

Управління освіти і науки  
Волинської обласної державної адміністрації  
Комунальний заклад вищої освіти  
«Луцький педагогічний коледж»  
Волинської обласної ради

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**ПРАКТИКУМ**  
**з «Іноземної мови за професійним**  
**спрямуванням»**  
для студентів освітнього ступеня бакалавр  
спеціальності 014 Середня освіта (Фізична культура)

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Практикум з «Іноземної мови за професійним спрямуванням» призначений для студентів освітнього ступеня бакалавр та освітньо-професійного ступеня фаховий молодший бакалавр спеціальності 014 Середня освіта (Фізична культура).

Матеріали є частиною навчально-методичного комплексу. Зміст структуровано згідно із контентом, який відображене у робочій програмі навчальної дисципліни та містить автентичні, сучасні матеріали для практичних занять. Тематика спрямована на розвиток комунікативної, професійної та соціокультурної компетентностей.

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## CONTENTS

<b>UNIT 1. ABOUT MYSELF</b>	4
<b>UNIT 2. UKRAINIAN EDUCATIONAL SYSTEM</b>	8
<b>UNIT 3. THE STRUCTURE OF HIGHER EDUCATION SYSTEM IN UKRAINE</b>	12
<b>UNIT 4. THE SYSTEM OF EDUCATION IN GREAT BRITAIN</b>	17
<b>UNIT 5. PRIMARY SCHOOL TEACHERS IN GREAT BRITAIN</b>	23
<b>UNIT 6. TEACHING CAREER IN PHYSICAL EDUCATION</b>	29
<b>UNIT 7. MAIN SKILLS OF A PE TEACHER</b>	36
<b>UNIT 8. ROLES AND RESPONSIBILITIES OF A PHYSICAL EDUCATION TEACHER</b>	42
<b>UNIT 9. COACHING CAREER IN PHYSICAL EDUCATION AND SPORT</b>	48
<b>UNIT 10. MY FUTURE PROFESSION</b>	55
<b>REFERENCES</b>	64

## **UNIT 1. ABOUT MYSELF**

### **Present Continous.**

#### **1. Pay attention to the new words! Write them down and translate!**

a district — район

a region — область

a close relative — близький родич

an aunt — тітка

an uncle — дядько

a cousin — двоюрідний брат/сестра

a teenager — підліток

at the age of — у віці ... років

now and then — час від часу

fortunately — на щастя

unfortunately — на жаль

to train hard — наполегливо тренуватися

to have a good time — добре проводити час

a sporting grade — спортивний розряд

to participate in/ to take part in — брати участь у

a competition / a contest. — змагання

to go in for / to take up — займатись

to enter — вступати до

a department / a chair — кафедра

a credit — залік

an examination / an exam — іспит

to take an exam / a credit on — складати іспит / залік із  
to pass an exam / a credit — скласти іспит / залік  
to fail an exam / a credit — провалити іспит / залік  
a first-year student / a fresher — першокурсник

## 2. Complete the text with information about yourself!

### About Myself

Let me / I want to / I'd like to tell you a little about myself. My name is \_\_\_\_\_ and my surname is \_\_\_\_\_. I am \_\_\_\_\_ (years old). I was born in the city of / in the town of / in the village of \_\_\_\_\_ (\_\_\_\_\_ district, \_\_\_\_\_ region). I live / I don't live with my parents. As for my family, it is / it is not a very large one. There are \_\_\_\_\_ of us in the family. I have a father, a mother, a younger / an elder brother and a younger / an elder sister. My father is a \_\_\_\_\_, my mother is a \_\_\_\_\_, my brother is a \_\_\_\_\_, my sister is a \_\_\_\_\_. Fortunately / Unfortunately my grandparents live / don't live with us and / but we often see each other. Besides my close relatives I also have some uncles, aunts and cousins. I meet them now and then to spend our free time together. Many / Some members of my family are great lovers of sport. We often watch different sports competitions either on TV or at the stadium. My favourite kind of sport is \_\_\_\_\_. I began to go in for it at the age of \_\_\_\_\_. So when I finished school I decided to enter the Lutsk Pedagogical College. Now I am a first year student at the faculty of physical education and sport. I have the first / the second / no sporting grade (I am a Master of Sport / a Candidate for a Master of Sport).

### **3. Answer the questions. !**

1. What is your first name? What is your second name? 2. How old are you? 3. What are you? 4. When and where you were born? 5. Where do you live? 6. Do you live with your parents or in hostel? 7. How many members does your family consist of? 8. Have you any sisters or brothers? 9. What faculty do you study at? 10. What kind of sport do you go in for? 11. When did you begin to go in for sport? 12. What sporting grade do you have? 13. What contests did you take part in? 14. What hobbies do you have?

**4. Translate the given phrases!** 1) to consist of 2) kind of sport 3) to take part in 4) a sporting grade 5) sports competitions 6) to go in for 7) to study at 8) to have a good time 9) at the age of 10) to enter a university

**5. Select the Ukrainian equivalents!** 1) to go in for 2) to enter a university 3) to have a god time 4) a sporting grade 5) at the age of eighteen 6) a kind of sport 7) to take an exam 8) to fail an exam a) провалити іспит b) у віці 18 років c) вид спорту d) добре проводити час e) складати іспит f) займатися видом спорту g) спортивний розряд h) вступити до університету

**6. Make sentences and translate them!** 1) first-year, I , a, now, student, am. 2) go, I, began, for, the, at, to, sport, in, of, ten, age. 3) besides, have, some, sport, I, got, hobbies. 4) glad, I, at, University, am, to study, the. 5) can't, without, I, imagine, life, my, sport.

**7. Choose the endings of the given sentences!** 1. Let me tell you.. 2. I'm from... 3. I've finished... 4. This year I've entered... 5. I go in for.. a) ... Lutsk, Ukraine. b) ...the Lustk Pedagogical College c) ... football and track and field. d)... a secondary school this year. e)... some words about myself.

**8. Fill in the blanks with appropriate prepositions where necessary!** 1. I usually participate \_\_\_\_\_ different contests. 2. As \_\_\_\_\_ me I like gymnastics best of all. 3. He often meets \_\_\_\_\_ his friends to spend their free time together. 4. I was born \_\_\_\_\_ Lutsk \_\_\_\_\_ 2000. 5. Some members \_\_\_\_\_ our team are Masters of Sport meets 6. His hobby is playing \_\_\_\_\_ computer games. 7. He became a famous sportsman \_\_\_\_\_ the age \_\_\_\_\_ 20. 8. They go \_\_\_\_\_ \_\_\_\_\_ different kinds \_\_\_\_\_ sport 9. No sportsman can imagine his life \_\_\_\_\_ sport. 10. She always watches competitions \_\_\_\_\_ swimming \_\_\_\_\_ TV. 11. I decided to enter \_\_\_\_\_ this university when I finished my school.

**9. Translate the words in brackets into English!**

1. (Час від часу) \_\_\_\_\_ we take part in different sports (змаганнях) \_\_\_\_\_. 2. Ruslana says that she loves our city because she (народилася) \_\_\_\_\_ and lived here. 3. There are no very big stadiums either in our (район) \_\_\_\_\_ or in our (область) \_\_\_\_\_. 4. His (старший) \_\_\_\_\_ brother was a famous Ukrainian athlete. 5. You must (наполегливо тренуватися) \_\_\_\_\_ if you want to have good results in your (види спорту)

\_\_\_\_\_ . 6. He is a (великий прихильник) \_\_\_\_\_ of football and goes to all football matches in the city. 11 7. Her (дідусь і бабуся) \_\_\_\_\_ lived not far from her so she often visited them. 8. Nowadays, ( на жаль) \_\_\_\_\_, not all the ( підлітки) \_\_\_\_\_ go in for sport. 9. The students of our university have their English lessons at the (кафедри) \_\_\_\_\_ of Foreign Languages. 10. His (молодша) \_\_\_\_\_ sister is a ( першокурсниця) \_\_\_\_\_ of the Lutsk Pedagogical College.

## **10. Tell about yourself using the given expressions!**

First of all ... As far as I know ... I'd like to tell you ... As a result ... Let me tell you ... At last ... Fortunately ... I'm sure  
...

