

Бухоро давлат университети
ўқув-методик кенгаш 7-сонли
ингилишининг баённомасидан
К ў Ч И Р М А С И

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Бухоро шаҳри

К У Н Т А Р Т И Б И:

4. Турли масалалар.

Табиий йўналишларда чет тили кафедраси ўқитувчилари Ш.Каримова ва Г.Назароваларнинг “Sport, Games and Rules” деб номланган методик қўлланмасини нашрга тавсия этиш.

Э Ш И Т И Л Д И:

Г.Тоирова (кенгаш котибаси) - Табиий йўналишларда чет тили кафедраси ўқитувчилари Ш.Каримова ва Г.Назароваларнинг “Sport, Games and Rules” деб номланган методик қўлланмасини нашрга тайёрлаганлигини маълум қилди. Ушбу қўлланмага: доцент, PhD Д.Ходжаева ва БМТИ доценти, ф.ф.н. С.Наимовлар томонидан ижобий баҳо берилганлигини таъкидлади. Методик қўлланма муҳокамаси ҳақидаги Хорижий тиллар факультети (2020 йил 28 апрель) ва Табиий йўналишларда чет тили кафедрасининг (2020 йил 24 апрель) йиғилиш қарори билан таништирди.

Юқоридагиларни инобатга олиб ўқув-методик кенгаш

Қ А Р О Р Қ И Л А Д И:

1. Табиий йўналишларда чет тили кафедраси ўқитувчилари Ш.Каримова ва Г.Назароваларнинг “Sport, Games and Rules” деб номланган методик қўлланмаси нашрга тавсия этилсин.

Ўқув-методик кенгаш раиси
Ўқув-методик кенгаш котибаси



Даминов М.И.
Тоирова Г.И.

Кўчирма аслига тўғри

Ўқув-методик кенгаш котибаси



Тоирова Г.И.

BuxDU Xorijiy tillar fakulteti
Tabiiyyo'nalishlarda chet tili kafedrası ingliz tili o'qituvchilari
Sh.K.Karimova va G.Nazarovaning sirtqi ta'limning jismoniy madaniyat
yo'nalishida tahsil olayotgan talabalar uchun mo'ljallangan
«Sport, Games and Rules»
nomli o'quv –metodik qo'llanmasiga

TAQRIZ

“Sport, Games and Rules” nomli o'quv-metodik qo'llanma O'zbekiston Respublikasi Prezidentining 2012 yil 10 dekabrdaqi “Chet tillarni o'rganish tizimini yanada takomillashtirish chora-tadbirlari to'g'risida”gi PQ-1875-sonli qarori, Vazirlar Mahkamasining 2017 yil 11 avgustdaqi “Ta'lim muassasalarida chet tillarni o'qitishning sifatini yanada takomillashtirish chora-tadbirlari to'g'risida”gi 610–sonli qarori ijrosini ta'minlash maqsadida tayyorlangan bo'lib, u oliy o'quv yurtlarining nofilologik ta'lim yo'nalishlari, xususan jismoniy madaniyat ta'lim yo'nalishi talabalari uchun mo'ljallangan.

Mazkur o'quv –metodik qo'llanma ingliz tili fanidan leksik va grammatik bo'limlar bilan qanday ishlash haqida qisqacha tavsiyalar berish va shular asosida talabalar mustaqil ta'lim mavzulari matnlari berish, kasbiy yo'nalish doirasida tilning og'zaki va yozma shakllarini o'rganganligi, ularning ijtimoiy-madaniy muloqot malakalarini rivojlanganligi, xususan, o'rganilayotgan chet tilining funksional shakllari va uslublarini, til to'g'risidagi amaliy va nazariy bilimlarini takomillashtirish hamda egallagan bilim, ko'nikma, malakalarini kasbiy va ilmiy faoliyatda erkin qo'llay olishlarini tahlil qilishga imkon beradi.

O'quv-metodik qo'llanma sirtqi bo'lim jismoniy madaniyat ta'lim yo'nalishi talabalarining dars jarayonida barcha mavzularni qamrab olingan bo'lib, talabalarining ingliz tilida o'qish, yozish va gapirish ko'nikmalarini amalda qo'llashiga keng yo'l ochib beradi. Shuningdek, o'quv-metodik qo'llanmadan mazkur yo'nalishda faoliyat yuritayotgan oliy ta'lim muassasasi o'qituvchilari qo'shimcha manba sifatida hamda yakuniy nazoratlar jarayonida keng foydalanishlari mumkin.



