ground, travelling on the road at speeds of nearly 130 kph.The boards are specially built to fit each rider, who must wear a leather suit and a full motorbike helmet. Riders use their feet as brakes. Roads are closed for competitions, but not for practice sessions, so a car always follows each luger in case of accidents.

***Where do they do it?*** Melbourne has lots of clubs that practice most Saturdays. See our message board for details.

***Danger Rating: 4/5***

***4.Base Jumping.***

***What do they do?*** Jump off tall structures (BASE=buildings, antennae, span (bridges),

earth)and land with a parachute. To begin base jumping you have to already be a competent skydiver, with experience of 150 parachute jumps. Base jumping has a controversial reputation. Jumpers have a 95% chance of ending up in hospital at some point in their carrier. The sport is even illegal in some countries, including the USA.

***Where do they do it?*** Anywhere (often illegally)! Frenchman’s Cap in Tasmania (a 340m high cliff) is a popular spot.

***DangerRating: 4/5***

**Тема «Здоровый образ жизни. Вредные привычки. Прошедшее простое и длительное время в сравнении».**

**Тип урока: комбинированный.**

**Цели урока.**

* Совершенствование навыков чтения про себя.
* Развитие навыков монологической речи и логического мышления.
* Совершенствование грамматических навыков.

**Оснащение.** Карточки с раздаточным материалом, учебник.

**Используемая литература.**

1. Е.С.Музланова, Е.И.,Кисунько«Английский язык .Письмо». Экспресс-репетитор для подготовки к ЕГЭ,Астрель, Москва 2014.
2. ExamExcellence,OxfordUniversityPress
3. М.В.Вербицкая, К.С. Махмурян «Английский язык. ЕГЭ. Тренировочные задания», Москва, Эксмо,2010

**Ходурока.**

**I.Проверка домашнего задания.**

**В сильных группах сочинение на тему «Здоровый образ жизни» в слабых-диктант.**

There s no doubt that extreme sports are becoming more and more popular nowadays.Nevetheless, these sports are considered rather dangerous and it is quite difficult to understand why people put their lives at risk.

As for me, I can understand people who are addicted to risky sports, First off all, they try extreme sports for the thrill and excitement. They just want a new experience and new emotions. For them extreme sport is an antidote to our safety –first, shrink-wrapped world. Besides, risky sports enable people to conquer fears and to satisfy their curiosity. Finally, young people are likely to take risks because they want to look daring and outrageous.

However, parents are often against extreme sports because of the possibility of injury. They are also afraid that young people will become addicted to taking risks. As a matter of fact, many extreme sports are even less dangerous than traditional ones. Improvements in equipment allow the reduction in risk and if you do not take things to the edge, extreme sports are rather safe. In addition, risky sports help people to relax and to find new friends who share the same passion. In my opinion, it is much better than drug addiction.

To sum up, I strongly believe that extreme sports are as beneficial as traditional kinds. They offer the opportunity to find out where you limits lie. Personally, I am not a risk taker but I respect people who go to extremes.

1. Считаются довольно опасными
2. Рисковать жизнью
3. Привыкнуть к рискованным видам спорта
4. Для удовольствия и развлечения
5. Хотеть новых ощущений и новых эмоций
6. Помогают людям
7. Преодолеть страхи
8. Удовлетворить любопытство
9. Любят рисковать
10. Выглядеть мужественно и необычно
11. Против экстремальных видов спорта
12. Возможность получить травму
13. Привычны к риску
14. Менее опасны
15. Усовершенствования в оборудовании
16. Уменьшение риска
17. Доходить до крайностей(2 выражения)
18. Иметь общие интересы
19. Полезный
20. Выявить свои возможности
21. Я не любитель рисковать
22. Уважать