## **UNIT 2. UKRAINIAN EDUCATIONAL SYSTEM**

### **Present Simple.**

#### **1. Pay attention to the new words! Write them down and remember!**

compulsory (obligatory) — обов'язковий

a kindergarten — дитячий садок

optional — факультативний

a scholarship — стипендія

post-graduate education — аспірантура

secondary and higher education - середня та вища освіта

to cooperate with – співпрацювати із

to train/ teach specialists – навчати спеціалістів

higher educational institution – заклад вищої освіти

gifted children – обдаровані діти

scientific research work – науково-дослідна робота

field of science – галузь науки

## 2. Read the text “Ukrainian educational system” and write down the underlined words!

Education brings us new and better opportunities. That's why many young Ukrainians nowadays want to receive a good education. John Kennedy said: "Our progress as a nation can be no swifter than our progress in education". I think that concerns every nation in the world. That's why education and research should be international". Ukraine has agreements on education with more than 30 countries and cooperates with more than 50 international educational organizations, programs and foundations.

The system of education in Ukraine has a long and interesting history. Present-day independent Ukraine has got a rather developed system of education, which many answers the standards of the developed countries. The system of education in Ukraine includes secondary and higher education. General secondary education is free and compulsory. The system of education also includes preschool institutions, like nursery schools or kindergartens, but they are not obligatory.

The basic element of the system of education in Ukraine is general educational school. This school has three stages: primary, junior and senior. Nowadays new types of schools appear. These are schools for gifted children. There are gymnasiums, lyceums and private schools in our country. The secondary school gives basic knowledge, necessary for

every pupil. Besides, there *are* also optional courses, which reflect pupils' interests.

Post-secondary education *includes* two main levels. The first one is technical schools and colleges, they train/teach young specialists. The second one is higher educational institutions. They usually *offer* a five-year course of study. Nowadays a new system of training *is introduced*: Bachelor of Arts — B. A. and Master of Arts — M. A. There *are* state and private higher educational institutions. Many state higher educational establishments have fee-paying groups or departments. Other students *are* on Ukrainian state scholarships. When students *receive* their diploma, they may study further.

Post-graduate education and scientific research work *are not* very popular now among young people. But in some fields of science there are outstanding research papers and discoveries.

### **3. Translate the sentences into Ukrainian!**

1. Preschool education (kindergarten). Preschool education includes preschool institutions, like nursery schools or kindergartens, but they are not obligatory.
2. Secondary education (general educational school). This school has three stages: primary, junior and senior. compulsory.
3. Post-secondary education. (Post-secondary education includes two main levels: 1. The first one is technical schools and colleges. 2. Second level is higher educational institutions).
4. Post-graduate education and scientific research.

#### **4. Translate the sentences and make them negative!**

1. Education brings us new and better opportunities. 2. Many young Ukrainians nowadays want to receive a good education. 3. Ukraine cooperates with more than 50 international educational organizations, programs and foundations. 4. Ukraine has got a developed system of education. 5. The system of education in Ukraine includes secondary and higher education. 6. General secondary education is free and compulsory. 7. The basic element of the system of education in Ukraine is general educational school. 8. This school has three stages: primary, junior and senior. 9. The secondary school gives basic knowledge, necessary for every pupil. 10. Post- secondary education includes two main levels. 11. The first level is technical schools and colleges. 12. Technical schools and colleges train young specialists. 13. The second level is a higher educational institution. 14. Higher educational institutions usually offer a five-year course of study. 15. Post-graduate education and scientific research work are not very popular now among young people.

#### **5. Write an english sentence with each word!**

отримувати хорошу освіту, мати угоди, співпрацювати з, освіта, дослідження, мати домовленість із, містити, система освіти, розвинена система, середня освіта, дитсадок, відповідати стандартам, загальна середня освіта (ЗСО), вища освіта, заклад дошкільної освіти (ЗДО), початковий ступінь, ЗВО, наука, науковий, обдаровані діти, базові знання, навчання у вищій школі, система навчання, бакалавр, магістр, загальноосвітня

школа (ЗОШ), державний навчальний заклад, відділення, державна стипендія, отримувати диплом, науково-дослідна робота, галузь науки, наукова робота.

**6. Write a plan to the text «Ukrainian educational system»!**

**7. Write a summary of the text «Ukrainian educational system»!**

## **UNIT 3. THE STRUCTURE OF HIGHER EDUCATION SYSTEM IN UKRAINE**

### **1. Learn the words!**

in accordance with – відповідно до

the four-level system – чотирьохрівнева система

to provide thorough – забезпечувати за допомогою

an integral part – невід'ємна частина

postgraduate degree – ступінь аспіранта

can be obtained in – можна отримати

level of accreditation – рівень акредитації

hold degrees – мати ступені

the full-time courses – денна форма навчання

part-time courses – заочне навчання

to apply for – подавати заяву, претендувати

do an external course - проходити курси екстерном

admission to – допуск, прийом

selective – вибірковий

tuition fees- плата за навчання

to award degrees – присуджувати ступінь  
the multi-layer structure – багаторівнева структура

**2. Read the text “ The Structure of higher education system in Ukraine” and write down and translate the underlined words!**

**The Structure of higher education system in Ukraine**

The structure of higher education system in Ukraine is based on the education systems of the developed nations of the world in accordance with recommendations from the UNESCO, UN and other international organizations. Higher education is an integral part of the Ukrainian education system as laid down in the Law of Ukraine “On Education”. The four-level system provides thorough academic, professional and practical training with the following degrees: Junior Specialist, Bachelor, Specialist, Master.

Higher education can be obtained in higher education establishments of a certain level of accreditation. The applicants must have either basic general secondary education, complete secondary education, or hold degrees of the Junior Specialist or Bachelor, as well as of the Specialist or Master if they apply for a postgraduate degree.

The students can take either the full-time courses (day), part-time courses (evening classes, distance learning), or take a combination of these. Sometimes they can do an external course.

Admission to higher educational establishments is selective and depends on the applicants' ability; it does not

depend on the ownership type of the education establishment or the sources of money to pay tuition fees.

According to their status, all education establishments fall into four categories:

**First level** – the technical school, vocational school, or other schools of the same level;

**Second level** – the college, or other establishments of the same level;

**Third and fourth levels** (according to their accreditation) – the institute, conservatory, academy, university.

The higher education establishments can award degrees:

**Junior Specialist** (technical schools, vocational schools, and other education establishments of the first accreditation level);

**Bachelor** (colleges and other education establishments of the second accreditation level);

**Specialist, Master** (education establishments of the third and fourth accreditation level)

The multi-layer structure of the higher education system means that on completion of education on a given level, students obtain a corresponding degree and can move up from level to level.

According to the structure of the higher education system, the first level leads to Junior Specialist Diploma, the second level to Bachelor's Degree (basic higher education), the third to Specialist, Master's Degree (complete higher education).

Accredited education establishments provide instruction according to their accreditation level. However, the higher the accreditation level of an education establishments is, the more

options it can offer its students, who can graduate it with a diploma or degree of any chosen level.

Being a participant of the Bologna process, Ukraine joined common European education system, as well as European academic research community. In this way it will take part in creation of the "Europe of Knowledge", and became more competitive.

### **3. Insert prepositions! Translate into Ukrainian!**

1. The structure of higher education system in Ukraine is based \_\_\_\_ the education systems of the developed nations of the world \_\_\_\_ accordance \_\_\_\_ recommendations from the UNESCO, UN and other international organizations.
2. Students can apply \_\_\_\_ a postgraduate degree.
3. Admission \_\_\_\_ higher educational establishments is selective and depends \_\_\_\_ the applicants' ability.
4. According \_\_\_\_ their status, all education establishments fall \_\_\_\_ four categories.
5. The multi-layer structure of the higher education system means that on completion of education on a given level, students obtain a corresponding degree and can move up \_\_\_\_ level \_\_\_\_ level.
6. According \_\_\_\_ the structure of the higher education system, the first level leads \_\_\_\_ Junior Specialist Diploma.
7. Accredited education establishments provide instruction according \_\_\_\_ their accreditation level.

8. Being a participant of the Bologna process, Ukraine joined common European education system, as well as European academic research community.
9. In this way it will take part in creation of the "Europe of Knowledge", and became more competitive.

