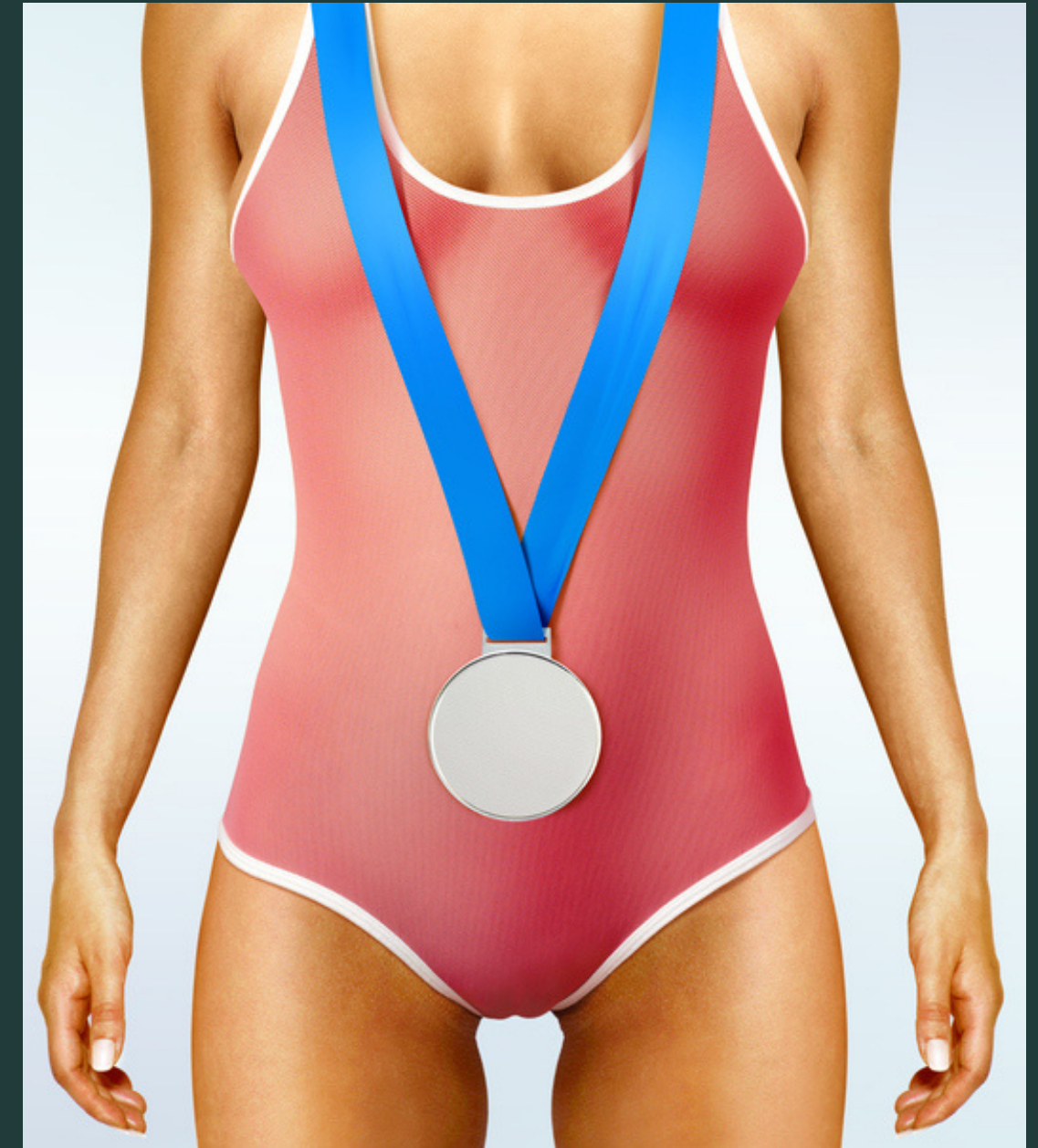


SZALAI NÓRI BEMUTATJA:

# LEVEL 4 UNIT 10

**Sport and Olympic Games**  
Sport és az olimpiai játékok



# Ebből a leckéből a következőket fogjuk megtanulni:



## SZÓKINCST

sport, competition, olympic  
events



## NYELVTAN

adjectives, adverbs and  
comparisons



## BESZÉD

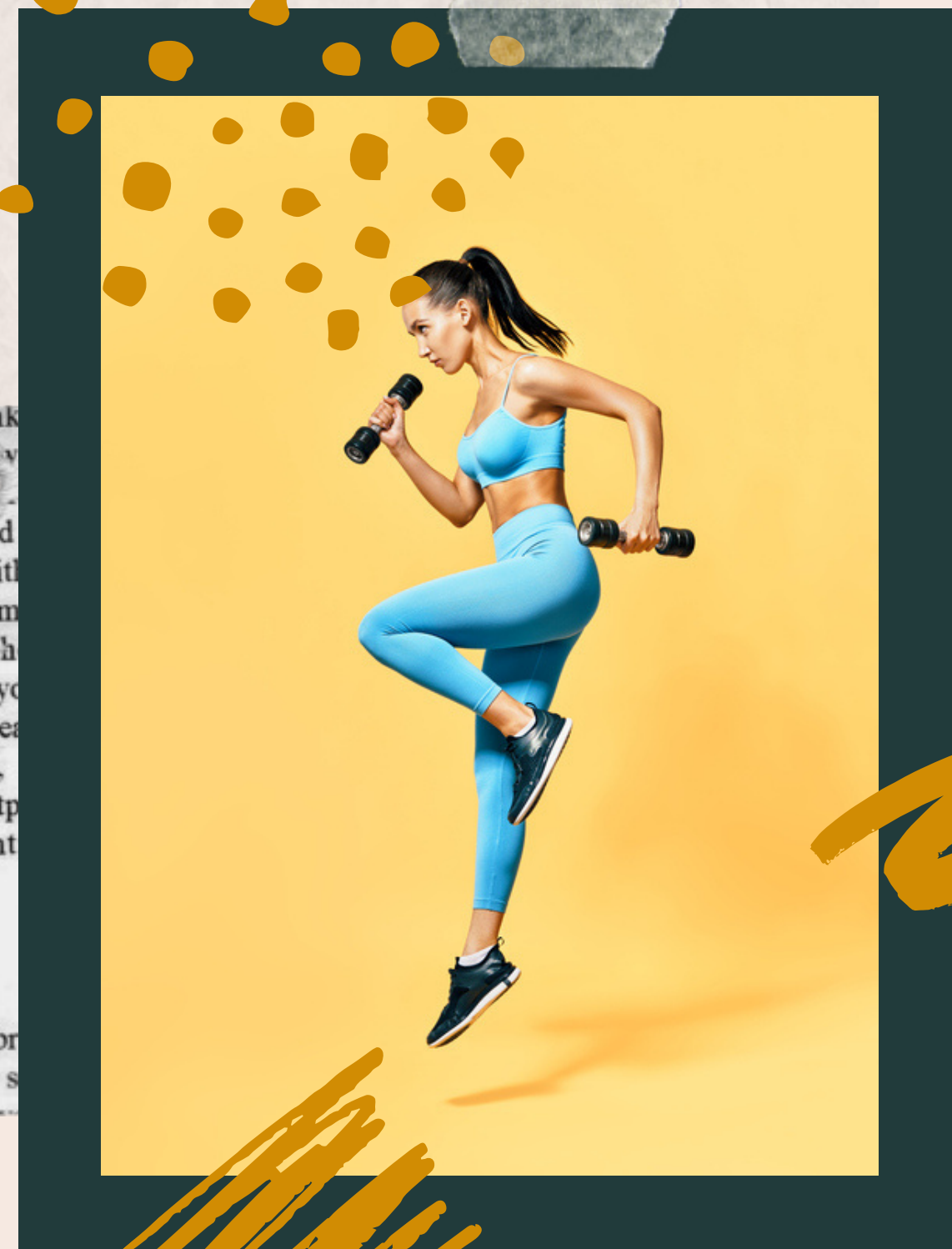
talking about the Olympic  
Games, talking about sport  
and recreation

## Sports

Doing sports is possible on two different levels. You can do it on an amateur level, just for fun and you can do it on a **professional** level as well. Of course, professional sport starts on an amateur level, but sport education is an important **issue**. The sooner a child starts doing sports on a professional level the better sportsperson he or she will become. Professional sport **requires** a lot of **sacrifice** from both the parents and the children, as taking part in **numerous training sessions** is absolutely necessary for **being in good shape** and to become successful in the chosen field. Sometimes it means getting up early, **skipping** free time or other social activities. The **competitions** are usually at the weekends; so professional sport is a real whole week's activity.

But **in the long run it is worth it** and the sacrifice **is rewarded** when the good results and the medals start to come. Professional sport teaches the **individual** good **time management** and various useful skills. To be able to find the time for everything important is not easy, so time is considered to be **precious** enough not to be wasted. Those who do sports are usually good achievers in schools also, and are good team workers at work.

How long can people do professional sport? It depends on the type of sport, of course. There are some sports that can be done even when someone is **middle aged**, and there are others that can be done for a limited period of time only, before the **striving** new generation comes and replaces you with their ever increasing good results.