|  |  |
| --- | --- |
| Части текста |  Содержание |
| Введение (1абзац) | Перефразирована тема, сформулирована проблема, содержащая противопоставление двух точек зрения.(С одной стороны, экстремальные виды спорта популярны; с другой стороны, многие люди считают их опасными и не понимают стремления рисковать жизнью. |
| Основная часть (2абзац) | Высказана своя точка зрения о преимуществах экстремальных видов спорта, приведены развернутые аргументы за: во - первых, удовольствие, новые впечатления и эмоции . Более того, экстремальный спорт помогает преодолевать страхи и удовлетворять любопытство. И наконец, многие люди, предпринимающие занятия экстремальными видами спорта хотят выглядеть необычно смелыми. |
| Основная часть(3абзац) | Излагает мнение других людей и их обоснования, а также приводит контраргументы. Многие родители против экстремальных видов спорта из-за возможности получения травмы; они также бояться привыкания детей к риску. Контраргумент: многие экстремальные виды спорта менее опасны, чем традиционные. Усовершенствованное спортивное оборудование сокращает риск подобных занятий, и если Вы не доходите до крайностей, то это довольно безопасно.В добавление, рискованные виды спорта помогают людям отдохнуть и найти новых друзей, и еще это лучше чем привыкание к наркотикам. |
| Основная часть(4абзац) | В данном эссе нет 4 абзаца  |
| Заключение (4 -5 абзац) | Автор излагает свое мнение другими словами: экстремальный спорт также полезен как традиционный, потому что предлагает возможность определить свои способности. Сам он не любитель рисковать, но уважает людей, которые идут на риск.  |

***Речевыеклише.***

There s no doubt that …/Nevertheless…/As for me, I can understand…/ First off all…./ Besides…/ Finally…/ However…/ As a matter of fact…/ In addition…/ In my opinion…/ To sum up…/ I strongly believe that…/ Personally, I…

**II.Чтениепросебя и развитие монологической речи.**

Weoften hear a statement that the health of modern teenagers is much worse than their counterparts who lived 50 years ago. But is it really so?

In myopinion, nowadays young people are not as healthy as they used to be. To begin with, young people today eat lots of genetically modified food, which is definitely harmful. Besides, modern teenagers often smoke, drink alcohol and take drugs which leads to serious deseases.What is more,lots of teenagers are addicted to computers or watch TV all day long instead of walking and doing sports. As a result, many young people are overweight and suffer from heart diseases.

However, many people ignore these facts claiming that teenagers’ health is steadily improvingdue tomodern health care and better nutrition. Of course, young people do not die today of such diseases as pneumonia and tuberculosis but their health is definitely getting worse because they breathe polluted air, drink polluted water and eat food with different harmful additives. Additionally, teenagers usually ignore their parents’ advice to eat healthy food and eat what they want or even skip meals. What is more,we must admit that today weare threatened by such incurable diseases as AIDS or hepatitis.

In conclusion, I want to say that our society should pay more attention to the health of younger generation because they are the basis of our future development. I strongly believe that teenagers should be actively involved in various health projects.

***1.Найти в тексте выражения.***

1. Здоровье современных подростков the health of modern teenagers
2. Сверстники counterparts
3. Определенно вредный definitely harmful
4. Принимать наркотики take drugs
5. Ведет к серьезным заболеваниямleadstoseriousdeseases
6. Находятся в зависимости от компьютеровareaddictedtocomputers
7. Вместогулянияизанятийспортом instead of walking and doing sports
8. В результате As a result
9. Имеют повышенный вес areoverweight
10. Страдать от сердечных заболеванийsufferfromheartdiseases
11. Игнорироватьфакты ignore facts
12. Постоянноулучшаетсяis steadily improving
13. Благодаря современной заботе о здоровьеduetomodernhealthcare
14. Лучшее питание better nutrition
15. Определенностановитсяхуже is definitely getting worse
16. Дышать загрязненным воздухом breathe polluted air
17. Пить загрязненную водуdrinkpollutedwater
18. Вредные добавки harmful additives
19. Игнорируютсоветыродителей ignore their parents’ advice
20. Пропускать приемы пищиskipmeals
21. Мы должны допуститьwemustadmit
22. Напуганы are threatened
23. Неизлечимые болезни incurable diseases
24. Обращать больше внимания pay more attention to
25. Здоровьемолодогопоколения health of younger generation
26. Базанашегобудущегоразвития basis of our future development
27. Активноучаствовать be actively involved in

***2.Найти в тексте речевые клише.***

We often hear a statement that…/In my opinion…/To begin with…/Besides…/What is more…/As a result…/However…/Of course…/Additionally…/In conclusion, I want to say…/Istronglybelievethat…/

