

AVOIDING SPORTS INJURES

Grade 7



БҮГІНГІ САБАҚТА БІЗ:

- Жаңа сөздермен танысамыз;
- Тапсырмалар орындаймыз;

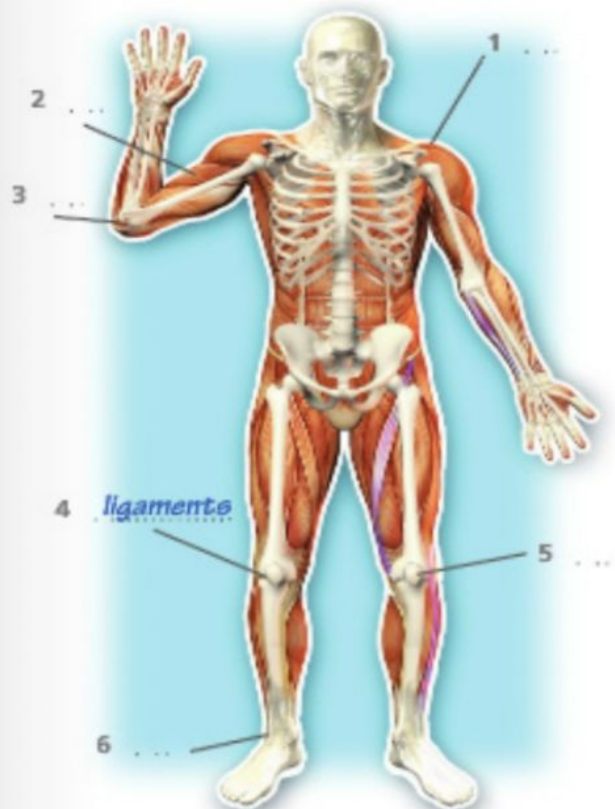


EXERCISE 1, P96

PE Avoiding sports injuries

1 Work with a partner. Match the body parts to the words in the box.

joints muscles ligaments
shoulder ankle knee



Joints – буын

Muscles – бұлшық ет

Ligaments – тізе буыны

Shoulder – иық

Ankle – тобық

Knee – тізе




EXERCISE 2, P96

- 2** Complete the introduction giving advice on avoiding sports injuries with words from Exercise 1.

Playing sports and taking exercise can be fun and can help you stay healthy, but anyone can get injured. Sports injuries can affect all parts of the body, but most injuries affect ¹ ... , ² ... and ³ Certain types of sport can affect different parts of the body. Tennis players often have ⁴ ... problems, for example, and people who go jogging can have problems with ⁵ ... and ⁶



- 4  2.29 Complete the advice with the words in the box. Then listen and check.

injuries blood-flow stiff pain muscles equipment

We can avoid most problems by following these simple guidelines.

- 1 Prepare properly for sport. Warm-up exercises before doing sport increase the ¹ *blood flow* to the ² ... and make them more flexible.
- 2 Cooling down is important, too. It stops you feeling ³ ... the next day.
- 3 Get the right ⁴ ... Using the wrong type of sports shoes or a tennis racquet of the wrong weight can cause problems.
- 4 Be careful with technique and posture. Talking to experienced sports people about this can help you avoid unnecessary ⁵ ...
- 5 If you feel ⁶ ... during exercise, it's a sign that there's a problem, so stop!
- 6 Don't start doing sport again too soon after an injury. Wait for the pain to go first. Doing sport too soon after an injury can make it worse.



EXERCISE 4, P96

Injures – жарақат

Blood flow – қан қысымы

Stiff – тамыр

Pain – ауру (боль)

Muscles – бұлшық ет


Equipment – құрал-жабдық



MOUNTAIN RESCUE VIDEO

Learn about helping someone.

- What does Bear Grylls do first?
- Why doesn't his mobile phone work?
- How does Bear pull Jesse up the mountain?



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8.4 Mountain rescue