## Sports

**it is rewarded** - megkapja a jutalmát

**individual** - egyén

**time management** - időbeosztás

**precious** - értékes

**middle aged** - középkorú

**striving** - feltörekvő

**it's debated** - vitatott

**injury** - sérülés

**endurance** - állóképesség

**to stretch sy's limits** - feszegetni a határait

**to compensate** - kárpótolni

**distant** - távoli

**glorious** - dicsőséges

**to overshadow** - beárnyékolni

**financial** - pénzügyi

**investment** - befektetés

**balance** - egyenleg

**champion** - bajnok, győztes

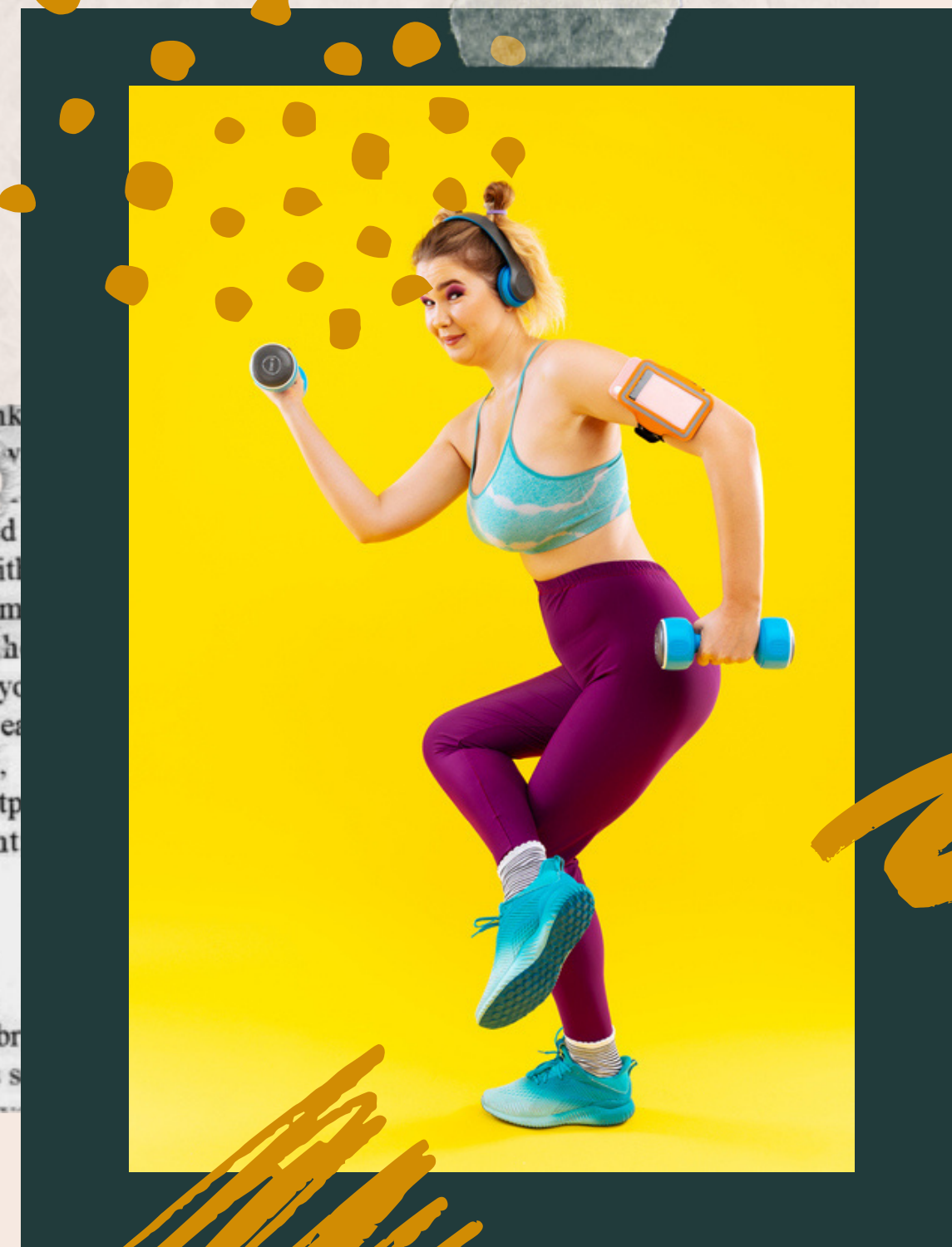
**achievement** - eredmény

**wealth** - gazdagság, vagyon

**previous** - korábbi

**effort** - erőfeszítés

**well-deserved** - jól megérdemelt



# Physical Fitness and Health

Participating in sports is a fun way **to improve** physical fitness and health. Going to the gym, playing soccer, riding a bicycle, or playing tennis are examples of sports that burn calories and keep our hearts healthy. People who play sports are called athletes. There are team sports and others that are called **individual sports**.

If you want to keep fit and lose weight joining a gym can be a good solution. In a gym you can run, cycle, row, cross country ski, swim or take an exercise class. If you want to tone or build your body, there are weight machines and free weights.

When you are ready with your workout, relax in the spa or in the jacuzzi! Then you can have a massage or a beauty treatment.



# Going to the gym

**stepper**

taposógép

**rowing machine**

evezőpad

**treadmill**

futógép

**exercise bike**

szobakerékpár

**elliptical/elliptic trainer**

ellipszis tréner

**gym bench, weights, bar**

edző pad, súlyok, súlyzó rúd

**exercise mat, rubber band, dumb bells, fitness ball**

fitnessz szőnyeg/matrac, gumikötél, kézi súlyzók, fitnessz labda



## Chatting at the gym

**Man:** Wow, this was a great spinning class!

**Woman:** Yes, I like coming here very much! Do you do any other sports?

**Man:** Yes, I play tennis once a week and I like swimming, too.

**Woman:** You must be very fit! I don't do many sports. I like coming here three times a week to keep fit, but that's all.

