

10./ There was a15 in the final of the 1500 m event.

- a./ group of
- b./ gang of
- c./ field of
- d./ number of

11./ There were at least 15.000 at the match.

- a./ viewers
- b./ men
- c./ audience
- d./ spectators

12./ When hopping you move.....

- a./ from one foot to land on the same foot
- b./ from both feet to both feet
- c./ from one foot to land on both feet
- d./ from one foot to land on the other

13./ In a supine position your head faces the.....

- a./ ceiling
- b./ mat
- c./ vault
- d./ partner

14./ A controlled landing at the end of a routine is a

- a./ salto
- b./ spotting
- c./ dismount
- d./ cast

15./ If you are able to move your neck, spine and body easily you are.....

- a./ flexible
- b./ strong
- c./ rollable
- d./ skillful

16./ Alwaysyour muscles before and after doing exercises.

- a./ press
- b./ stretch
- c./ pull
- d./ spring

17./ When the ball crosses the sidelines it is

- a./ fault
- b./ out of reach
- c./ out of bounds
- d./ feint

18./ When the upper body is bent forward at the hips to or less then 90 degrees it is called aposition.

- a./ tuck
- b./ prone
- c./ pike
- d./ straddle

19./ The competitors are selected to the semi-final with

- a./ tossing a coin
- b./ heats
- c./ their personal bests
- d./ a draw

20./ The field events are.....

- a./ 100 m and discus
- b./ running and jumping
- c./ relay and hammer
- d./ jumping and throwing

Helyezzen be a mondatokba egy szót vagy kifejezést úgy, hogy az értelmes legyen!

- 1./ Muscular is measured by the numbers of lifts you can do with a fixed weight.
- 2./ A swimmer does not sink, but can float easily.
- 3./ Any offence involving contact with another player is a
- 4./ In gymnasticsevent comprises a total of the scores in every event.
- 5./ The fastest man in the world is Donovan Bailey. He is the with a fantastic 9.84. time.
- 6./ In speed skating the two competitors run in separated
- 7./ They had to use photo-finish because two runners werefor the first place.
- 8./ In soccer the game is controlled by the
- 9./ In winter athletics events are held
- 10./ Most ball games start in the-circle.

Nevezze meg azt a sportágat, amelyre ezek a kifejezések jellemzőek:

- 1./ set, dive, dig, serve, block=
- 2./ dive, kick, turn, resistance, medley=
- 3./ dribble, pass, kick, crossbar, penalty=
- 4./ bend, curve, lane, cross-over, armband=
- 5./ grip, support, hang, preflight, routine=

Nevezze meg a következő sportágak színhelyét:

- Track and field=
Gymnastics=
Boxing=
Figure saking=
Alpine Skiing=

FORDÍTÁS ANGOLRA

Fordítsa le a következő szöveget szótár segítségével:

A két csapat kifutott a pályára. A hazai csapat fekete sortot és fehér polót, a vendégek piros mezt viseltek. Két játékos a kezdőkörbe állt és a bíró sípszavára elkezdődött a meccs. A hazaiak támadtak és hamarosan előnyt szereztek egy szép góllal. Miután a baloldali védőjátékos egy szép hosszú átadást adott előre, a középen álló csatár lekezelés nélkül, a 16-os vonalról kapásból a kapu bal felső sarkába lőtte a labdát. A kapus ugyan balra vetődött, de már nem érthette el. 1 : 0 a hazaiak javára. A közönség őrjöngött. A bíró középre mutatott és az ellenfél középkezdéssel folytathatta a játékot.

LEVÉLÍRÁS

Írjon meghívólevelet egy angol kosárlabdacsapatnak (max. 20-25 sor terjedelemben) a következő szempontok szerint:

- Mutassa be klubját,
- Írja meg hol állnak a bajnokságban,
- Miért és kinek a nevében hívja meg a csapatot,
- Mennyi időre szól a meghívás,
- Hol tudja a csapattagokat elszállásolni, hol tudnak étkezni, stb....,
- Kérjen visszaigazolást a meghívás elfogadásáról.

(Ügyeljen a levélforma betartására!)

FORDÍTÁS MAGYARRA

Fordítsa magyarra!



