

1. Прочитать тексты, перевести, написать письменные пересказы двух текстов (по 10-15 предложений).

Peter Lesgaft

Peter Franzevich Lesgaft ([Russian](#): Пётр Францевич Лесгафт) (21 September 1837 – 1909) was a [Russian teacher](#), [anatomist](#), [physician](#) and social reformer. He was the founder of the modern system of physical education and medical-pedagogical control in physical training, one of founders of theoretical anatomy. [Lesgaft National State University of Physical Education, Sport and Health](#) in [St. Petersburg](#) is named after him. Unity and integrity of all organs in human body was the basis of **Peter Lesgaft** system of the pointed exercises for both physical development and intellectual, moral and [aesthetic](#) education.

Outdoor games were his favorite means in both physical development and formation of character of a child.

Peter Lesgaft was born on 21 September 1837 in [Sankt-Petersburg](#), the third son of a jeweler of German descent. In 1861 he graduated from Imperial Medical-Surgical Academy in St. Petersburg and remained there as a teacher of anatomy. In 1869 he became a professor at the University of Kazan, but soon was barred from teaching for his outspoken criticism of the unscientific methods used. In 1872 he became consultant on therapeutic gymnastics in the private practice of Dr. Berglindt. In 1872-1874 he supervised a group of Russian women for the first time allowed to employment in the Imperial Medical-Surgical Academy. He also became known for publication of a descriptive history of sport in Europe and ancient Greece and an article on naturalistic gymnastics. As a result, he was put in charge of the physical training of military cadets. In 1875, he was sponsored by the Russian Military Ministry to spend two summers in Western Europe, studying the systems of physical education. During that time he visited 26 cities in 13 European countries. He carefully studied British system visiting English public schools, the Central Army Gymnastics School at [Aldershot](#), the Royal Military Academy at [Woolwich](#) and [Oxford University](#). In 1877, he published “Relationship of Anatomy to Physical Education and “*The Major Purpose of Physical Education in Schools*. He was able to organizing courses for physical education instructors for the military academies — until then non-existent. In 1893 **Peter Lesgaft** organized Biological laboratory which in 1918 was transformed into P.F.Lesgaft Institute of Natural Science.

Lesgaft University

Lesgaft University founded by an outstanding scientist and educator Peter Lesgaft in 1896 is the oldest higher physical education institution in Russia and Europe.

Having passed the way from Lesgaft courses to the National University, Lesgaft

University has become a modern multidisciplinary higher educational institution that naturally combines pedagogical, sport, economic and humanitarian education.

The year of the University foundation coincides with the year of the modern Olympic Games rebirth by Pierre de Coubertin.

The best Russian scientists, members of the Academy of Sciences I.P. Pavlov, L.A. Orbeli, V.L. Komarov, A.F. Ioffe and E.V. Tarle used to work at Lesgaft University.

1935 – The University was awarded the Order of Lenin for training and scientific support of the All-Union complex “Ready for work and defense”.

1942 – The University was awarded the Order of Wartime Red Banner for the heroic struggle of the students at the front and in the rear of the Great Patriotic War.

In 2005, the higher educational institution passed the state certification and received university status. The same year Lesgaft University was selected as one of 50 innovative universities of Russia to test the model of entering the European Higher Education Area.

In 2007, Lesgaft University successfully passed the test of the evaluation commission of the European Union. The university graduates have received The Diploma Supplement since 2009.

In 2008, the University became Lesgaft National State University of Physical Education, Sport and Health.

Over the years, Lesgaft University becomes one of the leading Russian higher educational institutions according to the level of qualification of the teaching staff, as well as for the number and quality of published textbooks.

Scientific schools and traditions established by Peter Lesgaft were developed during the Soviet and post-Soviet period, those are currently still in progress.

Today Lesgaft University undertakes global mission of training the coaching and teaching staff, giving scientific and methodological support of the industry and the education of young athletes, the best of which become Olympic champions.

It is symbolic that N.A. Panin-Kolomenkin won the first Olympic medal in Russian history in 1908 at London Olympic Games. The athlete later used to work as a professor at Lesgaft Institute.

Lesgaft University made a huge contribution to training top-qualification athletes. Our students, postgraduate students and alumni won more than 300 Olympic medals, including 178 Olympic gold medals; more than 900 gold medals at the European and World Championships. Over 600 graduates are honored coaches of various sports.

The pride of Lesgaft University are multiple champions of the Olympic Games: Liubov Egorova, Vladimir Salnikov, Aleksandr Dityatin, Tatiana Kazankina, Liudmila Pinaeva, Victor Zhdanovich, Aleksandr Karelin and Olympic champions: Boris Shilkov, Andrei Krylov, Viacheslav Ekimov, Aleksei Urmanov, Aleksei Yagudin, Evgenii Plushenko, Maksim Marinin., Evgenia Medvedeva-Arbuzova, Anna Bogaliy-Titovets, Alina Kabaeva, Olga Kujela.