**Man:** Listen, I have an idea! Why don't you come and play tennis with me?

**Woman:** Oh, I can't play tennis!

**Man:** It's not difficult. You can learn it easily! Tennis is a great sport!

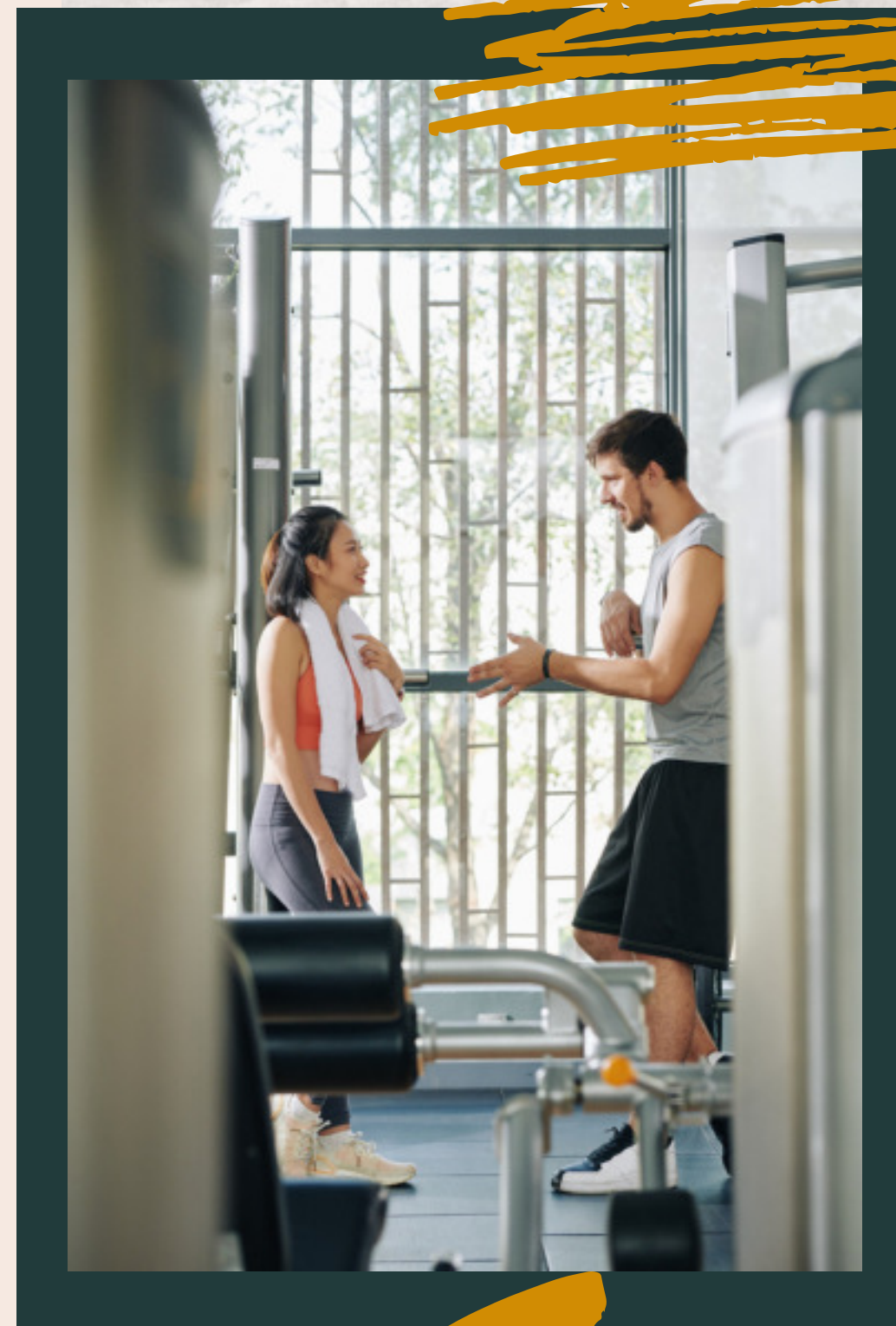
**Woman:** All right. I'll give it a try.

