**SPORTS AND GAMES**

There are lots of types of sports and games. We can practise outdoor or indoor sports, in gyms, stadium or halls or in nature. Sports are very good for active relaxation, we play them if we want to keep fit and or to lose some weight, it is also a social event as we can meet up with our friends.

We talk about sports and games. Sports are for example – skiing, swimming, skating – they can be done individually. Spor tis each physical activity, on the other hand games are usually done by two people or two teams and played according to some rules. They involve refferees who make sure if the rules are obeyed/kept. Games are all ball games such as soccer/football, volleyball or basketball.  
All sports and games are divided into:  
1. OUTDOOR SPORTS – which are done outdoors, like golf, skiing, climbing, running, hiking  
    INDOOR SPORTS – are done indoors, in gyms, halls, for example table tennis, gymnastic, chess  
Next categories of sports are :  
2. COLLECTIVE SPORTS are done by more people such as football, baseball, basketball, voleyball or hockey  
    INDIVIDUAL SPORTS are done individually , swimming, bodybuliding, boxing, skiing   
Next categories are: (according to a season)  
3. WINTER SPORTS are done in winter, sports connected with snow, for example ice-hockey, skiing, snowbording  
    SUMMER SPORTS are done in summer, ball games, swimming, athletics  
Then we know:

WATER SPORTS – diving, swimming, sailing  
ADRENALIN SPORTS – rafting, bungee jumping, hang gliding. They involve speed, heights and excitement. People do them for adrenaline. They must be brave, courageous to do that.   
MARTIAL ARTS – judo, karate, wrestling, boxing

The greatest sports event are THE OLYMPIC GAMES. They are held every four years. There are two parts of the games – the winter part and the summer part. The SYMBOL of the games are five circles on a white background. They symbolise five contiments. For most sportsmen it is honour to take part in the Olympics and represent their country. The World Cup – in football is held every four years and The Ice Hockey Championship is taking place annually ( every year). The Slovak national team has been quite succesful in the last years, being the World Champion some years ago.  
**We can do sports as proffesionals or amateurs**. Proffessionals do sports to earn money, to be famous. Amateurs do sports for relax, to have fun or meet their friends. Pros and cons of being a proffesional sportsman:

Pros – they can travel round the world, get to know other people, countries, learn foreign languages, earn a lot of money if they are successful, cons – have to sacrifice their lives to sport, don´t have enough free time for hobbies, families, friends, the best ones are often followed by press, paparazzi, so they miss privacy

**Fans or supporters:** are important for a team, they cheer when the team score a goal, travel with the team to support players. A part of them can be quite violent, smashing seats, stands or fighting with the opponent´s supporters.

**Sports equipment necessary for skiing:** ski helmet to protect a head, ski goggles, ski sticks, skis, ski boots, gloves. We go skiing to a ski resort where we use a ski lift to get to the top of the mountanin. Better skiers look for a steep slope to ski down.  **Ice hockey rules:**

Ice hockey is played on ice rings or stadiums. The rink has got five basic lines. Two teams play against each other. each team has got 6 players. One is goalie and others are skaters /attackers and defenders/.A refferee drops a puck and players try to pass it with their sticks and score a goal. The game is divided into three periods of 20 minutes.

**Football:** football is played on a grass field. The aim of the game is to score as many goals as they can. Each team has got 11 players, one is a goalkeeper. The game is played with a ball. Fouls are punished by refferee. A refferee can give a yellow or  red card. A Yellow card is only a warning, when they get a red card, they are sent off the field for the rest of the game.They also can not play in the next game.Every game has got two halves, 45 minutes for each half. The greatest football tournament is the World Cup, which is organized every four years.

**MY FAVOURITE SPORTS**  
Sport and games play an important role in my life. Since my childhood I´ve liked such sports as running, tennis, table tennis and badminton. When I was six, I got my first bike from my parents. Now I like riding a bike with my friends. I like cycling because: I feel very good, I have fun, I am healthy.  
My favourite sportsman is Miroslav Šatan. He is a hockey player. He won the gold medail in Petrohrad for Slovakia. I like him, because he is a famous player and very good man and a husband.  
The most popular sports in Slovakia are football and ice-hockey. Tennis has become very popular recently but it is a very expensive sport. There are many people in our country who like doing some sport especially the young. All generations like watching sports on television. All school children have chance to attend physical education (training) lessons. The British are a nation of sport lovers.

Many sports are played in a sports hall or a stadium. Sports like figure skating, speed skating, and ice hockey are done on an ice-rink. Some sports can be done in nature, for example running. Skiing can be done on a ski slope. Swimming can be done in a swimming pool, lake, river or in the sea.