Warming up

One of the common features in the acquiring of fitness for different track events is a group of activities known as warming up or stretching exercises. These should be carried out prior to engaging in very vigorous activity before both training sessions and competitions. Different coaches tend to emphasise different benefits to be gained from these exercises, and some athletes differ with their coaches in their estimation of how valuable the exercises are at all: nevertheless, the best athletes always warm up before they begin any explosive activity. Some use the exercises to ensure that their muscles are gradually lengthened so that when the track session begins, they do not 'pull' or tear muscles. Others are of the opinion that the stretching exercises ensure a raising of body temperature and pulse rate with a resultant improvement in performance when they begin their track session. Yet others simply use the warm-up period for psychological preparation for the task ahead; they perform

mechanically the routine of stretching, while concentrating on a mental rehearsal of the event to come. Whatever the purpose of the warm-up, the exercises should not be too tiring and should not be spread over too long a period of time, but they should contain a variety that will exercise most of the muscle groups in the body, including the heart and lungs, and in particular those muscles to be used in the athlete's own event. They should normally be preceded by slow jogging of up to 1,500m, and even in cold climates should not exceed a period of thirty minutes. They will vary according to the athlete's event, age, physiological make-up, the weather, and whether the race is a heat, semi-final or final. Each coach or athlete will develop a group of exercises that have been acquired from experience. Periodically, these exercises should be reviewed and others substituted because an athlete's or coach's favourite routines can neglect

important muscle groups. Moreover, using the same exercises for a period of time can result in the athlete not putting in much effort, in which case the exercises will not produce the desired effect.

There follow some illustrations and descriptions of stretching exercises that have been used by top-class athletes.

SZÖVEGÉRTÉS

Válaszoljon az alábbi kérdésekre a megadott szöveg alapján!

- 1./ Milyen veszély fenyegette Bob Beamont a Mexico-i Olympián?
- 2./ Mi történt, amikor társát mutatták be?
- 3./ Miért nem tudta meg Bob Beamon, hogy milyen nagyot ugrott?
- 4./ Mikor fejeződött be a távolugrás versenye?



100 GREATEST MOMENTS

At the 1968 Mexico City Olympics Bob Beamon was in danger of being eliminated from the long jump in the qualification round. His first two attempts were fouls. One more botched attempt and he would be going home that day.

His friend and teammate, Ralph Boston, came over to help him. "It was like Jesse Owens and Luz Long all over again," recalled Beamon, remembering the scene more than a quarter of a century later.

"Luz Long came to Jesse's aid at the 1936 Berlin Olympics after Jesse fouled in his first two qualifying attempts. Ralph Boston did the same for me. He told me, 'Bob, you won't foul if you take off a foot behind the foul line. You can't miss.' Basically that's what Luz Long told Jesse and I took Ralph's advice. I qualified."

Later in the afternoon, the long jump final coincided with the final of the 400 meters. America's Lee Evans, who won the gold medal, recalled a funny incident.

"The eight finalists for the 400 meters were walking onto the field," smiled Evans, "and the public address announcer was calling out the competitors. When he announced my name, the crowd let out an incredible roar and that made me happy."

I never realized that so many people were pulling for me. Actually, they were cheering for something that took place at the long jump pit. Then I looked across the field and saw officials and athletes running all over the place, and Bob was jumping up and down, then kneeling, holding his hands to his head. I didn't know what was happening."

"Neither did I," laughed Beamon these many years later. "I knew I made a great jump and I heard some of the guys saying things like 8.9 meters . . . or something. Outside the United States everything is in meters, so I wasn't sure how far I had jumped. I knew it was more than 27 feet 4 3/4 inches, which was the world record. Then Ralph Boston came over and said, 'Bob, I think it's over 29 feet,' which was almost 2 feet farther than the world record. Then I said to Ralph, 'What happened to 28 feet?'"

After many minutes, the public address system announced the history-making news. "Bob Beamon's leap, 8.90 meters. . . 29 feet 21/2 inches." The crowd roared, some questioning whether they heard correctly. It soon became official.

The rest of the competitors were in shock. For all practical purposes the competition was over in the first round.

From the book 100 Greatest Moments in Olympic History by Bud Greenspan.

<http://www.olympics.nbc.com/stories/beamon.html>