**Man:** How about Friday?

**Woman:** Okay. It sounds good for me.

**Man:** Let's meet here and go together. It's just a short walk from here.

**Woman:** Well, then see you on Friday!



## IMPORTANT PHRASES

**This was a great ...!** – Remek volt ez a/az ...!

**You must be very fit!** – Nagyon fitt lehetsz!

**That's all.** – Ez minden.

**I have an idea!** – Van egy ötletem.

**Why don't you come with me?** – Miért nem jössz velem?

**It's not difficult.** – Nem nehéz.

**You can learn it easily.** – Könnyedén megtanulhatod.

**All right.** – Rendben van.

**I'll give it a try.** – Megpróbálom.

**How about ...?** – Mit szólnál ...-hoz/-hez/-höz?

**It sounds good for me.** – Nekem jól hangzik.

**Let's meet here.** – Találkozzunk itt.

**It's just a short walk from here.** – Csak egy rövid sétára van innen.

## IMPORTANT WORDS

**spinning class** – spinning óra

**to do sports** – sportolni

**be fit** – fittnek lenni

**to keep fit** – formában maradni, jó formában lenni

**to have an idea** – valakinek van egy ötlete





**Katie:** Hello, my name is Jane, and I'd like to ask you a few questions about getting fit.

**Trainer:** Hi, Jane! What can I do for you?

**Katie:** I think I'm a bit overweight. I'd like to get in shape for my wedding.

**Trainer:** You're in the right place! Did you do any sports before?

**Katie:** No, unfortunately I didn't.

**Trainer:** Which type of exercise do you enjoy doing?

**Katie:** I like aerobics, and I also like the stepper.

**Trainer:** How often can you work out?

**Katie:** Twice a week, maybe three times.

**Trainer:** Why don't we start with an aerobics class?

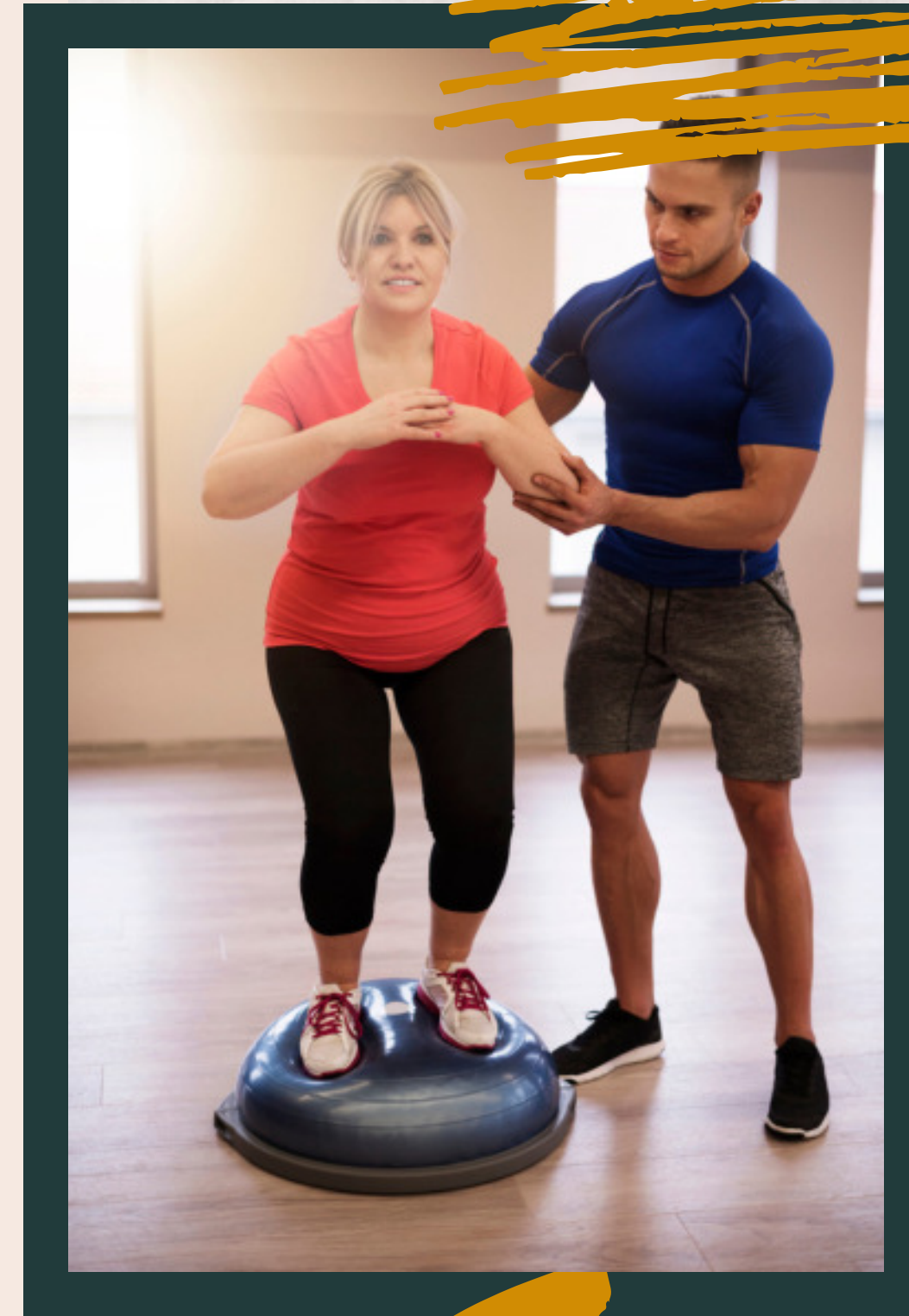
**Katie:** It sounds fine to me.

**Trainer:** You'll need to start slowly because you didn't do any sport before.

**Katie:** What kind of equipment do I need?

**Trainer:** Just a pair of comfortable trainers. And don't forget to join the Fitness Club. You'll need your membership card to enter the class.