Sa'di Narziyevich Naimov
BuxMTI Xorijiy tillar kafedrası mudiri
f.f.n., dotsent

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Bugungi kunda jadal sur'atda rivojlanib borayotgan jamiyat barcha o'quv ta'lim muassasalari oldiga yuqori malakali kadrlarni yetishtirishdek muhim va zifani qo'yadi. Xususan, O'zbekiston Respublikasi Prezidentining 2012 yil 10 dekabrda «Chet tillarni o'rganish tizimini yanada takomillashtirish chora-tadbirlari to'g'risida»gi PK – 1875-son qarori hamda Vazirlar Mahkamasining 2017 yil 11 avgustda «Ta'lim muassasalarida chet tillarini o'qitishning sifatini yanada takomillashtirish chora-tadbirlari to'g'risida»gi 610-sonli qarorida belgilangan vazifalar ijrosini ta'minlash maqsadida «Oliy ta'lim muassasalarida chet tillarni o'qitish tizimini yanada takomillashtirish chora-tadbirlari dasturi» ishlab chiqilgan bo'lib, unda chet tillar bo'yicha Davlat ta'lim standartlari, o'quv rejalari va dasturlarini takomillashtirish va bosqichma-bosqich o'quv jarayoniga tadbiq etish ustuvor vazifalardan biri sifatida belgilangan. Shunday ekan, oliy ta'lim muassasalarida chet tillarni o'qitish masalasiga alohida e'tibor qaratilmoqda. Zero, bugungi kunda chet tillarni o'rganish jarayonlari tabiiy ehtiyojga aylanib ulgurdi. Dunyoda kechayotgan globallashuv jarayonlari har bir kishidan ilm-fan, ijtimoiy hayotdagi olam yangiliklari bilan tanishib borishni talab qilmoqda. Bu esa o'z ona tilini qadrlagan holda chet tillarni ham chuqur o'rganishni talab etadi.

Mazkur o'quv-metodik qo'llanma oliy o'quv yurtlarining sirtqi ta'limning jismoniy madaniyat yo'nalishi talabalari uchun mo'ljallangan bo'lib, unda sport turlari, sport o'yinlari va ulardagi qonun-qoidalarni o'zida aks ettirgan matnlar, matndagi so'z va so'z birikmalari, matn yuzasidan savollar, turli interaktiv mashqlar, krossvordlar berilgan. Qo'llanma boshida mundarija, yakunida adabiyotlar ro'yxati berilgan. O'quv-metodik qo'llanma 53 betdan iborat.

Mualliflar tomonidan tuzilgan mazkur o'quv – metodik qo'llanma dars jarayonida barcha o'tilgan mavzularni o'z ichiga olgan holda tuzilgan bo'lib, talabalar bilimini o'qish, yozish va gapirish ko'nikmalari bo'yicha sinovdan o'tkazishga juda qo'l keladi. Mazkur o'quv-metodik qo'llanma nofilologik ta'lim yo'nalishlarining jismoniy madaniyat ta'lim yo'nalishi talabalariga dars beruvchi OTM o'qituvchilari uchun qo'shimcha manba hisoblanib, undan nazoratlar jarayonida keng foydalanishlari mumkin.

Taqrizchi:



BuxDU Tabiiy yo'nalishlarda chet tili
kafedrası mudiri, PhD D.I.Xodjayeva

Sh. K. Karimova, G.H.Nazarova

SPORT, GAMES AND RULES

(Educational and methodical manual for young learners and part-time students)



BUKHARA-2020

Mazkur **"Sport, Games and Rules"** nomli o'quv-metodik qo'llanma O'zbekiston Respublikasi Prezidentining 2012 yil 10 dekabrda "Chet tillarni o'rganish tizimini yanada takomillashtirish chora-tadbirlari to'g'risida"gi PQ-1875-sonli qarori, Vazirlar Mahkamasining 2017 yil 11 avgustdagi "Ta'lim muassasalarida chet tillarini o'qitishning sifatini yanada takomillashtirish chora-tadbirlari to'g'risida"gi 610 – sonli qarori ijrosini tomonidan (04.11.2019y. №14/1-2768) tasdiqlangan Buxoro zaminida yetishib chiqqan ziyoli ajdodlarimizning ilmiy meroslari, ushbu zaminning boy tarixini inobatga olgan holda, kelajakda yetuk olim va ziyolilarni yetishtirishga poydevor bo'luvchi maktab ta'limining "Buxoro tajribasi"ni joriy etish bo'yicha 2020-2021 yillarga mo'ljallangan Yo'l xaritasining 13-bandida umumta'lim maktablari o'qituvchilari uchun qo'shimcha metodik qo'llanmalar yaratish vazifasi ijrosini ta'minlash maqsadida tayyorlangan bo'lib, u o'rta umumta'lim muassasalarining ingliz tili o'qituvchilari uchun yuqori sinf o'quvchilariga dars berishda qo'shimcha manba sifatida xizmat qiladi. Shuningdek, mazkur metodik qo'llanma oily o'quv yurtlarining ham, ham sirtqi ta'lim shaklida tahsil olayotgan talabalarning uchun ham mustaqil o'rganishi uchun xizmat qiladi.