**4. Write true or false!**

1. The structure of higher education system in Ukraine is based in accordance with recommendations from the UNESCO, UN and other international organizations.
2. The structure of higher education system in Ukraine is not based on the education systems of the developed nations of the world.
3. The four-level system provides thorough academic, professional and practical training.
4. Admission to higher educational establishments is selective and it does not depend on the ownership type of the education establishment or the sources of money to pay tuition fees.
5. According to their status, all education establishments fall into three categories.
6. According to the structure of the higher education system, the first level doesn't lead to Junior Specialist Diploma.
7. The second level leads to Bachelor's Degree (basic higher education).
8. Accredited education establishments do not provide instruction according to their accreditation level.

9. However, the higher the accreditation level of an education establishments is, the more options it can offer its students.

10. Ukraine will take part in creation of the "Europe of Knowledge" and became more competitive.

**5. Make up a dialogue about The Structure of higher education system in Ukraine!**

## **UNIT 4. THE SYSTEM OF EDUCATION IN GREAT BRITAIN**

**1. Pay attention to the new words! Write them down and translate!**

class divided – поділені на класи

public schools – державні школи

to provide a better education – забезпечити кращу освіту

good job opportunities – хороші можливості роботи  
to pay for - платити за

stages of education - етапи освіти

infant school - дитяча школа

junior school - молодша школа

to attend - відвідувати

modern school - сучасна школа

comprehensive school - загальноосвітня школа

compulsory subjects ('core' subjects) - обов'язкові предмети («основні» предмети)

to take exams in - здавати іспити з

General Certificate of Secondary Education- GCSE -  
Загальний сертифікат про середню освіту  
to get into university - вступити до університету  
terms of study - терміни навчання  
extracurricular activities - позакласні заняття  
a wide range of activities - широкий спектр  
діяльності

## 2. Read and translate the meanings of the worlds!

public (private) schools are A **private school** is autonomous and generates its own funding through various sources like student tuition, private grants and endowments. A **public school** is government funded and all students attend free of cost.

A **private school** is an elementary or secondary school run and supported by private individuals or a corporation rather than by a government or public agency.

Public school is An elementary or secondary school supported by public funds and providing free education to children of a community or district.

- *Why are private schools called public schools?*



The term public school emerged in the 18th century when the reputation of certain grammar schools spread beyond their immediate environs. **They began taking students whose parents could afford residential fees** and thus became known as public, in contrast to local, schools.

### 3. Read the text!

## THE SYSTEM OF EDUCATION IN GREAT BRITAIN

England has a very interesting system of education. Education is class divided in England. There are state and public (private) schools. About 90% of children go to the state schools and others go to the public (private) schools. All state schools in Britain are free. Some parents choose private schools for their children. They are very expensive, considered to provide a better education and good job opportunities. Parents pay for these schools. An example of a private school is Eton. It is the most famous public school. A year at Eton costs &17000. It is very old and a lot of important people used to be students there.

There are 3 stages of education in England: -primary; -secondary; -further. **Primary education** consists of infant schools and junior schools. Primary education lasts for 6 years. At first, they attend the infant school from 5 to 7, and then junior school until they are 11. In infant school children don't have real classes. They study to write and read; they mostly play. They know some numbers and letters. When children are 7, real studying begins. They have classes and don't play as much as it was in infant school.

Then **secondary education** begins. Parents can choose one of the types of secondary education schools. There are modern schools, comprehensive schools and grammar schools, which accept a wide range of children from all backgrounds. Children study a lot of compulsory subjects. English, Maths and Science are called 'core' subjects. If pupils go to grammar schools they will have a good theoretical secondary education.

Primary and secondary education are compulsory for all children. After 5 years of secondary education pupils take exams in different subjects, and they get General Certificate of Secondary Education- GCSE. After that students can leave and start working or continue their studies in the same school as before. If they continue, they have to take further examinations, which are necessary for getting into university or college.

The school year in English school has three terms: autumn term (September-Christmas), spring term (January-Easter) and summer term (Easter – June). There are holidays after each term. Autumn and spring holidays are about 6 weeks. In addition all schools have a half-term, which lasts a week in the middle of each term. Each school has its color of uniform. One of the most important elements of the uniform is a school tie.

English children go to school 5 days a week. They don't go to school on Saturdays and on Sundays. The school day starts at 9 o'clock and finishes between 3 and 4 p.m. The lunch break usually lasts an hour and a quarter. Besides classes there are a lot of extracurricular activities after school.

English schools offer a wide range of activities (school orchestra, music ensembles, sport competitions).

#### **4. Translate the words and definitions! Match words and their definitions correctly!**

1.Semester	a) a student in the last year of High School or University
2.Senior	b)someone who is studying at a university to get a 3.Master degree
3.Major	c)one of the two periods of time that a year at High Schools and Universities is divided into
4.Curriculum	d)an amount of money that is given to someone by an educational organization to help pay for their education
5.Postgraduate	i) the main subject that a student studies at college or university
6.Education	f)the subjects that are taught by a school
7.Scholarship	g)the process of teaching and learning, usually at school, college, university

#### **5. Find the translations of words in the text!**

Поділені на класи, державні та приватні школи, обирати приватну школу, атестат про середню освіту, елемент форми, канікули, обов'язкові предмети, широкий вибір позакласної роботи, складати іспити.

#### **6. Insert the missed prepositions!**

1.Parents *pay* \_\_\_\_ these schools. 2. A year \_\_\_\_ Eton *costs* &17000. 3. Primary education *consists* \_\_\_\_ *infant schools* and *junior schools*. 4. After 5 years of secondary education pupils

*take exams* \_\_\_\_ different subjects. 5. If they *continue*, they have *to take* further *examinations*, which are *necessary* for *getting* \_\_\_\_ university or college. 6. In addition all schools have a half-term. They don't go to school \_\_\_\_ Saturdays and \_\_\_\_ Sundays.

### **7. Answer the questions !**

1. Education in Great Britain is class divided, isn't it?
2. Are there any state schools in Great Britain?
3. How many % of children attend state schools?
4. Are there any private schools? How are they called?  
Which school is the most famous?
5. When do British children begin to go to school?
6. Who attends **s** the public schools?
7. What is an important element of a school uniform?

### **8. Read the text HIGHER EDUCATION! Translate the words below and underlined words in the text!**

post-school, polytechnics, part-time, employer, grants, degree, admission, A-level, Bachelor, post-graduate

## **HIGHER EDUCATION**

There is a considerable choice of post-school education in Britain. In addition to universities, there are also polytechnics and a series of different types of assisted colleges, such as colleges of technology, art, etc, which tend to provide more work-oriented courses than universities. Some of these courses are part-time, with the students being released by their employer for one day a week or longer periods.

Virtually all students on full-time courses receive grants or loans from the Government which cover their tuition fees and everyday expenses (accommodation, food, books, etc).

Universities in Britain enjoy complete academic freedom, choosing their own staff and deciding which students to admit, what and how to teach, and which degree to award (first degrees are called Bachelor degrees). They are mainly government-funded, except for the totally independent University of Buckingham.

There is no automatic admission to university, as there are only a limited number of places (around 100 000) available each year. Candidates are accepted on the basis of their A-level results. Virtually all degree courses are full-time and most last three years (medical and veterinary courses last five or six years).

Students who obtain (отимати) their Bachelor degree (graduates) can apply to take a further degree course, usually involving a mixture of exam courses and research. There are two different types of post-graduate courses — the Master's degree (MA or MSc), which takes one or two years, and the higher degree of Doctor of Philosophy (PhD), which takes two or three years.

## **9. Write 10 questions to the text!**

## UNIT 5. PRIMARY SCHOOL TEACHERS IN GREAT BRITAIN

### Simple Past

#### 1. Read and learn the words!

primary school teacher - вчитель початкових класів  
to teach children - вчити дітей

learning experiences - навчальний досвід

a set curriculum - встановлений навчальний план

mental, physical, intellectual and social development -  
психічний, фізичний, інтелектуальний і соціальний  
розвиток

to lead extracurricular activities - вести позакласну роботу  
outside of school hours - у позаурочний час

to interact with - взаємодіяти з

to prepare classroom lessons - готувати аудиторні уроки  
primary school students - учні початкових класів

to participate in staff meetings - to participate in staff  
meetings

workshop - гурток

to seek advice - звернутися за порадою

to supervise work - контролювати роботу

homework and assignments – домашня робота та завдання

to evaluate student progress - оцінювати успішність учнів

to ensure discipline - забезпечити дисципліну

to contribute to extra-curricular tasks - сприяти виконанню  
позакласних завдань

#### 2. Read the text!

**Primary school teachers in Great Britain**

Primary school teachers teach children between the ages of five and thirteen. They create learning experiences and materials to deliver a set curriculum and to support student mental, physical, intellectual and social development. They often lead extracurricular activities such as coaching sports teams or excursions.