**Katie:** Of course! Thank you very much!



## IMPORTANT PHRASES

**I'd like to ask you a few questions about ... .** – Szeretnék néhány kérdést feltenni a/az ...-val/-ve kapcsolatban.

**What can I do for you?** – Mit tehetek önért?

**I'd like to get in shape.** – Szeretnék formába jönni.

**You're in the right place.** – Jó helyen jár./Pont jó helyen van.

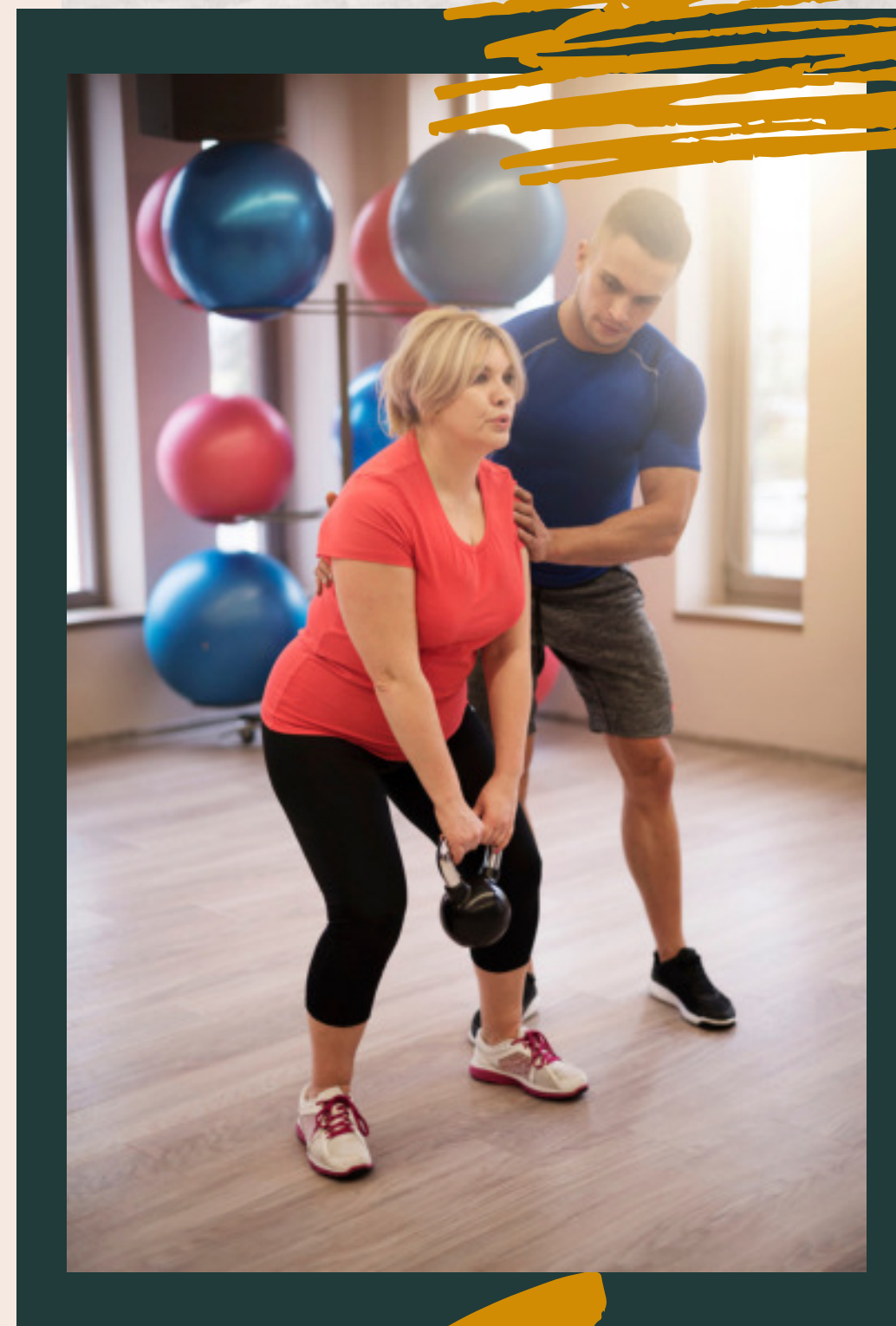
**How often can you ... ?** – Milyen gyakran tud ...?

