

ADVANTAGES

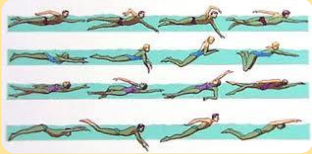
- keep fit
- 30 minutes a day
- refreshes blood, body and mind
- will not get tired easily



WATER SPORTS

SWIMMING

- Freestyle stroke
- Breast stroke
- Back stroke
- Butterfly stroke



WATERPOLO

WINDSURF/SURF

ROWING/KAYAK

DIVING



SPORTS

EVENTS

- World Cup Soccer
- Olympic Games
 - o summer
 - o winter
 - o paralympic
- 24 Hours of Le Mans
- Wimbledon, England



Watch history unfold with us in 2014
At the 24 Hours of Le Mans...



WAY OF DOING SPORTS

- amateur
 - o sportsmen don't get salary for taking part in sport
 - o it is for fans
 - o they have civilian job
- professional
 - o it is a job
 - o they get salary



Physical Education LESSON

- Every day
- Warming ups and exercising
- in the gym with classmates



EXTREME SPORTS

- wild rafting
- parachuting
- rap-stick boarding
- bungee jumping
- rollerblading



BALL GAMES

- Soccer = football (musn't touch the ball)
- American football
- Baseball
- Volleyball
- Handball
- Tennis
- Table tennis
- Golf
- Squash
- Badminton



Winter Sports

- sledging
- skating
- figure- skating
- skiing
- hockey
- snowboarding

