

Card №2 You are going to give a talk about **sports**. You will have to start in 1.5 minutes and speak for not more than 2 minutes (7 - 12 sentences).

**Remember to say:**

- why a lot of young people do sports nowadays
- what sports facilities (*lessons, clubs, teams*) there are in your school
- what you do to keep fit

**I. Introduction**

I'm going to give a talk about sports.

In my opinion, people can't do without sports. Sports play an important part in our lives. I think sports help us in different ways.

**II. Main body**

**1. Say why a lot of young people do sports nowadays**

- it helps us to keep fit and be healthy (regular exercises make our heart healthier, bones stronger);
- doing sports builds character (it teaches us to compete and behave well in victory and defeat. It makes us more organized and better disciplined in our daily activities);
- doing sports is a good way to meet people and make new friends.

**2. what sports facilities (lessons, clubs, teams) there are in your school**

Physical education (PE) is an important subject at school. I'm pleased with my PE lessons and sports clubs at school because they help pupils to relax and to keep fit during a hard working day. As a result, we become skilled at playing basketball, skiing, running, jumping and so on.

Our school has good sports facilities. A lot of different competitions are usually held at school and lots of pupils take part in them. It would be much better if we had a swimming pool at school.

Our PE teacher is friendly woman; she tries to encourage us if we sometimes fail.

As for me, I go/don't go to ..... Club because ..... (I take part in some competitions...)

**3. what you do to keep fit**

**Opinion 1 (sample).** I understand that it is very important to be fit and healthy, and it is necessary to take care of my health. I go in for sports regularly. I have been (*doing aerobics/going into cycling/playing basketball*) for three years and I feel great. It's my favourite kind of sports because ..... I am not enthusiastic about dieting, but I try to eat healthy food, fruit and vegetables which are rich in vitamins. Sleeping eight hours, getting up early, regular healthy meals and going in for sports - this is really a good way to live.

**Opinion 2 (sample)** I don't really understand the fuss that people feel about keeping fit these days. Nothing would make me do sports. No, thank you. I'd rather sit and play a computer game while the sportsmen are out in the streets. I don't like the idea of going out into the cold winter air. I get my exercise by walking to the bus stop on my way to school. As for the food people eat, I like good food. I think that most healthy food is tasteless. There's nothing wrong in having a bar of chocolate or a big meal of meat and potatoes. So, as you see, I'm not in favour of keeping fit. I don't jog or do any sports. I don't eat healthy food; but I'm happy the way I am.

**III. Conclusion**

All in all, I think ...

To conclude, I believe ...