Work is onsite at schools located in rural, suburban and urban areas. Work outside of school hours and travel for excursions are common. Suitable for people with good communication skills and the ability to interact positively with children.

### **Day-to-day duties**

- plan and prepare classroom lessons, activities and excursions for primary school students
- teach literacy, numeracy, social science, creative expression and physical education
- participate in staff meetings, educational conferences and workshops
- discuss individual progress and problems with students and parents, and seek advice from student counselors and senior teachers
- lead discussions and supervise work in class
- prepare and mark tests, projects, homework and assignments to evaluate student progress
- ensure discipline in classrooms and school areas
- contribute to extra-curricular tasks such as sport, school concerts, excursions and special interest programs.

### **Considerations (Personal qualities)**

- Stressful

- Leadership
- Organizational skills
- Planning
- Building Relationships
- First Aid

### 3. Put in the prepositions ! Translate into Ukrainian!

*as, with, to, between, in, from, with, at, of, in.*

1. Primary school teachers teach children \_\_\_\_\_ the ages of five and thirteen.
3. Primary school teachers often lead extracurricular activities such \_\_\_\_\_ coaching sports teams or excursions.
4. They must interact positively \_\_\_\_\_ children.
5. This job is suitable for people \_\_\_\_\_ good communication skills.
6. Primary school teachers ensure discipline \_\_\_\_\_ classrooms.
7. They must participate \_\_\_\_\_ staff meetings, educational conferences and workshops.
8. They seek advice \_\_\_\_\_ student counselors and senior teachers.
9. Primary school teachers often contribute \_\_\_\_\_ extracurricular tasks.
10. Work outside \_\_\_\_\_ school hours and travel for excursions are common.
11. Work is onsite \_\_\_\_\_ schools located in rural, suburban and urban areas.

### 4. Write an English sentence with words ! вчитель початкових класів, заходи для дітей, контролювати

роботу, програма, збори колективу, проводити позакласні заходи, створювати навчальні матеріали, брати участь у, проводити обговорення, семінар, підтримувати розвиток, забезпечити дисципліну, виконувати навчальну програму / навчальний план, соціальний/інтелектуальний/фізичний розвиток, у позаурочний час, хороші комунікативні навички, взаємодіяти із.

## **5. Answer the questions!**

1. Do you have teaching experience?
2. Did you plan and prepare classroom lessons, activities and excursions for primary school students?
3. Did you teach literacy, numeracy, social science, creative expression and physical education?
4. Did you participate in staff meetings, educational conferences and workshops?
5. Did you discuss individual progress and problems with students and parents, and seek advice from student counselors and senior teachers?
6. Did you lead discussions and supervise work in class?
7. Did you prepare and mark tests, projects, homework and assignments to evaluate student progress
8. Did you ensure discipline in classrooms and school areas?
9. Did you contribute to extra-curricular tasks such as sport, school concerts, excursions and special interest programs?
10. Do you have good communication skills and the ability to interact positively with children?
11. Did you often lead extracurricular activities such as coaching sports teams or excursions?

12. Which personal qualities do you have to be a successful primary school teacher?

### **Past Progressive**

**6. Use Simple Past or Past Progressive and write about some interesting situations during your school practice as a primary school teacher! (20 sentences)!**

**7. Translate the statements! What statements do you agree with? Why?**

- Teaching is the one profession that creates all other professions. ( Unknown)
- Tell me and I forget. Teach me and I remember. Involve me and I learn.( Benjamin Franklin)The art of teaching is the art of assisting discovery.(Mark Van Doren)
- What the teacher is, is more important than what he teaches.( Karl Meninger)
- The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.(William A. Ward)
- Better than a thousand days of diligent study is one day with a great teacher.(Japanese Proverb)
- A good teacher is like a candle—it consumes itself to light the way for others.(Mustafa Kemal Atatürk)
- Children must be taught how to think, not what to think.( Margaret Mead)

- You can teach a student a lesson for a day, but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.(Clay P. Bedford)
- Education is the most powerful weapon which you can use to change the world.(Nelson Mandela)

## **UNIT 6. TEACHING CAREER IN PHYSICAL EDUCATION**

### **1. Read and learn the active vocabulary:**

as compared to	- порівняно з
to attract	- приваблювати
to bask in the sun	- грітися на сонці
to be fortunate	- пощастити
challenge	- виклик, проблемна ситуація
to educate	- виховувати, давати освіту
to enter the career/ the profession	- розпочати кар'єру, професійну діяльність
to express the desire	- виявляти бажання
to give a reason	- навести причину
to have fun	- весело проводити час
to honour	- поважати, шанувати
to inspire with the desire to	- стимулювати, вселити бажання до
nature of the job	- характер роботи, професії

poor experience	- поганий досвід
to prompt	- спонукати
prospective teacher	- майбутній вчитель
to pursue a career	- займатися кар'єрою, професійною діяльністю
quality	- якість
ranging from ... to ...	- від ... до ...
...	
to reap the benefits	- одержати користь, відчути переваги
to reflect in words	- виразити словами
responsibility	- обов'язок
to seek a career	- прагнути займатися професійною діяльністю
to select / to choose a career	- обирати кар'єру, професію
to share with	- поділитися з
to stay physically fit	- залишатися у хорошій фізичній формі
to transmit	- передавати
vacations	- канікули
varied	- різноманітний

## 2. Translate without using a dictionary:

career, profession, produce, coach, student, athlete, individual, reason, enter, physically, program, nature, gymnasium, classroom, outdoors, active, physical educator, realize, art, society, informality.

## 3. Read and translate the text.

### Choosing a Teaching Career

The challenge to those who wish to enter the teaching or coaching professions is reflected in the words of *Aristotle*. He said that *those who educate children well are to be honoured more than those who produce them, for those who produce children give them only life, but those who educate them give them the art of living well.*

A physical educator, as well as a coach, has the responsibility to inspire his students or athletes with the desire to learn and develop their physical skills, and be physically active.

Students select teaching as a career for many reasons. Many physical educators want to teach because of their love of children and their desire to help others.

Prospective teachers who have been fortunate to reap the benefits of participation in a physical education program often express the desire to share with others the same benefits that they themselves have realized. Other individuals, who had poor experiences while students in physical education, enter the teaching profession because of the desire to improve physical education programs.

Many choose to teach physical education because of their love for sports and the desire to transmit this love to others. The opportunity to be outdoors, to stay physically fit, and to have fun are often given as reasons for entering the teaching profession.

The nature of the job attracts many individuals. The long vacations in school and the informality of teaching in the gymnasium as compared to the classroom are some of the benefits that prompt some people to seek a teaching career.

The reasons that individuals pursue teaching careers are varied, ranging from a desire to improve society and the quality of life to a desire to bask in the sun for several months during the vacations.