***3.Используя таблицу, сделайте анализ содержания абзацев.***

|  |  |
| --- | --- |
| Части текста |  Содержание |
| Введение (1абзац) | Сформулирована проблема(здоровье современных подростков намного хуже, чем 50 лет назад),и задан вопрос (Действительно ли это так). |
| Основная часть (2абзац) | Высказана своя точка зрения о том, что молодые люди сегодня не такие здоровые как раньше. Далее автор дает обоснование этой точки зрения: во –первых, молодые люди едят много ГМП,что является вредным;Кроме того, современные подростки часто курят, употребляют алкоголь и принимают наркотики, что ведет к серьезным заболеваниям; более того, многие подростки привержены к компьютеру или целый день смотрят телевизор вместо прогулки или занятий спортом.В результате многие молодые люди имеют повышенный вес или страдают от сердечных заболеваний. |
| Основная часть(3абзац) | Автор излагает мнение других людей и их обоснования, а также приводит контраргументы.Мнение:многие люди заявляют, что здоровье подростков постоянно улучшается благодаря современному здравоохранению и лучшему питанию.Контраргументы: конечно, молодые люди не страдают сегодня от таких заболеваний как пневмония или туберкулез, но их здоровье определенно ухудшается.Причины: они дышат загрязненным воздухом, пьют загрязненную воду и едят пищу с вредными добавками.В добавление к этому, подростки обычно игнорируют советы своих родителей есть здоровую пищу или пропускают приемы пищи. Более того в настоящее время мы напуганы такими неизлечимыми болезнями как СПИД или гепатит. |
| Основная часть(4абзац) | В данном эссе нет 4 абзаца  |
| Заключение (4 -5 абзац) | В заключение авто р рекомендует обществу обращать больше внимания на здоровье подрастающего поколения потому что они-основа нашего будущего развития. Автор считает, что подростки должны активно участвовать в проектах по здоровью. |

***4.Используя таблицу, речевые клише, и выражения из текста написать сочинение на тему «*Здоровый образ жизни. Вредные привычки*» или устное сообщение.***

**III.Повторение грамматики. Прошедшее простое и длительное время в сравнении.**

***1.Повторение правил.***

***2.Выполнение упражнений.***

**Упражнения 1. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**

1.I (to play) computer games yesterday. 2. I (to play) computer games at five o'clock yesterday. 3. He (to play) computer games from two till three yesterday. 4. We (to play) computer games the whole evening yesterday. 5. What Nick (to do) when you came to his place? 6. What you (to do) when I rang you up? 7. I (not to sleep) at nine o'clock yesterday. 8. What he (to do) yesterday? - He (to read) a book. 9. What he (to do) the whole evening yesterday? --He (to read) a book. 10. She (to sleep) when you came home? 11. My brother (not to play) tennis yesterday. He (to play) tennis the day be­fore yesterday. 12. My sister (not to play) the pi­ano at four o'clock yesterday. She (to play) the piano the whole evening. 13. When I came into the kitchen, mother (to cook). 14. She (to cook) the whole day yesterday. 15. We (to wash) the floor in our flat yesterday. 16. We (to wash) the floor in our flat from three till four yesterday. 17. You (to do) your homework yesterday? 18. You (to do) your homework from eight till ten yesterday? 19. Why she (to sleep) at seven o'clock yesterday? 20. He (to sit) at the table the whole evening yesterday.

 **Упражнения 2. Раскройтескобки, употребляяглаголыв Past Simple или Past Continuous.**

1. I (to go) to the cinema yesterday. 2. I (to go) to the cinema at four o'clock yesterday. 3. I (to go) to the cinema when you met me. 4. I (to do) my home­work the whole evening yesterday. 5. I (to do) my homework when mother came home. 6. I (to do) my homework yesterday. 7. I (to do) my homework from five till eight yesterday. 8. I (to do) my homework at six o'clock yesterday. 9. I (not to play) the piano yesterday. I (to write) a letter to my friend. 10. I (not to play) the piano at four o'clock yesterday. I (to read) a book. 11. He (not to sleep) when father came home. He (to do) his homework. 12.  When we were in the country last summer, I (to go) to the wood one day. In the wood I (to find) a little fox cub.I (to bring) it home.I (to decide) to tame the cub.Every day I (to feed) it and (to take) care of it.I (to tame) it the whole summer. Now the fox cub is quite tame. It lives in my house. 13.   When I (to go) to school the day before yes­terday, I met Mike and Pete. They (to talk) and (to laugh). They told me a funny story. Soon I (to laugh), too.I still (to laugh) when we came to school.After school I (to tell) this story at home.My father and mother (to like) it very much.

