**Рабочий лист**

**по учебному предмету «Иностранный язык (англ.)»**

**с применением электронного обучения и дистанционных образовательных технологий**

**Класс: 8-Б**

**Ф.И.О. учителя: Расторгуева Ж.В.**

**6 неделя (12.05-16.05)**

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| **№ п/п** | **Дата** | **Раздел** | **Тема** | **Форма обучения** | **Содержание**  **(задания для изучения)** | **Текущий контроль** | | **Итоговый контроль** | | **Консультация** | | **Разноуровневые домашние задания** |
| **форма** | **сроки** | **форма** | **сроки** | **форма** | **сроки** |
| 1 | 14.  05 | МОДУЛЬ 8. PASTIMES (*На досуге* | Праздник Севера. Зимние виды спорта. Развитие навыков монологической речи. /The Festival of the North. Sp on R с.10 | Дистанционное и электронное обучение | 1) Онлайн-урок в электронном журнале  2.перейти по ссылке  <https://resh.edu.ru/subject/lesson/2831/main/>  просмотреть видео урок на сайте РЭШ  3)Работа с учебником  Стр Sp on R с.10 текст читать переводить устно | Самостоятельная работа: ответить на вопросы стр. 10 в конце учебника  фото выслать в вайбере | 14.05 | Модульный контроль. | 22.  05 | Вопросы в вайбере в электронном журнале | 14.05  14.30-15.00 | Написать краткий рассказ на тему: Мой любимый вид спорта»  фото- ответ отправить в вайбер |
| 2 | 15.  05 | МОДУЛЬ 8. PASTIMES (*На досуге* | Контроль чтения. Спорт. | Дистанционное и электронное обучение | 1) Онлайн-урок в электронном журнале  2) Выполнить задания см. приложение 1к уроку 15.05 (прочесть и перевести текст)  3)Выполнить задание 1(приложение1 )  3)перейти по ссылке  <https://youtu.be/tzwWleurXOc>  посмотреть видео на сайте учи.ру | Самостоятельная работа: см. приложение 1 к уроку 15.05 , задание 2 фото- ответ в вайбер | 15.05 | Модульный контроль. | 22.  05 | Вопросы в айбере в электронном журнале | 15.05  14.00-14.30 |  |
| 3 | 16.  05 | МОДУЛЬ 8. PASTIMES (*На досуге* | Контроль аудирования. Спорт. Экстремальный вид спорта | Дистанционное и электронное обучение | 1) Онлайн-урок в электронном журнале  2) перейти по ссылке  <https://youtu.be/xmXIGl1obok>  посмотреть видеоурок на сайте учи.ру  (Экстремальный вид спорта)  2) Выполнить задание см приложение 2 к уроку 16.05( прочесть и перевести тексты ), выполнить задание 1 | Самостоятельная работа: см. приложение 2 к уроку 16.05 Задание 2  фото- ответ в вайбер | 16.05 | Модульный контроль | 22.  05 | Вопросы в айбере в электронном журнале | 16.05  14.00-14.30 |  |

См. приложение 1 к уроку 15.05

## The Olympic Champion Alexandr Medved Gives Advice

1 Перевести текст

A wrestler must have many qualities to beat his rivals. He must be strong and very quick. Then he needs enough strength to tear the rival from the mat and throw him on the floor.

I will tell you about myself. I grew up tall and thin with no great strength in my arms. Wrestling came into my life when I was 18. I was 188 cm tall and weighed 85 kg and could not compete with my rivals in strength.

Then I decided to build up my muscles. I developed a system of exercises, which helped me to become stronger. I spent much time weight lifting. I lifted a bar equal to my own weight, which is up to 100 kg. However, that happened after two years of regular exercising. At first, the weight was only 30-40 kg. In general, I advise to choose the weight, which is twice as small as your own.

Push-ups were also of great help to me. At first, I could push up only 3 or 4 times, so weak were my arms! Then 30 times. Interesting enough, if you strengthen your legs, you feel as if your body has become much lighter. It is a very useful exercise. I also worked with dumb-bells and weights and threw heavy stones into air. You must combine muscle-building exercises with long distance running. It is a good relaxation for the arms and back muscles.

I was considered the strongest heavyweight wrestler in the world. However, I have never been the biggest among my rivals. I weighed a little over 100 kg but defeated even those who weighed 120, 150 and 180 kg like the American Chris Taylor whom I threw on the floor at the 1972 Olympics. If you are strong, you do not fear any rivals! My advice to you is if you want to be strong, take up physical exercises at once.

**Задания к тексту.**

**Задание 1**

**1.**Choose the right answer.

The sportsman is

1. A boxer b) a wrestler,   c) a runner

He began to do sports when he was

1. b) 17.    c)  18.

If you strengthen your legs, you feel as if your body has become

1. a) much lighter b) heavier c) smaller

Long distance running is a good relaxation for

1. Your mind b) the arms and back muscles c) the leg muscles

**Задание 2**

**2.** Say if the statements are true or false.

1. Alexandr Medved grew up tall and thin with no great strength in his arms.
2. When he was 18, he could easily compete with his rivals in strength.
3. At first, he lifted a bar equal to only 30-40 kg.
4. After a year of regular exercising, he lifted a bar equal to 100 kg.
5. Push-ups were not of great help to him.

**Exercise 3.**Write about your favorite sportsperson

См. приложение 2 к уроку 16.05

Прочитайте и переведите тексты об экстремальных видах спорта

**Read the following texts about different kinds of extreme sports.**

**SKATEBOARDING**

Skateboarding has become more than just a popular sport in America. It’s also an accepted form of transportation. Young people skateboard to school, to work, to visit a friend. But the danger of people walking on the streets has forced many towns to pass laws that restrict the use of skateboards.

Across the nation, cities and towns are passing laws that keep skateboards off streets and sidewalks, especially in the centre of the town. Says a police officer in New York, ‘If you’re a resident and you’re trying to walk down the street, all it takes is one skateboarder for it to be a problem.’ Skateboarders caught breaking the rules can be punished or have their boards taken away.

Skateboarders are angry about the new rules. They say they should be allowed to use skateboarders to travel.

sky surfing

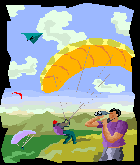
Sky surfing is like surfing and flying at the same time.

It’s also very fast and sky surfers must like heights because they have to jump from an aeroplane.

Sky surfers work in pairs. One surfer does the tricks and the other one records the tricks with a video camera. In sky surfing competitions, judges watch the videos to decide who is the winner.

It looks exciting, but sky surfing is a very dangerous sport. You must know when to use your parachute and how to land safely.

**Hang Gliding**

The pilot of this hang-glider doesn’t like flying very much but he says he wants to feel that adrenaline rush everybody talks about. He loves extreme sports and he has trained hard and now he’s ready for his first flight. Hang-gliding can be dangerous and it isn’t cheap *(£400*is an average price for a hang-glider). But the excite­ment of the sport is obvious. After all, it’s as near as you can get to flying.

Задание 1

(12) **A- Are these sentences true or false? Correct the false ones.**

1. Young people use skateboards just for fun.
2. There are special laws to restrict the use of skateboards in some areas.
3. Sky surfers can’t be afraid of flying.
4. Hang-gliding isn’t an expensive sport.

Задание 2

(20) **B- Answer these questions with complete sentences.**

1. Why is skateboarding dangerous to people?

2. What kind of punishments do skateboarders have if they break the rules?

3. What do sky surfers do?

4. Why is sky surfing considered a dangerous sport?

5. What are the disadvantages of hang-gliding?

Задание 3Write a paragraph about the following topic: Is sport important to you? Why?