*(Originated from “Foundations of Physical Education and Sport”*

*Deborah A. Wuest, Charles A. Bucher. – 12th ed., 1995)*

#### **4. Give Ukrainian equivalents to the following expressions:**

- 1) a physical educator
- 2) while students in physical education
- 3) to realize the benefits of
- 4) to improve the physical education program
- 5) the art of living well
- 6) an opportunity to be outdoors
- 7) to produce children
- 8) the informality of teaching in the gymnasium
- 9) for many reasons
- 10) to learn and develop physical skills

#### **5. Form word-combinations and use them in your own sentences:**

1) physical	a) teacher
2) teaching	b) sport
3) varied	c) love to others
4) to improve	d) career
5) love of	e) the benefits
6) physically	f) reasons
7) love for	g) educator

- 8) to transmit
- 9) prospective
- 10) to share
- h) fit
- i) children
- j) the society

## **6. Insert prepositions where necessary.**

- 1. The individuals, who had poor experiences \_\_\_\_ students \_\_\_\_ physical education, have the desire to improve \_\_\_\_ physical education programs.
- 2. Many physical educators enter \_\_\_\_ the profession because \_\_\_\_ their love \_\_\_\_ children.
- 3. The responsibility \_\_\_\_ every physical educator is to inspire his athletes \_\_\_\_ the desire to develop their physical skills.
- 4. The informality \_\_\_\_ teaching \_\_\_\_ the gymnasium prompts \_\_\_\_ some people to seek a teaching career.
- 5. A challenge \_\_\_\_ all teachers and coaches is reflected \_\_\_\_ the words \_\_\_\_ Aristotle.
- 6. Many choose to teach physical education because \_\_\_\_ their desire to transmit their love \_\_\_\_ sports \_\_\_\_ others.
- 7. Prospective teachers often want to share \_\_\_\_ others the benefits \_\_\_\_ sport.
- 8. Students select \_\_\_\_ teaching \_\_\_\_ career \_\_\_\_ many reasons.
- 9. The opportunity to be outdoors is often given \_\_\_\_ a reason \_\_\_\_ entering the teaching profession.
- 10. Those who educate \_\_\_\_ children give them the art \_\_\_\_ living well.

## **7. Insert the appropriate words or word-combinations.**

- a) prompts to seek*
- e) love of*
- i) love*

b) physical education  
c) as compared to  
d) pursue a teaching  
career

f) to reap the benefits  
g) to stay physically fit  
h) prospective

j) nature  
k) selected  
l) reflective  
words

1. \_\_\_\_ physical educators may \_\_\_\_ as a career for many reasons.
2. The opportunity \_\_\_\_ is a good reason for entering the career of a physical educator.
3. The desire to \_\_\_\_ brought us to the faculty of physical education.
4. The challenge to those who wish to enter the teaching profession is \_\_\_\_ of Aristotle.
5. The \_\_\_\_ of a physical educator attracts many individuals.
6. The informality of teaching in the gymnasium \_\_\_\_ the classroom often \_\_\_\_ a teaching career.
7. The desire to improve \_\_\_\_ programs is one of the reasons to enter the teaching profession.
8. Many choose to teach because of their \_\_\_\_ children.
9. Students who have been fortunate \_\_\_\_ of participation in a physical education program usually want to share them with others.
10. Physical education is usually chosen as a career because of \_\_\_\_ sports.

## **8. Answer the questions.**

1. What are the challenges of a teaching career?
2. Should parents or educators be honoured more, according to Aristotle? What is your opinion?

3. Who must be responsible for inspiring students with the desire to develop their physical skills?
4. What benefits prompt people to seek a teaching career?
5. Can we name the opportunities to be outdoors and stay physically fit as the main reasons for entering the career of a physical educator?
6. What knowledge does a physical educator want to share with his students?
7. How can one's poor experience in physical education influence the decision to pursue a teaching career?
8. What would you like to transmit to your own students?
9. The long vacations in school are not the least reason to pursue a teaching career, are they?
10. What makes teaching an attractive career choice for you?

## **9. Read and translate the text «What Does a Physical Education Teacher Do?»**

In the elementary grades, physical education teachers will welcome individual classes of students and lead them in warm-ups and exercises, then move on to the day's planned activity, such as volleyball or running. Physical education teachers may find it easier to get younger students to try new skills—they aren't yet at the age of middle and high school students, who have become highly self-conscious about their appearances and how they look as they are trying something new.

Physical education teachers that work with middle schoolers or high school students will have a day that is similar to that of the elementary school physical education

teacher. If physical education teachers don't have an assistant, it will be up to them to set up and take down equipment in between each class. Physical education teachers, as well as students, will stay physically active throughout the day. Physical education teachers walk long distances (probably 6 to 8 miles a day).

Being a physical education teacher means you have to think creatively and shouldn't be afraid to come up with new solutions to old problems, or even new physical fitness activities. Physical education teachers may be required to write grants if the equipment you need is not be available and the school district doesn't have funds earmarked for physical education items.

Schools, physical education teachers, and kinesiologists know much more today about the human body. They understand how physical fitness affects students. So, physical education teachers may have access to equipment such as heart monitors (fitness testing) and pedometers (when you and your students know how much they are walking, it's easier to track their progress in physical fitness).

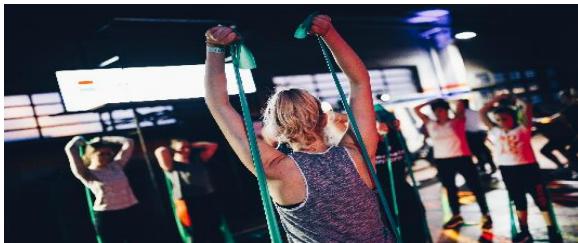
## **UNIT 7. MAIN SKILLS OF A PE TEACHER**

### **Future Simple. Modal verbs**

#### **1. Pay attention to the new words! Write them down and translate!**

to instruct students on - інструктувати учнів на  
practice what you preach' – «практикуйте те, що ви  
пропагуєте»  
teaching skills - педагогічні навички

to look up to - рівнятися на  
it is up to you - тобі вирішувати  
to get them interested in - щоб зацікавити їх  
be in touch with - бути на зв'язку з  
to work on - працювати над  
a natural affinity towards physical fitness - природна  
схильність до фізичної підготовки  
limitation - обмеження  
help them be on par with the rest - допомогти їм бути  
нарівні з іншими  
to encourage students - заохочувати учнів  
to get everyone involved in - щоб залучити всіх до  
to conduct Zumba or aerobics - проводити зумбу або  
аеробіку  
indoors - в приміщенні  
on open grounds - на відкритих майданчиках  
summer camps or seasonal adventure programmes - літні  
табори або сезонні пригодницькі програми



## 2. Remember the meaning of phrasal verbs, idioms and phrases!

**Phrasal verb** - to look up to - to admire and respect someone. *For example: Kids look up to ballplayers, and we need to let kids know that it is not OK to cheat.*

**Idiom** - If you get in touch with someone, you contact them by writing to them or phoning them. If you are, keep, or stay in touch with them, you write, phone, or visit each other regularly. For example: seeing someone or communicating with someone regularly: *We kept in touch for a while after college.*

**Idiom** - If something is up to you, you are the person who makes a decision about it. For example: *Do you want to stay or go? It's up to you.*

**Idiom** - to be on par with - to be at the same level or standard as (someone or something else). *For example: His new book is on par with his bestsellers.*

to get involved in - to take part in an activity or event, or be connected with it in some way. For example: *He joined the company last year but never really got involved in the work.*

### 3. Repeat **Future Simple!** Analyze the sentences!

1. You will instruct your students on playing a particular game or performing a specific activity. 2. You will also be in touch with parents/guardians and update them on the performance of the student, suggesting improvement areas and different ways to work on those areas. 3. You will have to motivate them, understand their limitations and find the best way to help them be on par with the rest. 4. This will require you to travel as well.

**4. Repeat the using and meaning of modal verbs *must*, *have to*, *need*, and *might*, *could*! Read the sentences and translate them! Explain the usage!**

1. You must've heard of the saying 'practice what you preach'. 2. Students need to look up to you for the values you're teaching them and learn by example. 3. For instance, you might conduct Zumba or aerobics indoors, while sports like cricket and football can be arranged on open grounds. 4. You might choose to teach simpler activities at a junior level or more intense sports at a senior secondary level. 5. You could also act as the coach for specific sports teams in schools.

**5. Read and translate the text!**

## **TEACHING AND INSTRUCTING SKILLS**

You will instruct your students on playing a particular game or performing a specific activity. Right from introducing them to a particular exercise or sport to teaching them techniques to perfect it, your teaching skills will play an important role.

## **PHYSICAL FITNESS**

You must've heard of the saying 'practice what you preach'. Students need to look up to you for the values you're teaching them and learn by example. Hence, your physical fitness is just as important as theirs.

## **INTERPERSONAL AND COMMUNICATION SKILLS**

Each student learns differently, and it is up to you to get them interested in the activity and learn the correct way to do it. This is where your interpersonal and communication skills will come handy. You will also be in touch with parents/guardians and update them on the performance of the student, suggesting improvement areas and different ways to work on those areas.