 **Упражнения 3. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**
1. When I (to come) home, my little sister (to sleep). 2. When Nick (to come) home, his brother (to play) with his toys. 3. When mother (to come) home, I (to do) my homework. 4. When father (to come) home, Pete (to sleep). 5. When mother (to come) home, the children (to play) on the carpet. 6. When I (to get) up, my mother and father (to drink) tea. 7. When I (to come) to my friend's place, he (to watch) TV. 8. When I (to see) my friends, they (to play) football. 9. When I (to open) the door, the cat (to sit) on the table. 10. When Kate (to open) the door, the children (to dance) round the fir-tree. 11. When Tom (to cross) the street, he (to fall).  12. When I (to go) to school, I (to meet) my friend. 43. When we (to go) to the cinema, we (to meet) grandmother. 14. When grandmother (to go) home, she (to see) many children in the yard. 15. When Henry (to walk) about in the forest, he (to find) a bear cub. 16. When we (to walk) about in the for­est, we (to see) a hare. 17. When I (to wash) the floor, I (to find) my old toy under the sofa. 18. When granny (to read) a book on the sofa, she (to fall) asleep. 19. When I (to play) in the yard, I suddenly (to see) my old friend. 20. When Nick (to run) about in the yard, he (to fall).

 **Упражнения 4. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**

1. They (to drink) tea when I (to come) home. 2. He (to walk) along the river when a boat (to pass). 3.  The old man (to think) about his plan when he (to fall) asleep. 4. We (to listen) to an interesting lec­ture yesterday. 5. When I (to enter) the classroom, the teacher (to write) words on the blackboard and the pupils (to copy) them into their exercise-books. 6. They (to get) ready to go out when it (to begin) raining. 7. Yesterday at one o'clock I (to have) lunch at the canteen. 8. When he (to come) in, I (to do) my exercises. 9. What you (to do) at eight o'clock yesterday? 10. At this time yesterday I (to go) home. 11. You (to sleep) when I (to go) out. 12. He (to read) on the sofa when I (to come) in and (to sit) down beside him. 13. I (to walk) along the street with my friend when a tram (to pass). 14. She (to look) out of the window when I (to see) her. 15. We (to answer) the teacher's questions when the head­mistress (to enter) the classroom.

 **Упражнения 5. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**

1. When I (to ring) up my friend, he (to sleep). 2. When grandfather (to watch) TV, he (to fall) asleep. 3. When my friend (to come) to see me, I (to do) my homework. 4. When I (to go) to the stadium, I (to meet) Kate and Ann. 5. When Nick (to ring) me up yesterday, I (to help) mother. 6. When the children (to walk) through the wood, they (to see) a fox. 7. When I (to come) home, my sister (to wash) the floor. 8. When Mike (to play) in the yard, he (to find) a ball. 9. When I (to draw) yesterday, I (to break) two pencils. 10. When I (to meet) Tom, he (to go) to the shop. 11. When I (to look) out of the window, the children (to play) hide-and-seek. 12. I (to go) to the theatre yesterday. 13. At seven o'clock yesterday I (to go) to the theatre. 14. What you (to do) at 5 o'clock yesterday? -I (to play) the piano. 15. When I (to come) to school, the children (to stand) near the classroom. 16. We (to play) in the yard the whole evening yesterday. 17. When I (to prepare) breakfast in the morning, I (to cut) my finger. 18. Last year I (to go) to the United States. 19. You (to go) to Great Britain last year? - No, I (to go) to France. 20. What you (to do) yesterday? — I (to translate) a very long article.

 **Упражнения 6. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**

I. He (to get) up at seven o'clock yesterday. 2. Father (to come) home at six o'clock yesterday. 3. I (to read) a book at six o'clock yesterday. 4. She (to fall) asleep at eleven o'clock yesterday. 5. Moth­er (to drink) tea at eleven o'clock yesterday. 6. Fa­ther (to watch) TV at ten o'clock yesterday. 7. I (to go) to bed at nine o'clock yesterday. 8. I (to finish) my homework at nine o'clock yesterday. 9. I (to play) the piano at five o'clock yesterday. 10. He (to begin) to do his homework at four o'clock yester­day. 11. She (to wash) the floor at four o'clock yes­terday. 12. I (to meet) Nick at three o'clock yester­day. 13. When I (to come) home, Kate (to play) the piano. 14. When I (to meet) John, he (to go) to the railway station. 15. When I (to go) to the museum, I (to see) a big crowd of people in the street. 18. They (to play) in the yard in the evening yester­day. 17. They (to play) in the yard the whole evening yesterday. 18. I (to clean) my teeth at eight o'clock in the morning yesterday. 19. We (to go) to the wood in summer. 20. When the teacher (to open) the door of the classroom, the pupils (to sit) at their desks.

