

FIGURE SKATING

ЛЕКСИКО-ГРАММАТИЧЕСКИЙ ПРАКТИКУМ

ФИГУРНОЕ КАТАНИЕ



СПОРТ

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В лексико-грамматическом практикуме в доступной форме предлагается знакомство с лексикой избранного вида спорта, а также имеется большое количество лексико-грамматических и переводческих упражнений. В методических рекомендациях объясняется некоторый грамматический материал, даются рекомендации и ключи.

Лексико-грамматический практикум по английскому языку предназначен для студентов вузов физической культуры, а также аспирантов и магистрантов.

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ФОНЕТИЧЕСКАЯ ЗАРЯДКА

Произнесите скороговорки:

[w] William always wears a very warm white vest in winter.

[s] [e] Seventy seven benevolent elephants

[ð] [ɔ] The socks that the shop had got in stock were not what I wanted.

[v] [w] Very well, very well, very well ... However, however. However

Произнесите стихотворение, запоминая особенности произношения слов, мелодику фраз:

Wintersports

You

sitting all the way

over there!

Me

sitting all the way

over here!

Inbetween us

a tabletop lake

of frosted silence.

All that remains

the question:

Who will go ice skating first?

РАБОТА С ПРЕЦИЗИОННОЙ ЛЕКСИКОЙ

Прослушайте, запишите и воспроизведите устно следующие числительные:

8, 45, 30, 45.3, 496.3, 0, 9, 4, 7, 6, 3, 94, 8, 6, 79, 46, 63, 29, 74,

84, 63, 57, 67, 84, 57, 24, 987, 98, 76, 654, 3748, 78,

Прослушайте, запишите и воспроизведите устно следующие географические названия:

Russia, Sochi, the United States, the United Kingdom, Canada, Japan, China, France, Germany, Italy, Switzerland, Austria, Norway, Greece, South Korea, Salt Lake City, Utah, Vancouver

Прослушайте, запишите и воспроизведите устно следующие номера телефонов:

967-50-93-86, 509-36-40, 961-304-56-04, 5602-56-02, 845 – 30,

458 – 496 – 30, 940 – 76 – 94, 79 – 46, 375-60-87, 509-98-24,

975-69-87, 453-67-91, 560-94-56.

СЛОВАРЬ-МИНИМУМ К ТЕКСТУ

Прочитайте и выучите новые слова:

Speed skating – конькобежный спорт

Long-distance – длинная дистанция

Sprint – бег на короткую дистанцию, спринт

Skating – катание на коньках

Sliding – скольжение

Tie – соединять, связывать

Affix (to, on, upon) –присоединять

Single skating – одиночное катание

Pair-skating – парное катание

Free-skating –произвольное катание, произвольная программа

Spredaeagle – кораблик (скольжение на обеих ногах, расположенных в одну линию)

Highlight – “гвоздь” программы, основной элемент

The single lasso lift – поддержка лассо (за одну руку)

The axel lift – поддержка аксель

The split lutz lift – поддержка лутц шпагатом

The catch – waist camel spin – вращение в положении ласточка

“Shadow skating” – теневое катание

To incline [in'klaɪn] –наклоняться

To clasp [kla:sp] –сжимать

Spectacular – захватывающий

Sequence – комбинация, последовательность, серия

Merit – мастерство, качество

Impression – впечатление

Ability – способность

To appreciate – ценить

To output – победить по очкам

To disclose – обнаруживать

Point – очко

School figures – фигуры школьной программы

To admit – допускать, признавать

Direction – направление

Split jump – “Шпагат”

РАБОТА СО СЛОВАРЕМ. СЛОВООБРАЗОВАНИЕ

Упражнение 1.

1.1 Образуйте слова, используя префикс in-

Able (способный), lucky (удачный), abolished (отменённый), academic (педагогический), alike (похожий), authentic (достоверный), balance (нарушать равновесие), suitable (подходящий), certain (определённый), certified (заверенный), comfortable (удобный), successful (удачный).

1.2. Образуйте прилагательные, используя суффикс –ful

Hope (оптимистический), power (мощный), use (полезный), cheer (радостный), beauty (красивый), care (осторожный), success (успешный), fruitful (успешный), taste (искусный), wonder (замечательный), tact (тактичный), faith (надёжный), doubt (сомнительный).

1.3. Образуйте прилагательные, используя суффикс –ing

To snow, to call, to increase, to relax, a rank, to dance, thrill, interest, to keep, to jump, to skate, to slide, to play, to ski, to amaze, to use, to greet, to talk, to move, to step, to sleep, to go, to follow, to spin.

1.4. Образуйте существительные из глаголов с помощью словообразовательного способа, который называется конверсия:

To order, to spin, to choose, to grade, to turn, to prize, to win, to snow, to call, to step, to form, to increase, to relax, to skate, to break, to dance, to exercise, to part, to start, to result, to style, to control, to jump.