## **IMPARTIAL AND MOTIVATIONAL SKILLS**

Not every student who attends your class will have a natural affinity towards physical fitness. You will have to motivate them, understand their limitations and find the best way to help them be on par with the rest. This also means encouraging students who don't like sports and find fun ways to get everyone involved in the activity.

### **What Will My Workplace Look Like?**

PE teachers work in both private and public schools. You get to work outdoors and indoors, depending on the nature of the activity. For instance, you might conduct Zumba or aerobics indoors, while sports like cricket and football can be arranged on open grounds. Some schools also have indoor stadiums to conduct such sports. You might also conduct summer camps or seasonal adventure programmes. This will require you to travel as well. You might choose to teach simpler activities at a junior level or more intense sports at a senior secondary level. You could also act as the coach for specific sports teams in schools.

### **6. Write true or false!**

1. You will instruct your students on playing a particular game or performing a specific activity.
2. Students don't need to look up to you for the values you're teaching them.
3. It is up to you to get students interested in the activity.
4. Not every student who attends your class will have a natural affinity towards physical fitness.
5. PE teachers work in public schools.
6. You get to work outdoors
7. You might choose to teach simpler activities at a junior level or more intense sports at a senior secondary level.

**7.Put in the prepositions ! Translate into Ukrainian!**

1. Students need to look up to you for the values you are teaching them. 2. You must have heard of the saying 'practice what you preach'. 3. Each student learns differently, and it is up to you to get him or her interested in the activity and learn the correct way to do it. 4. You will also be in touch with parents/guardians. 5. You will have to motivate them, understand their limitations and find the best way to help them be on par with the rest. 6. You will find fun ways to get everyone involved in the activity.

**8.Read and translate the text!**

### What Is My Scope For Career Growth As A Physical Education Teacher?

While there are several job opportunities for PE teachers, your growth depends on the skills you bring to the table. Apart from physical fitness, a basic understanding of computers will help you get promoted to a managerial role. You will also have to attend workshops, seminars and other

educational platforms for PE teachers. This enables you to develop your skill-set and advance your knowledge about existing opportunities in the field.

An advanced degree will help you move on to specialised fields like physical therapy, sports medicine, educational leadership, fitness management, etc. Some PE teachers with an excellent sports achievement record also move on to become coaches for various state and district level teams.

**Thinking of a career as a Physical Education Teacher? [Take the Mentoria assessment test](#) & talk to our career counsellors to get personalized step-by-step guidance for your future career path.**

## **UNIT 8. ROLES AND RESPONSIBILITIES OF A PHYSICAL EDUCATION TEACHER**

### **1. Read and learn the words!**

responsible for - відповідальний за

it is up to you - тобі вирішувати

imparting physical training - прищеплення фізичної підготовки

to enhance physical strength and fitness - підвищити свою фізичну силу та форму

to attain physical fitness - досягти фізичної форми

mentally stable and strong - психічно стійкий і сильний

overall wellness programs - загальні оздоровчі програми

nutritional - поживний

to organise activities - організовувати діяльність

to conduct co-curricular activities - проводити позакласні заходи

to arrange programmes - організовувати програми

to monitor and coordinate activities - контролювати та координувати діяльність  
to teach basic games - навчити базовим іграм  
to know the latest updates - знати останні оновлення  
to make important inclusions - зробити важливі включення  
to enhance the students' knowledge - покращити знання учнів  
to maintain healthy relations - підтримувати здорові відносини  
to stand up for one other - постояти один за одного  
healthcare - охорона здоров'я  
exercise techniques - техніки виконання вправ  
nutrition - харчування  
to accept defeat - прийняття поразки  
dignity - гідність  
required equipment - необхідне обладнання  
to instill teamwork - прищеплювати командну роботу  
to organise workshops - організувати майстер-класи  
anti-drug campaigns - антинаркотичні кампанії

## 2. Read and translate the text **Roles & Responsibilities!**

### **Roles & Responsibilities**

Physical Education (PE) teachers are responsible for imparting physical training and education to students. This involves organising different types of games **as well as** activities that help students enhance their physical strength and fitness. If you choose to become a PE teacher, you will help students attain physical fitness **as well as** become mentally stable and strong. PE teachers also help students

with overall wellness programmes. Recently, they have started including nutritional and health-related topics in their curriculum.

#1

**Organising activities, sports events and other physical training programmes.** As a PE teacher, you will have to conduct co-curricular activities in the form of sports for students. This also means arranging programmes as per the curriculum laid down by the school. Most schools have events like Sports Day, Parents Day, Annual Day, etc. These may include activities such as lemon and spoon race, hurdle race, tug of war competitions, **as well as** games like football, basketball, cricket, etc. As a PE teacher, you will be expected to monitor and coordinate these activities.

#2

**Introducing new ideas and a diverse sports curriculum.** Teaching physical education has gone beyond the traditional approach of teaching basic games and physical activities. Today, a diverse range of games are included in the curriculum, and it is up to you, as a PE teacher, to know the latest updates and make important inclusions in your curriculum. For instance, you might decide to include exercises like Zumba, Pilates or water aerobics in your lesson plans.

#3

**Emphasising theoretical foundation.** This means introducing books, articles and other types of academic literature to enhance the students' knowledge of physical education. While most of your work involves practical training, you can also help your students gain theoretical

knowledge by recommending reading material on healthcare, exercise techniques and nutrition.

#4

### **Instilling teamwork and sportsmanship among students.**

As a PE teacher, you have to help your students maintain healthy relations while working together. This means teaching them to be united and standing up for one other. You will also have to teach them about accepting defeat with dignity and avoiding negative emotions like jealousy.

#5

**Arranging the required equipment and facilities for students.** Apart from planning lessons, you will also have to arrange for the equipment needed for those lessons. Purchasing new equipment and maintaining it would be your responsibility. For instance, you should know if the cricket team needs new bats, or if there is a need to purchase more footballs, basketballs or badminton racquets.

#6

**Arranging sessions, seminars, conferences and guest lectures about the importance of physical education.** You will invite guests or famous personalities from time to time and organise workshops that teach your students about nutrition, developments in physical training, etc. Guest speakers can motivate your students about a particular sport. You might also arrange for awareness workshops like anti-drug campaigns.

**3. Put the missing words (*workshops, co-curricular activities, relations, inclusions, gain theoretical knowledge, equipment, enhance their physical strength*) into sentences!**

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1. Games that help students \_\_\_\_\_ and fitness. 2. PE teacher conduct \_\_\_\_\_ in the form of sports for students. 3. It is up to you, as a PE teacher, to know the latest updates and make important \_\_\_\_\_ in your curriculum. 4. You can also help your students \_\_\_\_\_ by recommending reading material on healthcare, exercise techniques and nutrition. 5. You have to help your students maintain healthy \_\_\_\_\_ while working together. 6. Purchasing new \_\_\_\_\_ and maintaining it would be your responsibility. 7. You will invite guests or famous personalities from time to time and organise \_\_\_\_\_ that teach your students about nutrition, developments in physical training, etc.

**4. Fill in the missing prepositions (in, for, in, about, for, with) in the sentences from the text! Translate the sentences into Ukrainian!**

1. Physical Education (PE) teachers are responsible \_\_\_\_\_ imparting physical training and education to students. 2. As a PE teacher, you will have to conduct co-curricular activities \_\_\_\_\_ the form of sports for students. 3. PE teachers also help students \_\_\_\_\_ overall wellness programmes. 4. Today, a diverse range of games are included \_\_\_\_\_ the curriculum. 5. Guest speakers can motivate your students \_\_\_\_\_ a particular sport. 6. You might also arrange \_\_\_\_\_ awareness workshops like anti-drug campaigns. 7. This means teaching them to be united and standing up \_\_\_\_\_ one other.