 **Упражнения 7. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**

1. At this time yesterday I (to sit) at the thea­tre. 2. He (to come) back to St. Petersburg on the 15th of January. 3. I (to go) to the institute when I (to see) him. 4. At this time yesterday we (to have) dinner. 5. He (to write) a letter when I (to come) in. 6. He (to make) a report when I (to leave) the meeting. 7. Yesterday he (to write) a letter to his friend. 8. When I (to look) at them, they (to smile) at me. 9. What you (to do) at six o'clock yesterday? 10. I (to go) to bed at half past eleven. 11. Yesterday the lesson (to begin) at nine o'clock. 12.  The cat (to take) a piece of fish 'and then (to run) away. 13. He (to read) a newspaper when I (to come) in. 14. Yesterday I (to get) up at seven o'clock. 15. The train (to start) at fifteen minutes to ten. 16. He (to put) on his coat and cap, (to open) the door and (to go) out.

**Упражнения 8. Раскройте скобки, употребляя гла­голы в PastSimple или PastContinuous.**

1.I (to feed) my cat with fish yesterday. 2. What you (to do) at four o'clock yesterday? — I (to feed) my cat. 3. What your brother (to do) yesterday? -He (to play) computer games. 4. I (to begin) re­pairing my camera at six o'clock yesterday. 5. At five o'clock yesterday Helen (to cook) soup. 6. We (to play) badminton from nine till eleven yester­day. 7. Kate (not to go) for a walk yesterday. She (to write) a composition the whole day yesterday. 8. When your father (to come) home yesterday? He (to come) home at seven o'clock. 9. When my father (to come) home yesterday, my mother (to make) supper. 10. We (not to go) on a tramp last summer. 11. What you (to do) when your sister (to come) home yesterday? 12. You (to have) supper at nine o'clock yesterday? 13. He (not to go) to the shop yesterday. 14. Nick (to go) to bed at ten o'clock yesterday. 15. Rick (to sleep) at eleven o'clock yes­terday. 16. When we (to play) in the yard yester­day, it suddenly (to start) raining heavily. 17. I (to see) Mike when he (to cross) the street. 18. He (to begin) repairing his bicycle in the morning yes­terday. 19. He (to repair) his bicycle the whole day yesterday. 20. He (to finish) repairing his bicycle in the evening yesterday.

**IV.Подведение итогов урока и домашнее задание.**

1. Сообщение на тему «Здоровое питание. Отношение к диетам» В слабых группах-подготовиться к диктанту.
2. Повторить правила «Прошедшее простое и длительное время».

**Дополнительный материал.**

*I.Прочитайте текст с пропусками. Вставьтенужныйвариантответа.*

A healthy lifestyle can vastly improve your well-being. This is a lifestyle designed for those who wish to feel more certain about their health and more in control of what the present and future will bring them in that important 1\_\_of existence. None of us wants to be sick. None of us enjoys the idea that we may become a medical statistic. This is a simple easy-to-follow health-style that can enable you to get cards very much in your 2\_\_.The doctors were fortune enough to come into3\_\_with a field of study that brought them to healing and well-being that they so desperately needed. They personally have 4\_\_thousands of people improve their health using only a small part of information. Many people began to improvetheir health now.Empbracing the most current information from many health-related fields, the programme of healthy lifestyle gives you an understanding of the impact of exercise ,breathing,sunshine,sleep,and much more on your health. In order for this programme to work for you, you have to be willing to apply at least some part of it.Some change will be 5\_\_.And as you make those first modest changes, you will get positive results that encourage you to do more. Changing is fun. And if you realize that your new healthy lifestyle 6\_\_the making of new habits, not the 7\_\_of old ones, you will feel very positive about what the future holds for you.