1.5. Напишите антонимы:

Dull, uncertain, forget, tall, right, light, to reeze, full, difficult, slowly, accurately, up, beautiful, to love, joy, work, health, indoor, happy, regular, useful, give, lady, the best, wisdom

1.6. Напишите синоним:

Amazing, thrilling, sure, awful, attractive, begin, dangerous, famous, fast, excellent, popular, stop, judge, wrong

ТЕКСТ « FIGURE SKATING IS MY SPECIALITY»

Упражнение 2. Прочитайте и выполните абзацно - фразовый перевод:

Skating is a very popular winter sport in our country. Skating is an important factor in the development of valuable qualities, such as speed, strength, endurance, etc. Skating includes speed skating and figure skating.

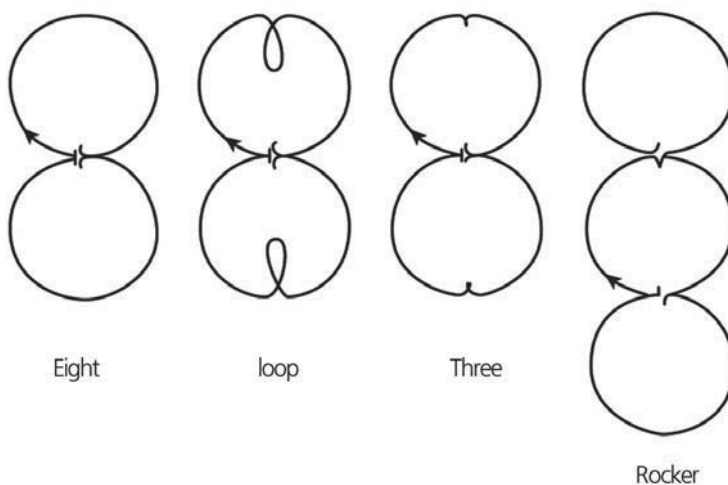
Speed skating includes long-distance race, medium-distance race and sprint. In speed skating the body of the skater should be inclined forward from the hips. He may swing his arms freely, or clasp them behind his back.

The essentials for speed skating are:

1. Swift and clean starting.
2. Straight run.
3. Run in the curve.

Figure skating includes: single skating, pair-skating, free-skating and ice-dances.

In ice figure skating both technical skill and style are tested. The competitions include three rounds: figures, a short compulsory program and a longer free program for individual skaters, men and women.



Compulsory figures

The first round is very often called the “school”. All sportsmen must skate four ice skating figures. In the beginning of the century the aim of competitions was to skate geometrically flawless figures and various combinations which made interesting patterns on ice.

Today skaters must skate the figures “eight”, “three”, “loop”, and “rocker” and repeat them two times, following the pattern the skates had left on the ice. The performance is judged by many factors including the skates’ tracings, positions of hands, body and feet and the smoothness and steadiness of skating. The second

round is the short free-skating program which lasts not more than two minutes. The competitions are concluded by the 5 minutes free program. In the free program sportsmen and their coaches may show skills multiplied by their fantasy and added up by music.

Pair skating is more complicated. Its elements include lifting of woman-partners and spirals that can only be performed by two people with utmost —skill and care. Besides, very often the movements of both partners must be synchronized, no matter if they are together or in different ends of the rink. It should be also noted, that while in some other sports moral and physical tension of sportsmen is seen on their faces, in figure-skating all elements are performed with a smile as if there is nothing difficult.

Our Olympic champions in pair skating Tatyana Totmyanina and Maxim Marinin won the gold medal. Their result is 204,44 points and it is the world record.

I started skating when I was five-year-old learning my ABC on the ice. Besides training on the ice the young figure skaters have ballet classes. When I have learned the basic elements of skating in the group environment, I joined a skating club and began to further develop those skills by working with a private instructor, or “Pro”.

Figure skating became extremely popular in Russia. Anyone who steps on the smooth ice of the rink will soon discover that this is a sure way to forget your age, that’s why figure skating is called the sport of eternal youth.

Упражнение 3. Ответьте на вопросы к тексту:

1. Are you a figure skater?
2. When did you begin to take up skating?
3. What kinds of skating does figure skating include?
4. What races does speed skating include?
5. What qualities does skating develop?
6. What are the essentials for speed skating?
7. What skating do you like best, speed skating or figure skating?
8. Who is the champion of Russia in single skating, free-skating?
9. Who are the champions of Russia in pair-skating?
10. Who are the champions of Russia in ice-dances?
11. Name Olympic champions and Olympic prizewinners in single skating, pair-skating, free-skating and ice-dances.
12. Name Olympic champions – students and graduates of our Academy.

Упражнение 4. Расшифруйте слова:

manporsts, poramemgr, ntmemvov, dilisng, ncebala, sultre, moctiticoon, ka-tisng-regufi, nerpart, binacomtion, glifitn, mphtriu, rricaage, ghhilitgh