## 5. Translate the meanings of each responsibility into English!

Responsibilities	Meaning
Organising activities, sports events and other physical training programmes.	<ul style="list-style-type: none"> <li>-проводити позакласні заходи у формі спорту для учнів</li> <li>-організація програм відповідно до навчального плану, встановленого школою</li> <li>- моніторинг і координація цієї діяльності</li> </ul>
Introducing new ideas and a diverse sports curriculum.	<ul style="list-style-type: none"> <li>- знати про останні оновлення</li> <li>- вносити важливі доповнення до своєї навчальної програми</li> </ul>
Emphasising theoretical foundation.	<ul style="list-style-type: none"> <li>- запровадження книг, статей та іншої навчальної літератури для підвищення рівня знань студентів з фізичного виховання</li> <li>- допомагати своїм учням отримати теоретичні знання, порекомендувавши прочитати матеріали про охорону здоров'я, техніку вправ і харчування</li> </ul>
Instilling teamwork and sportsmanship among	<ul style="list-style-type: none"> <li>-допомагати своїм учням підтримувати здорові</li> </ul>

students.	<p>стосунки під час спільної роботи</p> <ul style="list-style-type: none"> <li>-навчити учнів бути згуртованими та захищати одне одного</li> <li>- навчити учнів приймати поразку з гідністю та уникати негативних емоцій, таких як ревнощі.</li> </ul>
Arranging the required equipment and facilities for students.	<ul style="list-style-type: none"> <li>- організовувати обладнання, необхідне для уроків.</li> <li>- придбання нового обладнання та його обслуговування</li> </ul>
Arranging sessions, seminars, conferences and guest lectures about the importance of physical education.	<ul style="list-style-type: none"> <li>- запрошувати гостей або відомих особистостей</li> <li>- організовувати семінари, які навчатимуть ваших учнів харчуванню, розвитку фізичної підготовки тощо</li> <li>- організовувати інформаційні семінари, якот кампанії проти наркотиків.</li> </ul>

## UNIT 9. COACHING CAREER IN PHYSICAL EDUCATION AND SPORT

## 1. Read and learn the active vocabulary:

- to aspire to – прагнути
- association with - зв’язок із
- athletic teams - спортивні команди
- athletics - спорт, заняття спортом
- attractive career choice - приваблюючий, хороший вибір кар’єри
- challenge - виклик, проблемна ситуація
- to cite a reason - навести причину
- to derive from - одержувати від
- decision - рішення
- to educate - виховувати, давати освіту
- to emulate - наслідувати приклад
- enjoyment - задоволення, радість, насолода
- to enter the career / the profession - розпочати кар’єру
- excitement - хвилювання, захоплення
- the fullest potential - найбільший потенціал, можливості
- highly skilled - дуже здібний, обдарований
- highly visible occupation - дуже помітна професія, рід занять
- to honour - поважати, шанувати
- to inspire with the desire to - стимулювати, вселити бажання до
- previous involvement on - колишнє залучення, зайнятість, участь у
- profound influence on - великий, сильний вплив на
- to provide opportunity - надати можливість
- prospective coach - майбутній тренер
- to pursue a career - займатися кар’єрою,

професійною діяльністю

- recognition - визнання
- to reflect in words - виразити словами
- responsibility - обов'язок
- to select / to choose a career - обирати кар'єру, професію
- the utmost - якомога більше, максимум

## **2. Translate without using a dictionary:**

career, profession, produce, coach, student, athlete, active, individual, reason, association, athletic, person, motivating, factor, positive, role, physical, model, motivated, potential, institution, community, enter, physically, athletics, art.

## **3. Read and translate the text.**

### **Choosing a Coaching Career**

The challenge to those who wish to enter the teaching or coaching professions is reflected in the words of *Aristotle*. He said that *those who educate children well are to be honoured more than those who produce them, for those who produce children give them only life, but those who educate them give them the art of living well*.

A coach, as well as a physical educator, has the responsibility to inspire his students or athletes with the desire to learn and develop their physical skills, and be physically active.

Individuals aspire to coaching careers for many reasons: their love for the sport, their own previous involvement on the athletic teams, and the enjoyment they derived from participation. The desire to continue this involvement and association with athletics, and to share the utmost of what the

prospective coach himself has learned through athletics, is a strong motivating factor in selecting a coaching career.

Individuals may choose to coach because of the profound influence one of their coaches had on their lives. Having a coach who had a positive role model and a desire to emulate this individual can influence the decision to pursue a coaching career.

Many choose to coach because of their love of children. The opportunity to work with highly skilled and motivated individuals is often cited as a reason for coaching.

Many coaches enter the profession because they believe that participation in athletics can be a positive experience; they provide opportunities for young people to develop their fullest potential, both as athletes and as individuals.

Coaching is a highly visible occupation. Coaches may have a great deal of influence and power within both the institution and the community. The excitement, attention, influence, and recognition associated with coaching make it an attractive career choice.

*(Originated from “Foundations of Physical Education and Sport” / Deborah A. Wuest, Charles A. Bucher. – 12th ed., 1995)*

#### **4. Give Ukrainian equivalents to the following expressions:**

- 1) a physical educator
- 2) the art of living well
- 3) a great deal of influence and power
- 4) a positive role model
- 5) to influence the decision

- 6) highly skilled individuals
- 7) the enjoyment derived from participation
- 8) to produce children
- 9) a strong motivating factor
- 10) associated with coaching

### **5. Match the words with their definitions:**

1) coach	a) to imitate, to copy, to try to be like somebody;
2) career	b) strong, often pleasant feelings, opposite to calmness
3) athletics	c) to continue steadily doing something, to be busy with smth;
4) participation	d) accepting or identification of something or somebody
5) occupation	e) impact, power or effect upon somebody;
6) to pursue	f) sports; the practice of bodily exercises demanding strength and speed;
7) to emulate	g) a job or profession for which somebody is trained and which he follows;
8) influence	h) partaking or involvement in something, particularly in sports;
9) excitement	i) a person who trains sportsmen for games, competitions, etc;
10) recognition	j) a job, profession, employment of a person.

### **6. Form word-combinations and use them in your own sentences:**

1) physical	a) teams
2) career	b) sport
3) coaching	c) coach

4) the fullest	d) influence
5) love of	e) choice
6) physically	f) career
7) love for	g) active
8) profound	h) potential
9) prospective	i) children
10) athletic	j) skills

### **7. Insert prepositions where necessary.**

1. The responsibility \_\_\_\_\_ every coach is to inspire his athletes \_\_\_\_\_ the desire to develop their physical skills.
2. Individuals aspire \_\_\_\_\_ coaching careers \_\_\_\_\_ many reasons.
3. Many coaches enter \_\_\_\_\_ the profession because \_\_\_\_\_ their love \_\_\_\_\_ sport.
4. The desire \_\_\_\_\_ continue association \_\_\_\_\_ athletics is a strong motivating factor \_\_\_\_\_ selecting a coaching career.
5. A good coach has a profound influence \_\_\_\_\_ each \_\_\_\_\_ his athletes.
6. The enjoyment derived \_\_\_\_\_ participation influences greatly \_\_\_\_\_ the decision to coach.
7. Every coach wants to share the utmost \_\_\_\_\_ what he has learned \_\_\_\_\_ athletics.
8. Work \_\_\_\_\_ highly skilled individuals is often cited as a reason \_\_\_\_\_ coaching.
9. A challenge \_\_\_\_\_ all teachers and coaches is reflected \_\_\_\_\_ the words \_\_\_\_\_ Aristotle.
10. Those who educate \_\_\_\_\_ children give them the art \_\_\_\_\_ living well.

## **8. Answer the questions.**

1. What are the challenges of a coaching career?
2. Should parents or educators be honoured more, according to Aristotle? What is your opinion?
3. Who must be responsible for inspiring athletes with the desire to develop their physical skills?
4. What are the motivating factors in selecting a coaching career?
5. Can we cite the enjoyment derived from participation as a reason for coaching?
6. What amount of his knowledge does a professional coach want to share with his athletes?
7. How can your coach's model influence the decision to pursue a coaching career?
8. What other visible occupations, besides coaching, do you know?
9. Most coaches prefer to work with highly skilled and motivated individuals, don't they?
10. What makes coaching an attractive career choice for you?

## **9. Complete the sentences.**

1. A prospective coach should realize ...
2. Previous involvement in athletics is of great / of no importance ...
3. Love for sport / love of children is essential for a coach because ...
4. A positive role model of a coach is significant / insignificant ...
5. The profound influence of a coach ...

6. As a rule many athletes like to emulate ...
7. I would like / dislike emulating my coach because ...
8. Many coaches enter the profession for the reason of ...
9. Most of my group-mates aspire to a coaching career because ...
10. My decision to pursue a coaching career has been motivated by ...