1. a) sector b) region c) area d) territory

2. a) benefit b) advantage c) privilege d) favour

3. a) touch b) contact c) view d) connection

4. a) confessed b) witnessed c) determined d) recognized

5. a) ordered b) commanded c) forced d) required

6. a) contains b) consists c) involves d) encloses

7. a) breaking b) damaging c) ruining d) destroying

Ответы 3422431

***II.Read the following leaflet giving advice on leading a healthy life. Some phrases have been left out of the text. Choose from phrases A-I below to complete the gaps. Thereis one phrase you are not going to need.***

***Do.***

* Reduce calories and cut down on sweets, cakes and chocolate. If you are overweight try to lose weight. Being overweight increases your 1\_\_of developing circulation problems.
* Follow a sensible diet. Eat as much low fat as possible: chicken, fish and yogurt are good for you. Aim to eat at least five portions of fruit and vegetables a day to ensure your 2\_\_\_of vitamin C and health-giving minerals.
* Give up smoking-every cigarette shortens your life.
* Lead an active lifestyle. Keep fit and stay in shape:3\_\_out in the gym or take up jogging? Choose an activity that you 4\_\_. Exercise should be a pleasure, not a duty. Aim to exercise for about 30 minutes at least five times a week. If you work sitting down 5\_\_up as often as you can and walking around for a while.

***Don’t***

Don’t go to bed late: if you don’t get enough sleep, you will lack energy and you will age faster. Sleep replenishes the energies spent during the day and aids the natural healing process of the body.

Don’t get stressed 6\_\_and avoid stress at home, school or work.Learn to relax, and when you feel that your stress level is rising, take a break.

Don’t eat between meals: it’s the fastest way to put on weight. If you 7\_\_snacks, try at least to eat healthy snacks, like fruit or yogurt.

Don’t be a fitness fanatic! You need to stay in shape but remember to 8\_\_.

A.why not work B.it’s worth practicing C.keep calm D.chancesE.can’t give up F.try getting G.maintain a balanced lifestyle H.enjoy doing I. intake

Ответы.1 D 2I 3A 4H 5F 6C 7E 8G

**Тема «Здоровое питание. Отношение к диетам. Прошедшее совершенное время».**

**Тип урока: комбинированный.**

**Цели урока.**

* Совершенствование навыков чтения про себя.
* Развитие навыков монологической речи и логического мышления.
* Совершенствование грамматических навыков.

**Оснащение.** Карточки с раздаточным материалом, учебник.

**Используемая литература.**

* Е.С.Музланова, Е.И.,Кисунько«Английский язык .Письмо». Экспресс-репетитор для подготовки к ЕГЭ,Астрель, Москва 2014.
* ExamExcellence,OxfordUniversityPress
* Интернет-ресурсы.

**Ход урока.**

**I.Проверка домашнего задания.**

В сильных группах сочинение на тему «Здоровое питание. Отношение к диетам» в слабых-диктант.

**II.Письменный анализ сочинения «Здоровое питание. Отношениекдиетам».**

Nowadays people think they are too fat even if their doctors disagree. They think the best way to improve their fitness is following a diet. But is dieting really so effective and healthy?

On the one hand, if you want to lose weight it is very important to keep your eye on what youeat. To begin with, you should cut out snacks and desserts, which add weight without boostingenergy levels. Besides, you ought to cut down on fat as it is believed to be one of the major causes of obesity. Finally, you may count the number of calories you eat every day, which may substantially reduce the amount of food you eat and help to lose weight.

On the other hand, strict dieting may be dangerous. Firstly, the lower the calories eaten perday, the harder it is to get the daily requirements of proteins and vitamins. In addition, excessive dieting causes muscle loss and this loss may be from your heart with severe consequences. Moreover, dieting lowers your metabolic rate, so when you return to your normal food intake, you will put on weight even faster than before.

To conclude, I believe that to stay healthy everybody should follow a sensible, well-balanceddiet that gives their body exactly what it needs. However, I think the best way of keeping fit is doing sports. If you do regular exercise, you can eat and drink whatever you want because you are burning it all off.