Mualliflar:

Karimova Shaxnozaxon Karimovna - BuxDU Tabiiy yo'nalishlarda chet tili kafedrasida o'qituvchisi

Nazarova Gulshod Xodjiyevna - BuxDU Tabiiy yo'nalishlarda chet tili kafedrasida o'qituvchisi

Taqrlzchllar:

Xodjaeva Dilafruz Izatilloevna - BuxDU Tabiiy yo'nalishlarda chet tili kafedrasida mudiri, PhD

Nalmov Sa'di Narziyevich - BuxMTI Tillar kafedrasida mudiri, f.f.n., dotsent

Ushbu o'quv-metodik qo'llanma Buxoro davlat universiteti o'quv-metodik kengashining 2020 yil 27 may 7- sonli bayoni bilan nashrga tavsiya qilingan.

Foreword

In the current subject of foreign languages in non-philological bachelor's programs (Tashkent, approved by Annex 1 to the Order No. 531 of June 14, 2018) students are taught 4 different skills, including in the field of future professional specialization the task of teaching is implied. Successful implementation of this task requires the creation of a special textbook and manual for each of the bachelor's programs. Such a textbook for young learners who studies at school and for students of part-time who studies physical education has not yet been published. This handbook is designed to meet this need.

This methodical workbook includes the collection of 14 favorite sport activities. Each text is dedicated to a specific topic. Each topic is followed by new words and phrases, and questions, crosswords and various interactive tasks. In both cases, the text on each topic is intended for independent study. This means that these texts are intended for independent study and require full mastery of their content.

If this textbook is fully mastered, then the bachelor (more precisely, the master's degree) will be able to provide information necessary for scientific work or other purposes in the field of sport, scientific journals, scientific publications. Theoretical literature also makes it somewhat easier to search the internet. In other words, it serves as a program to prepare the ground for today's undergraduate research.

CONTENTS:

1. Sport is the main part of our life.....	5-8
2. Swimming.....	9-12
3. Golf.....	13-16
4. History of golf.....	16-19
5. Football.....	19-22
6. Basketball.....	23-26
7. Volleyball.....	26-29
8. Athletics.....	29-32
9. Biathlon.....	32-35
10. Figure skating.....	35-37
11. Ice Hockey.....	37-39
12. Women's Ice Hockey.....	39-41
13. Winter Sport.....	41-43
14. Skiing.....	43-44
15. Bobsleigh.....	45
References.....	46

Sport is the main part of our life

Sport is probably as old as the humanity itself. It has been developing with the developing and growth of the mankind. All over the world people of different ages are very fond of sports and games. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities. It makes for a healthy mind in a healthy body. Sports help people to keep in good health. We all need to exercise. Even if you don't plan to make a career in sport you still have to practice. Regular exercises gives you more energy. That is why many people who suffer from general tiredness should take more exercise than more rest. Exercise makes you feel and look better. The best exercise is one which involves in repeated movements, those are: walking, jogging or swimming. Bending and stretching will add flexibility and feeling of lightness.

People all over the world are fond of sports and games. Sport makes people healthy, keeps them fit, more organized and better disciplined. It unites people of different classes and nationalities. Many people do sports on their personal initiative. They go in for skiing, skating, table tennis, swimming, volleyball, football, body-building, etc. All necessary facilities are provided for them: stadiums, sport grounds, swimming pools, skating rinks, skiing stations, football fields.