**It sounds fine to me.** – Nekem jól hangzik.

**What kind of equipment do I need?** – Milyen felszerelésre less szükségem?

**Don't forget to ... .** – Ne felejtse el ... .

**Of course!** - Természetesen.



## IMPORTANT WORDS

**to ask a question about** – feltenni egy kérdést valamivel kapcsolatban

**to get fit** – formába jönni

**overweight** – túlsúlyos

**to get in shape** – formába lendülni

**exercise** – gyakorlat, testmozgás

**to enjoy doing something** – élvez csinálni valamit

**stepper** – taposógép

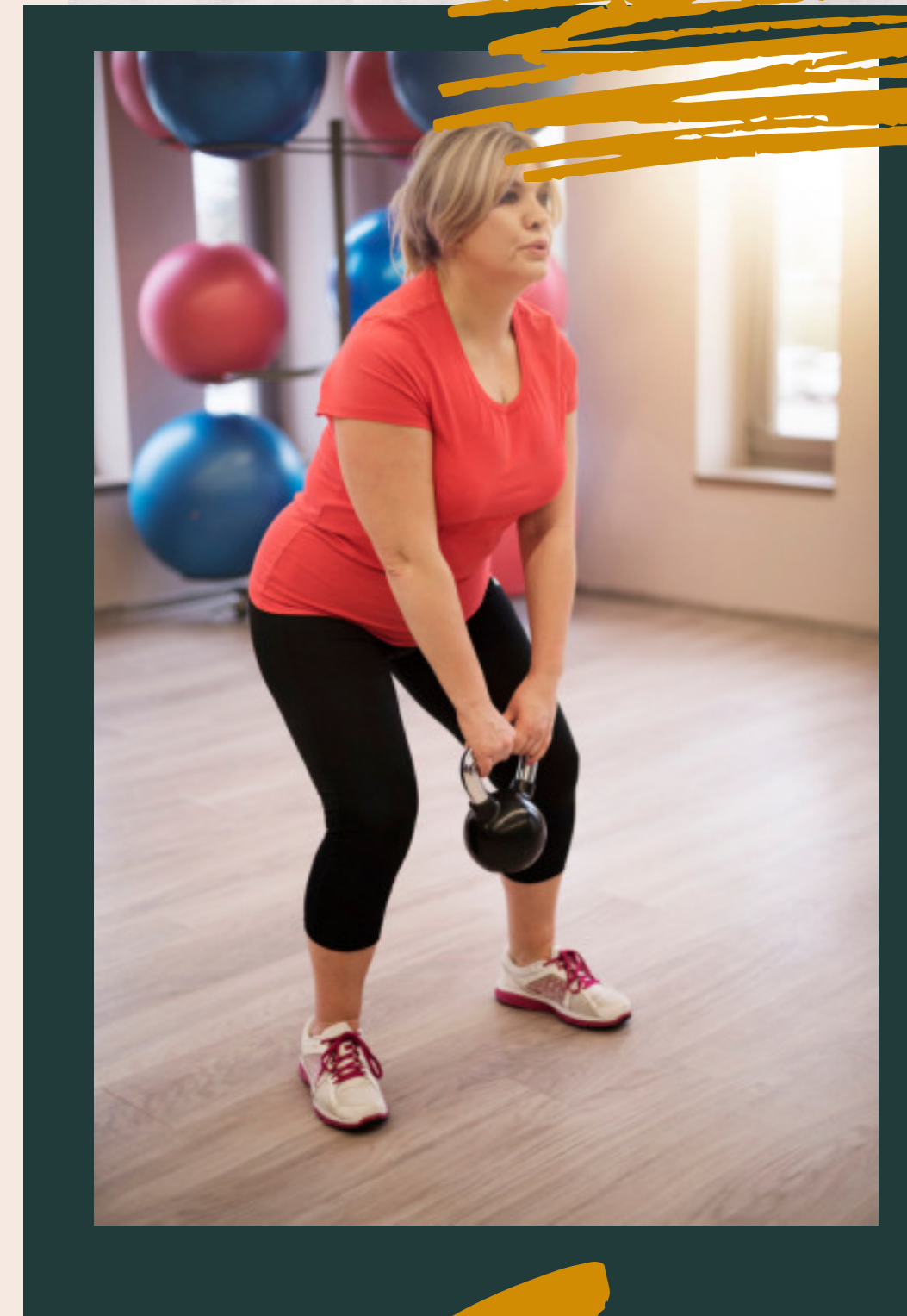
**equipment** – felszerelés

**comfortable** – kényelmes

**trainers** – edzőcipő

**membership card** – tagsági igazolvány

**to enter ...** – belépni/bemenni valahova



# Exercises

**to stretch, stretching**

nyújtani, nyújtás

**to lunge, lunge**

kitörés végezni, kitörés

**to squat, squat**

guggolni, guggolás

**to do push-ups, push-up**

fekvőtámaszt csinálni, fekvőtámasz

**to do sit-ups, sit-up**

felülést csinálni, felülés

**to work out, workout**

edzeni, edzés

**to warm up**

bemelegíteni

**to flex**

nyújtani

**to do pull-ups**

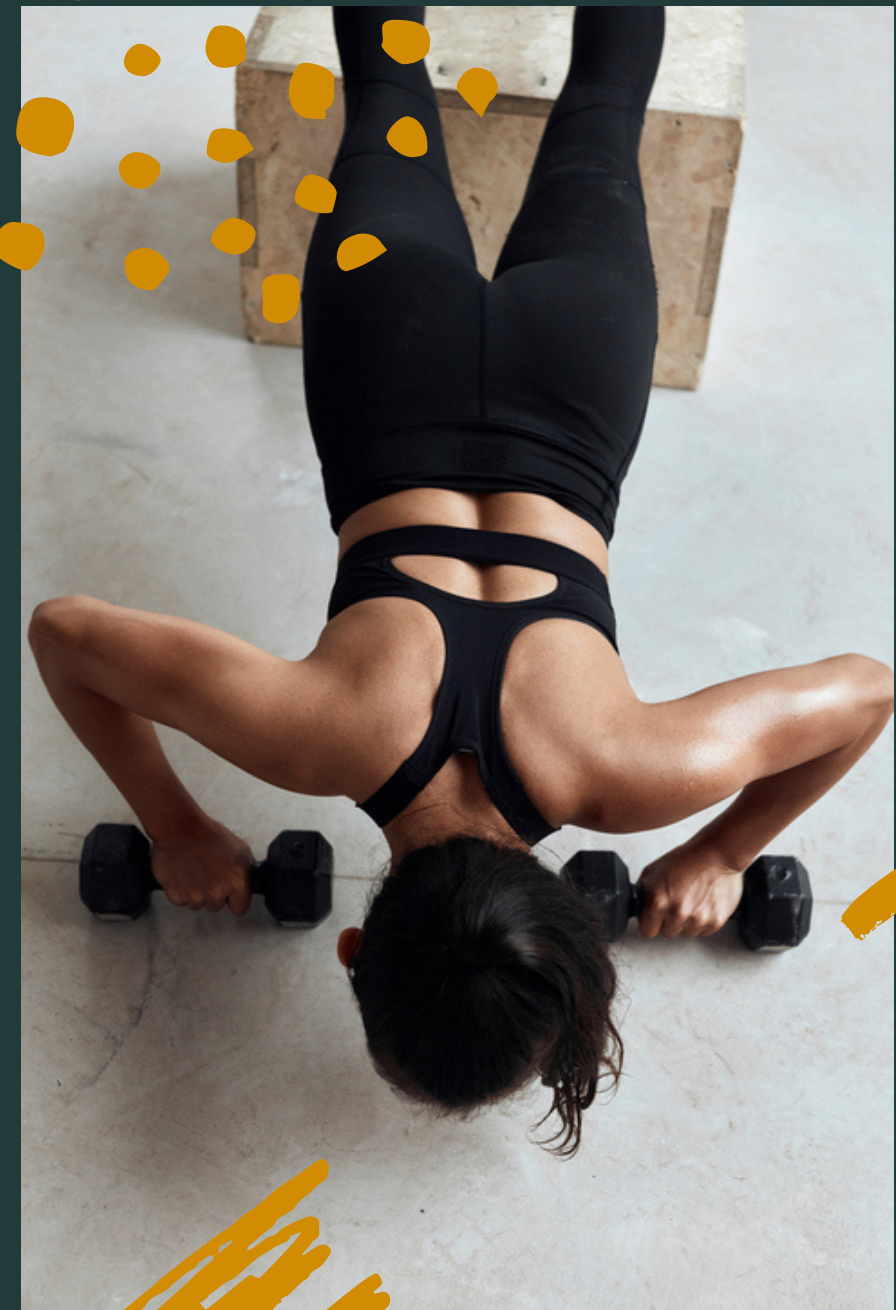
felhúzásokat végezni

**circuit training**

köredzés

**skipping**

ugrálás



# Brief History of the Olympic Games

## The beginnings

The Olympics started in ancient Greece, where the different city-states competed against each other in a number of sporting competitions, like the marathon, which is still part of the modern games.

Nowadays, the Olympics are divided into summer and winter games. They happen every four years. The Olympic flag is made up of five rings, representing the five continents. Over 200 countries will participate in the Olympics this summer.

The first modern Olympics took place in 1896 in Greece. All we know about the beginning is that the first record of Olympic contest originates from 776 B.C., which records the name of the very first Olympic champion, Coroebus, who was a cook by profession. At the very beginning, the only event was the stade, 192-metre-distance run. The beginning of the event was signalled by lighting the fire on the altar of Zeus, which was followed by an approximately 200-metre-distance run in the full length of the stadium of Olympia.



# Brief History of the Olympic Games

About 40,000 people gathered every fourth year for an attraction, which lasted only half a minute. In these years, the athletes ran naked as it was considered a good omen for the win. Seeing the popularity of the games, the Greek decided to extend the games by introducing several other events, like boxing, wrestling, and pankration. Further popular events were tethrippon, four-horse-carriages racing on 14,000-meter-distance, the ancient Pentathlon, stade run, long jump, high jump, discus throw and interestingly wrestling and armed running, the athletes had to run in full armour. The ancient Olympic Games grew and continued to be organized every four years for nearly 1200 years. In 393 C.E. the Roman Emperor, Theodosius I., a Christian, abolished the games because of their pagan influences.