|  |  |
| --- | --- |
| Части текста |  Содержание |
| Введение (1абзац) | Сформулирована проблема (В настоящее время многие люди думают, что они слишком полные, и считают, что лучший способ избавиться от лишнего веса-это диета.Далее задан вопрос, ставящий под сомнение эффективность и пользу диеты. |
| Основная часть (2абзац) | Автор дает советы по поводу правильного питания: во-первых, следует сократить количество перекусов и потребление десерта (причина-добавляют вес без повышения энергетического уровня); во-вторых, необходимо уменьшить потребление жира (причина-один из главных факторов ожирения). И наконец, можно подсчитывать калории, потому что это значительно сократит потребление пищи и поможет сбросить вес.  |
| Основная часть(3абзац) | Автор говорит об опасности диет и подтверждает свое мнение следующими аргументами:1. чем меньше потребляемых калорий, тем меньше белка и витаминов;
2. вызывает потерю мышечной массы, что может привести к суровым последствиям (повлиять на сердце);
3. понижает метаболические процессы-поэтому когда вы возвращаетесь к нормальному потреблению пищи вы можете набрать вес быстрее чем до диеты.
 |
| Основная часть(4абзац) | В данном эссе нет 4 абзаца  |
| Заключение (4 -5 абзац) | В заключение автор призывает к разумной, хорошо сбалансированной диете. Далее он добавляет, что лучший способ оставаться стройным-этоспорт.Причина-если регулярно заниматься спортом, то можно есть и пить все, что захочется, потому что в данном случае лишние калории сгорают.  |

**III.Чтениепросебя.**

***The title of the article is the ‘History of dieting’.Paragrahs B-H are in the wrong order. Decide on the correct order for the paragraphs, and write the letter next to the number below. The first and last paragraphs are correct.***

A.The world ‘diet ‘originally meant ‘things that people usually eat ‘but these days we use the word to mean an eating pattern or program designed to change something.

B. But it has taken a long time to find out exactly what they are. Sea travel led to some increase in understanding. When it became possible to build ships that could go on long voyages, sailors started to open many months at sea. They also started getting a strange disease called ‘scurvy’. Eventually it became clear they needed fruit or vegetables to survive. Today, we know that vitamin C is the reason.

C. But when did it all start? There’s a story that in 1087, William the Conqueror, King of England, had become so fat that he could no longer ride his horse. He stayed in bed and drank alcohol instead of eating food to try and lose weight.

D. Although the discovery helped their lives, there was much more that wasn’t known. Nobody knew, for example, why some people got fat and others didn’t, or what to do about it.

E. Now, it may or may not have worked for him, but we can’t really recommend it as an approach for most people. What’s important is the kinds of food you eat, because different foods contain different things our bodies need.

F. However, despite all this, we usually say ‘diet ‘about losing weight. This is certainly the area where the money gets spent. And it has a long history.

G. We could be talking about any one of many different kinds. There are diets for avoiding certain chemicals, like salt, and there are diets to increase the amounts of certain things, like potassium. There are even diets to help people put on weight.

H. Then, in the 1890s, a chemist called Wilbur Atwater began investigating how foods consisted of proteins, fats,andcarbonhydrates.He found that he could measure the heat value of these by burning them and called a unit of this heating a ‘calorie’.

I. This measurement he created can be seen as the start of modern food science and dieting. Since then, knowledge has come quickly-some people say too quickly.

**ОтветыAGFCEBDHI**

1.The world ‘diet ‘originally meant ‘things that people usually eat ‘but these days we use the word to mean an eating pattern or program designed to change something.

2. But it has taken a long time to find out exactly what they are. Sea travel led to some increase in understanding. When it became possible to build ships that could go on long voyages, sailors started to open many months at sea. They also started getting a strange disease called ‘scurvy’. Eventually it became clear they needed fruit or vegetables to survive. Today, we know that vitamin C is the reason.

3. But when did it all start? There’s a story that in 1087, William the Conqueror, King of England, had become so fat that he could no longer ride his horse. He stayed in bed and drank alcohol instead of eating food to try and lose weight.

4. Although the discovery helped their lives, there was much more that wasn’t known. Nobody knew, for example, why some people got fat and others didn’t, or what to do about it.

5. Now, it may or may not have worked for him, but we can’t really recommend it as an approach for most people. What’s important is the kinds of food you eat, because different foods contain different things our bodies need.

6. However, despite all this, we usually say ‘diet ‘about losing weight. This is certainly the area where the money gets spent. And it has a long history.

7. We could be talking about any one of many different kinds. There are diets for avoiding certain chemicals, like salt, and there are diets to increase the amounts of certain things, like potassium. There are even diets to help people put on weight.

8. Then, in the 1890s, a chemist called Wilbur Atwater began investigating how foods consisted of proteins, fats,andcarbonhydrates.He found that he could measure the heat value of these by burning them and called a unit of this heating a ‘calorie’.