Sport is paid much attention to in our educational establishments. Gymnastics is a part of children's daily activities in the kindergartens. Physical culture is compulsory subject at schools and colleges. Professional sport is also paid much attention to in our country. In city, where I live, there are different sporting societies, clubs and complexes. Practically all kinds of sports are popular in our country, but football, gymnastics and tennis enjoy the greatest popularity. As for me, I go in for table tennis (ping-pong). It needs mobility, liveliness and much energy. It keeps a person in a good form. I have been playing tennis for five

years, but the more I play, the more I like it. I get a real joy taking part in competitions or simply playing with my friends. Sometimes, I go to tennis courts. Certainly, there's a great distance between my manner of playing and such favorites as Jim Courier, Stephan Edberg, Pete Sampras, Boris Becker, Per Korda, but I do my training with great pleasure and hope to play as well as our best players do.

Vocabulary:

humanity - the quality of being human-insoniyat

activity - any specific deed, action, pursuit-harakat, mashq, faoliyat

to make- to bring into being by shaping, changing, or combining materials,

ideas-bajarmoq

health- the state of being bodily and mentally vigorous and free from disease-sog'lik

to exercise - to practise using in order to develop or train-mashq qilmoq

fit - to be appropriate or suitable for- mos

initiative-the first step or action of a matter; commencing move-tashabbus

attention-concentrated direction of the mind, esp to a problem or task- diqqat, e'tibor

kindergarten - a class or small school for young children, usually between the ages of four and six to prepare them for primary education- bog'cha, maktabgacha ta'lim muassasasi

compulsory- required by regulations or laws; obligatory- majburiy

to enjoy - to receive pleasure from; take joy in- rohatlanmoq, zavqlanmoq

Task 1. Answer the following questions:

1. Why is sport so important in our life?
2. Do all the people need exercise?
3. What should people who suffer from general tiredness do?
4. How does exercise change you?

5. What kind of exercise is the best?
6. Why are people all over the world fond of sports and games?
7. What necessary facilities are provided for people?
8. What kinds of sports are popular in our country?
9. What is your favorite kind of sport? Why?

Task 2. Use the words from the box and complete the sentences.

young	actress	outdoor	played	swimming	with	people
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1. The most popular _____ winter sports are shooting, hunting, hockey and, in the countries where the weather is frosty and there is much snow — skating, skiing and tobogganing.
2. Summer affords excellent opportunities for _____, boating, yachting, cycling, gliding and many other sports.
3. Among outdoor games football takes the first place in public interests; this game is _____ in all the countries of the world.
4. Badminton is also very popular both with _____ and old.
5. Some _____ prefer to be out of town on a frosty sunny day and to sledge or to ski in the woods.
6. Over the last few years aerobics has become popular _____ young girls and women.
7. Jane Fonda, a prominent American _____, is the founder of aerobics.

Task 3. Find the words from the wordsearch.

Bobsleigh

Bobsleigh or **bobsled** is a winter sport in which teams of two or four teammates make timed runs down narrow, twisting, banked, iced tracks in a gravity-powered sled. The timed runs are combined to calculate the final score. The various types of sleds came several years before the first tracks were built in St. Moritz, Switzerland, where the original bobsleds were adapted upsized luge/skeleton sleds designed by the adventurously wealthy to carry passengers. All three types were adapted from boys' delivery sleds and toboggans. Competition naturally followed, and to protect the working class and rich visitors in the streets and byways of St Moritz, bobsledding was eventually banned from the public highway. In the winter of 1903/1904 the Badrutt family, owners of the historic Kulm Hotel and the Palace Hotel, allowed Emil Thoma to organise the construction of the first familiarly configured 'half-pipe' track in the Kulm Hotel Park, ending in the village of Cresta. It has hosted the sport during two Olympics and is still in use today.

International bobsleigh competitions are governed by the International Bobsleigh and Skeleton Federation, also known as FIBT from the French *Fédération Internationale de Bobsleigh et de Tobogganing*. National competitions are often governed by bodies such as the United States Bobsled and Skeleton Federation and Bobsleigh Canada Skeleton.

Vocabulary:

narrow - small in breadth, esp in comparison to length – tor, ensiz

twist – to cause (one end or part) to turn or (of one end or part) to turn in the opposite direction from another; coil or spin – buramoq, qayirmoq, aylantirmoq

track – any road or path affording passage, esp a rough one – iz, so'qmoq, yo'l
gravity – the property of being heavy or having weight – tortishish kuchi, og'irlik

protest – to make a strong objection (to something, esp a supposed injustice or offence) – qarshilik qilmoq, norozilik bildirmoq

skeleton – the essential framework of any structure, such as a building or leaf, that supports or determines the shape of the rest of the structure – negiz, asos, o'zak

visitor – a person who pays a visit; caller, guest, tourist, etc – ziyoratchi, mujohir
eventually – at the very end; finally – nihoyat, oxir-oqibat

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