**stade:** a 192-meter footrace called the stade (the origin of the modern "stadium")

**pankration:** a combination of boxing and wrestling with virtually no rules

**tethrippon:** Four horse chariot race



# Brief History of the Olympic Games

## The modern revival of Olympic Games

Approximately 1500 years later, a young Frenchman, named Pierre de Coubertin, began the revival of the games. Coubertin is now known as the Renovator. He was a French aristocratic, born on January 1st, 1863. He was only seven years old when France was overrun by the Germans during the Franco- Prussian War of 1870. Some believe that Coubertin attributed the defeat of France not to its military skills, but rather to the French soldiers' lack of vigour. After examining the education of the German, British and American children, Coubertin decided that it was exercise, more specifically sports that made a well-rounded and vigorous person. In 1890, he organized and founded a sports organization, Union des Sociétés Françaises de Sports Athlétiques, USFSA. Two years later, Coubertin first pitched his idea to revive the Olympic Games at a meeting of the Union des Sports Athlétiques in Paris in 1892. Two years later, Coubertin organized a meeting with 79 delegates, who represented nine countries. The delegates at the conference voted unanimously for the Olympic Games and also decided to have Coubertin construct an international committee to organize the games.



# Brief History of the Olympic Games

## The modern revival of Olympic Games

This committee became the International Olympic Committee, IOC, Comité International Olympique, and Demetrius Vikelas from Greece was selected to be the first president. Athens was chosen as the location for the revival of the Olympic Games, and the planning was begun. Thus, the modern Olympic Games began from the year 1896 and were held in Athens, Greece, the place of birth Olympics.

The Olympic Games have since been held successfully 26 times. The games were successfully held after a gap of four years, but it was only on three occasions that the Olympic games could not be held. These were the warring periods in the history of the modern world. In the year 1916, 1940 and 1944, the Olympic games could not take place due to the destruction and devastation caused by the World Wars.