9. This measurement he created can be seen as the start of modern food science and dieting. Since then, knowledge has come quickly-some people say too quickly.

**IV.Грамматика. Прошедшее совершенное время.**

1. Повторение правила.

Прошедшее совершенное время употребляется:
a. Для выражения действия, закончившегося до указанного момента времени в прошлом, который может быть выражен точной датой, часом и т.д.:

We had finished our work by five o'clock. Мы (уже) закончили свою работу к пяти часам.

b. Для выражения действия, предшествовавшего другому действию в прошлом:

Не hadwrittenthreelettersandwasjuststartingonthefourth, whenthedoorwassuddenlyflangopenandElsie Claytonrushedintotheroom.Он написал три письма и только принялся за четвертое, когда дверь вдруг широко распахнулась, и Элси Клейтон стремительно вошла в комнату.

Утвердительная форма прошедшего совершенного времени образуется при помощи вспомогательного глагола tohave в прошедшем времени had и причастия прошедшего времени (Participle II) смыслового глагола:

Не had written a letter when I came in. Когда я вошел, он (уже) написал письмо.

They had come back by two o'clock yesterday. Вчера к двум часам они (уже) возвратились.

Для образования вопросительной формы вспомогательный глагол tohave ставится перед подлежащим, а причастие прошедшего времени смыслового глагола - после подлежащего:

Had he written a letter when I came in? Had they come back by two o'clock yesterday?

Для образования отрицательной формы после вспомогательного глагола tohave ставится отрицательная частица not:

Не had not written a letter when I came in.
They had not come back by two o'clock yesterday.
В разговорной речи употребляется сокращенная отрицательная форма:

Theyhadn'tcomebackbytwoo'clockyesterday.

2.Тренировочные упражнения.

*Поставьте глаголы из скобок в форму PastPerfect.*

1. He never … (be) to Oxford before. (Он никогда раньше не был в Оксфорде.)
2. When I found my camera the butterfly already … (flyaway). (Когда я нашел фотоаппарат, бабочка уже улетела.)
3. Sandra … (suffer) from pneumonia for many years. (Сандра страдала от пневмонии в течение многих лет.)
4. Tony … (not appear) on TV before that. (Тони никогда раньше не появлялся на ТВ.)
5. My cousin … (buy) the tickets before we came. (Мой кузен купил билеты до того, как мы пришли.)
6. I was too tired because my working day … (start) atsix. (Я слишком устал, потому что мой рабочий день начался в шесть.)

*Поставьте глаголы из скобок в форму PastSimple и PastPerfect, обращая внимание на последовательность действий.*

Н-р:   When my mum … (appear), my father already … (start) the car.  – When my mumappeared, my father had already started the car. (Когда мама появилась, мой папа уже завел машину.)

1. When the police … (arrive), we already … (catch) thethief.
2. Jack … (finish) the test before the bell … (ring).
3. When Anna … (come) to say good-night, her children already … (fallasleep).
4. Scott already … (prepare) the dinner when her husband … (get) homefromwork.
5. When Brad and Susan … (get married), they … (know) each other for 3 years.
6. She … (not enjoy) the film because she … (read) thebookbefore.
7. Our apartment … (be) in a mess because I … (have) a birthday party the night before.
8. We … (not go) to a restaurant because we … (spend) all our money on clothes.
9. Mary … (can’t go) skating after she … (break) herleg.
10. Larry … (be late) because he … (get stuck) in a traffic jam.

*Составьте предложения, выбрав начало из первой части и окончание – из второй. Переведитеполучившиесяпредложения.*

Н-р:  1 - c    His parents were angry because he hadn’t phoned them for several months. (Его родители были рассержены, потому что он не звонил им несколько месяцев.)

I.

1. His parents were angry because …
2. Therosesdiedbecause …
3. When we arrived at the cinema …
4. Bob was late for the train …
5. The electricity was switched off …
6. Thestudentwashappy …

 II.

1. because we hadn’t paid the bill.
2. the film had already started.
3. he hadn’t phoned them for several months.
4. because he had passed all his exams.
5. because he had forgotten his passport.
6. I hadn’t watered them for several weeks.

**V.Подведение итогов урока и домашнее задание.**

1. Сообщение на тему «Здоровое питание. Отношение к диетам» В слабых группах-подготовиться к диктанту.
2. Повторить правило «Прошедшее совершенное время ».