## **UNIT 10. MY FUTURE PROFESSION**

### **1. Read and learn active vocabulary!**

overestimate the meaning of sport - переоцінювати значення спорту

day-to-day activities - повсякденна діяльність

the main purpose is – головна мета

to bring up – виховувати

to quicken reaction - прискорювати реакцію

to shape the wits - формувати дотепність

to prevent from – уbezпечувати, запобігати

self-organized - самоорганізований

to dream of - мріяти про

enduring - витривалий

adroit - спритний

strong - сильний

persistent - стійкий

to achieve your goal - досягти своєї мети

to overcome the difficulties - долати труднощі

to be fascinated by - бути зачарованим  
successful sportsman - успішний спортсмен  
absence of private life - відсутність особистого життя  
lack of free time - відсутність вільного часу

**2. Read the sentences and put the missing words from the text! Translate the sentences into Ukrainian!**

1. To my mind we can hardly (переоцінювати значення спорту) in our life and day-to-day activities. 2. The main purpose of sport is (виховувати) up the harmoniously developed generation. 3. It also (убезпечувати) us from getting too fat, gives us so valuable practice in making eyes, brain and muscles work together and makes us more (самоорганізований) and better disciplined. 4. Sport makes our bodies strong, (прискорювати реакцію), and (формувати дотепність). 5. You don't need any special equipment for this kind of sport, but if you want to take it seriously you should be (витривалий), (спритний), strong and (стійкий). 6. To be a sportsman means constant hard work, (відсутність особистого життя) and almost (відсутність особистого життя).

**3. Translate into Ukrainian and make up a sentence with each word combination!**

As for me... To my mind... I'm absolutely sure that.... I personally can't imagine.... It goes without saying that.... I know it for sure that....

#### 4. Read and translate the text. Pay attention to the underlined words!

«What should I choose as my future profession?» – this is a question that every young person asks himself entering the adult world. Of course, it's not an easy thing to choose a profession out of more than 2,000 existing in the world. It's especially difficult if you like doing different things, if you have different hobbies and interests. As for me, I like sport. To my mind we can hardly overestimate the meaning of sport in our life and day-to-day activities, because its main purpose is to bring up the harmoniously developed generation – the generation of strong and healthy people. Sport makes our bodies strong, quickens our reaction, and shapes the wits. It also prevents us from getting too fat, gives us so valuable practice in making eyes, brain and muscles work together and makes us more self-organized and better disciplined. I'm absolutely sure that doing sports is the best way to keep fit. There is always a kind of sport which will suit you and there are many different kinds to choose from. If you like team games, try hockey, football, volleyball or basketball. Games for you to play with a friend include badminton, squash and tennis, and if you enjoy doing things on your own, you may take up swimming, riding, golf or athletics.

I personally can't imagine my life without sport. My parents always dreamt of making an athlete out of me and when I was five years old my father took me to the gymnasium for the first time. I had been going in for gymnastics for about five years and these five years were

magic time for me. Since then gymnastics has become my beloved sport. You don't need any special equipment for this kind of sport, but if you want to take it seriously you should be enduring, adroit, strong and persistent. It goes without saying that gymnastics is one of the most beautiful and fascinating sports, it teaches you to be brave, try to do everything to achieve your goal and to overcome the difficulties in your way.

As a fan I do have my favourite sport which is figure-skating. I have never done it myself, but I like watching world and European championships. I am always fascinated by the grace, speed and skill of the skaters and how well they can dance on the ice. I like figure-skating, but honestly I like gymnastics much stronger, because the most pleasant moments of my life are connected with this kind of sport.

I know it for sure that it's very difficult to become a good and successful sportsman. To be a sportsman means constant hard work, lack of free time and almost absence of private life. Frankly speaking, if you want to achieve something in the sphere of professional sport, it has to become a style of life and even a sense of it. And in conclusion I'd like to say that either as a player or merely as a spectator almost every person likes sport, because it is an essential part of our lives.

## **5. Find the Ukrainian equivalents in the right-hand column for the following:**

1.adult world	a) невід'ємна частина
2.overestimate	b) робити речі на власний

	розсуд
3.day-to-day activities	с) улюблений спорт
4.doing things on your own	д) світ дорослих
5.beloved sport	е) долати труднощі
6.overcome the difficulties	ф) повсякденна діяльність, трудові будні
7.essential part	г) переоцінювати

**6. Use the words and word combinations given in Ex. 2 in the sentences of your own.**

**7. Read and translate the dialogue about the importance of physical exercise! Pay attention to the words and word combinations!**

to feel physically weak – почуватися фізично слабким

to maintain physical exercise - підтримувати фізичні вправи

to improve health – покращувати здоров'я

to reduce the risk of developing several diseases - знизити ризик розвитку ряду захворювань

long-term health benefits - довгострокові переваги для здоров'я

to increase your energy levels - підвищити рівень енергії

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**Akmal:** Hello Nahian, How are you?

**Nahian:** Not very well. What about you?

**Akmal:** I'm doing well. But what happened to you?

**Nahian:** I always feel physically weak

**Akmal:** I know the problem why you are feeling physically weak

**Nahian:** What is it? Tell me about it

**Akmal:** Don't you take physical exercise daily?

**Nahian:** No. I'm not maintaining physical exercise.

**Akmal:** Physical exercise can improve your health and reduce the risk of developing several diseases. Also maintaining physical exercise can have immediate and long-term health benefits

**Nahian:** Yes, you're absolutely right. My doctor also suggests me to take physical exercise. How can I maintain daily physical exercise?

**Akmal:** Very simple, you can walk in the early morning, also you can play games and sports, etc.

**Nahian:** Can you explain more about the importance of physical exercise?

**Akmal:** Sure, physical exercise is important for everyone. Doing physical exercise can make you feel happier, can help your weight loss, good for your muscles and bones, can increase your energy levels, and also can help your brain health and memory.

**Nahian:** There are many benefits to physical exercise. From now on I will maintain physical exercise.

**Akmal:** That's the right decision. Everyone should keep physical exercise in their daily routine.

**Nahian:** That was a great discussion with you. This discussion really helps me to understand the importance of Physical exercise. Thank you so much.

**Akmal:** You're welcome. Take care of your health.

**8. Read the statements about some benefits of physical exercise! Do you agree with the statements? Write down your answers!**

- Exercise is good for your heart.
- It reduces your risk of a heart attack.
- Exercise improves muscle strength.
- Exercise enhances your immune system.
- It can help with relaxation and sleep quality.
- Exercise can reduce your risk of chronic disease.
- It can help your brain health and memory.
- Regular exercise can help prevent and treat mental illnesses like depression.

**9. Find word – associations with the following:**

f.e. job - meeting new people, being useful to society.

salary –

experience –

working hours –

opportunities –

atmosphere at work –

career –

boss and colleagues –

**10. Work with your partner. Ask and answer the questions.**

What kind of job would you like to do?

When did you start to think about your future profession?

Who helped you to choose a profession?

Do you find this profession interesting and why?

Are you ready to work hard to make a career?

Do you think you have the qualities required for the job you would like to do?

What are your parents' attitudes towards your choice? Why?

Would you like to work abroad? Why?

Would you like to be rich or famous?

What we should take into consideration with choosing a profession?

Is character important? Why?

As you know, at doing different jobs you need different skills.

What skills do people need?

What are the most important professions do you know? Why are they important?

Do you regret that made this choice? Why?

## **11. Read and translate the dialogue.**

*Ann:* Hi, Ben! May I ask you some questions?

*Ben:* Hi, Ann! Of course. You may.

*Ann:* Could you tell me what professions are popular among the young people?

*Ben:* I think it is an accountant or a lawyer because they get a lot of money.

*Ann:* And what about you? I mean what do you want to be?

*Ben:* Mm... Maybe I would be an interpreter. I hope.

*Ann:* Wow! Who helped you to choose a profession?

*Ben:* Sure my parents gave me advice but I choose it myself.

*Ann:* Do you find this profession interesting and why?

*Ben:* I am interested English language. As for me I am a friendly and talkative person that is why this occupation will

be useful for me. And also I like travelling.

*Ann:* What is the best way to prepare for this job?

*Ben:* I am sure my skills are important for my future job but I have to improve my English. I am going to take part in any competitions and have extra lessons.

*Ann:* Ok. I wish you every success!

*Ben:* Thank you very much. Bye.

**11. Write an essay about your future profession! Make up a presentation!**

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