Winners of world Championships and major international tournaments are Nicolai Valuev, Svetlana Kuznetsova, Viacheslav Malafeev, Aleksandr Kerzhakov, Alina Kabaeva and many other outstanding athletes from Lesgaft University.

Lesgaft University students permanently become winners of the World Universiades.

2. Подготовить презентацию в PDF-формате о Константине Ушинском.

3. Выполнить контрольную работу.

Test 1

Цель: выявить уровень знаний использования грамматических времён, оборотов there is/are и модальных глаголов; написания данных о себе.

1. Определите время предложений

1. How often do you go training?
2. The coach has already left.
3. How long have you been doing sport?
4. They are not training at the moment.

2. Употребите нужный оборот

1. Therea ball in the corner.
2.there students in the class?
3. Theresportsmen and a coach on the stadium.
4. Therea famous sportsman and fans in the hall.
5.there a sportsman on the training?

3. Вставьте нужный модальный глагол

1. Heplay football. He is a famous sportsman.
2. ...you give me a ticket for the football match?
3. It's cold. You.... put on warm clothes.
4. It's so seriously match. Wewin.

5. At 9 o'clock theygo.

6. He ...call him.

4. Напишите о себе, как спортсмене (вид спорта, учебное заведение, продолжительность занятия спортом, награды, увлечения).Объём: 10 предложений.

Критерии оценивания

Task 1	1
Task 2	1
Task 3	1
Task 4	2

баллы	5	4-3	2	1
оценка	5	4	3	2

4.Прочитать, перевести текст, написать письменный пересказ.

4 Different Types of Sports That You Have To Know

[Sports Type](#) / By [Antje Nacht](#)

As you know, there are many different sports that a person can play. In fact, a sports event like Olympics features a long list of sports. Therefore, it only goes to show that the field of sports is diverse and extensive.

But, if you want to know much better about the different types of sports, you are advised to check out and read the list shown below as it gives you information about these different types of sports. Bear in mind that on this article we don't include any type of sports that are not physical .



For example some people consider Chess or even poker games as sports because people compete against each other using their brain instead of their body.

But on this article we only include the types of sports that are considered as physical.

If you are still interested in playing any non physical sports then you can visit www.blackjack-x.com where you can play card games like blackjack for fun with free chip.

Here is the list of the different types of sports

1. **Ball Sports**
First on the list of the sports' different types is the ball sport which is the most common one among of all types as well. Ball sports are any sports that involve and use the balls. The ball sports are divided into three classifications which are the ball only, ball and a stick or bat, and ball over the net. Under the classification of the ball only are the basketball, soccer or football , bowling, football, paddleball, handball, and table tennis.

On the other hand, some examples of the ball and a stick or bat are the golf, baseball, field hockey, cricket, lacrosse, billiards, and softball. Tennis, badminton, water polo, pickleball, and volleyball are some of the sports which are under the classification of the ball over the net.

2. **Strength and Combat Sports**
Another type of sports is the strength and combat sports which are sports that involve strength and fighting. Some examples of sports that are strength – based include bodybuilding, weightlifting, and powerlifting.

Meanwhile, some examples of the combat sports are boxing, ultimate fighting, wrestling, and the ancient martial arts such as jujutsu, karate, and taekwondo. Kendo and fencing are some examples of the combat sports that allow and use weapons.

A lot of these sports are [Olympic games](#) which clearly shows the importance of them

3. Track and Endurance Sports

Track and endurance sports is another type of sports which exists in this field. Under the track, sports are the marathons, sprints, relays, long jump and high jump, javelin throwing, pole vault, and discus throw which are some can be played either by a single person or by a team. Mountain biking, road cycling, BMX, track cycling, and cyclocross are included in the track sports as well.

With the endurance sports, the duathlon which consists of biking and running, the biathlon which consists of skiing and shooting, and the triathlon, consisting of swimming, biking, and running are some examples of this type of sports. The decathlon which consists of running, long jump and high jump, hurdling, throwing such as javelin throw, discus throw, and shot put is under the endurance sports as well.

4. Water, Snow, and Ice Sports

Lastly is the water, snow, and ice sports which are any sports that associated with the elements of water, snow, and ice. Some examples of the water sports are swimming, synchronized swimming, diving, wake boarding, surfing, sailing, and rowing. Some of the sports which can be played on the ice are the popular ice hockey, figure skating, speed skating, and curling. Meanwhile, under the snow sports are the snowboarding, skiing, sledding, luge, skeleton, bobsled or bobsleigh, and ski bobbing.

As the result of giving time to read the list above, you have now informed yourself on the different types that sports have. So with this, you are now convinced as well that sports are a diverse and extensive field. If you are still eager to get more information about the different types of sports, you can do your research on the internet or in the available research facilities in your place.

5. Написать сочинение о своём любимом виде спорта.

6. Подготовить презентацию о лёгкой атлетике в PDF-формате.

7. Написать диалог на тему: «Как я выбрал свой вид спорта».