



Yet Another English

Спорт и игры · B1 · слова

B1

62 слова

с переводом и примерами

Слова подборки

active /'æktɪv/ **B1**

активный

doing a lot of things; moving or working; taking part in activities

You need to stay active to keep healthy – try to exercise regularly.

Нужно оставаться активным, чтобы быть здоровым – старайтесь регулярно заниматься спортом.

aerobics /eə'reʊbɪks/ **B1**

аэробика

a type of exercise done to music that makes the heart and lungs work harder

She goes to aerobics class every Tuesday evening.

Каждый вторник вечером она ходит на занятия аэробикой.

arrow /'ærəʊ/ **B1**

стрела

a thin stick with a pointed end that is shot from a bow; a symbol pointing in a direction

Follow the arrows on the floor to find the exit.

Следуйте за стрелками на полу, чтобы найти выход.

athletic /æθ'let.ɪk/ **B1**

атлетичный

physically strong, fit, and good at sport

He has an athletic build from years of swimming.

У него спортивное телосложение благодаря многолетнему плаванию.

beat /bi:t/ **B1**

побеждать

to win against someone in a competition; to hit something repeatedly

Our team beat the opponents 3–0 in the final.

Наша команда победила соперников 3:0 в финале.

bet /bet/ **B1**

делать ставку

To risk money on the result of a race, game, or competition

He bet fifty pounds on the horse.

Он поставил пятьдесят фунтов на эту лошадь.

bounce baʊns **B1**

прыгать

to move up and down after hitting a surface, or to make something do this

The ball bounced off the wall and hit the window.

Мяч отскочил от стены и ударил в окно.

bow /bəʊ/ **B1**

лук

a weapon used to shoot arrows, made of a curved piece of wood and a string

Robin Hood was famous for his skill with a bow and arrow.

Робин Гуд был знаменит своим мастерством владения луком и стрелами.

boxing 'bɒksɪŋ **B1**

бокс

a sport in which two people fight by hitting each other with their fists while wearing large padded gloves

He started boxing when he was twelve and went on to win several national titles.

Он начал заниматься боксом в двенадцать лет и впоследствии выиграл несколько национальных титулов.

champion /ˈtʃæmpiən/ **B1**

чемпион

A person or team that wins a competition or is the best in their sport

She became the world chess champion at the age of 22.

В возрасте 22 лет она стала чемпионом мира по шахматам.

chase /tʃeɪs/ **B1**

гнаться

To follow someone or something quickly in order to catch them.

The dog chased the ball across the park.

Собака погналась за мячом через весь парк.

climber /ˈklaɪmə/ **B1**

альпинист

a person who climbs mountains or rocks as a sport or activity

The climber reached the summit after three days of difficult ascent.

Альпинист достиг вершины после трёх дней сложного подъёма.

compete /kəmˈpi:t/ **B1**

соревноваться

To try to win something or be more successful than others.

She will compete in the Olympics this summer.

Этим летом она будет выступать на Олимпиаде.

competitive /kəmˈpetɪtɪv/ **B1**

конкурентный

involving competition; wanting to be more successful than others

The job market is extremely competitive.

Рынок труда крайне конкурентен.

competitor kəm'petɪtə **B1**

конкурент

a person, team, or company that competes against others

Our main competitor has just launched a similar product.

Наш главный конкурент только что выпустил похожий продукт.

defeat dɪ'fi:t **B1**

поражение

the fact of losing a battle, competition, or struggle

The team suffered a crushing defeat in the final.

Команда потерпела сокрушительное поражение в финале.

defender /dɪ'fɛn.dər/ **B1**

защитник

A person who protects or supports someone or something

She became a passionate defender of human rights after witnessing injustice firsthand.

Она стала страстным защитником прав человека, лично столкнувшись с несправедливостью.

dive /daɪv/ **B1**

нырять

to jump into water with your head first, or to swim underwater

He dived off the cliff into the crystal-clear water below.

Он прыгнул со скалы в кристально чистую воду внизу.

diver 'daɪvə **B1**

ныряльщик

a person who swims or works underwater, usually with special equipment; also someone who jumps into water from a high position

The diver explored the coral reef and photographed many tropical fish.

Дайвер исследовал коралловый риф и сфотографировал множество тропических рыб.

diving /'daɪ.vɪŋ/ **B1**

дайвинг

The sport or activity of swimming or jumping into water, especially underwater with breathing equipment

She learned scuba diving on her holiday in Thailand and loved exploring coral reefs.

На каникулах в Таиланде она научилась подводному плаванию и полюбила исследовать коралловые рифы.

fitness /'fɪtnəs/ **B1**

физическая форма

the condition of being physically healthy and strong

Regular exercise is essential for maintaining good fitness.

Регулярные упражнения необходимы для поддержания хорошей физической формы.

glide /glɑɪd/ **B1**

скользить

to move smoothly and quietly, without stopping or jumping

The swan glided across the still water.

Лебедь скользил по гладкой воде.

goalkeeper /'gəʊlki:pə/ **B1**

вратарь

the player in football or hockey whose job is to stop the ball from going into their team's goal

The goalkeeper made an incredible save in the last minute of the match.

Вратарь совершил невероятный сейв на последней минуте матча.

golfer /'gɒlfə/ **B1**

гольфист

a person who plays golf

He's an avid golfer and plays every weekend.

Он заядлый гольфист и играет каждые выходные.

gym dʒɪm **B1**

спортзал

a room or building with equipment for physical exercise

She goes to the gym three times a week.

Она ходит в спортзал три раза в неделю.

gymnastics /dʒɪm'næst.ɪks/ **B1**

гимнастика

a sport involving exercises that require physical strength, flexibility, and control, often performed on special apparatus

She has been doing gymnastics since the age of five.

Она занимается гимнастикой с пяти лет.

handball /'hændbɔ:l/ **B1**

гандбол

a team sport played by throwing a ball into a goal using your hands; also: touching the ball illegally with the hand in football

She played handball for the school team for three years.

Три года она играла в гандбол за школьную команду.

helmet 'helmit **B1**

шлем

A hard hat worn to protect the head from injury, used in sports, construction, or by soldiers

Always wear a helmet when riding a bike or motorcycle.

Всегда надевайте шлем при езде на велосипеде или мотоцикле.

hop /hɒp/ **B1**

прыгать

To jump on one foot or to move with short quick jumps

The little bird hopped along the branch looking for insects.

Маленькая птичка прыгала по ветке в поисках насекомых.

hurdles /'hɜːdəlz/ **B1**

барьерный бег

a race in which runners jump over a series of barriers

She won a gold medal in the 100-meter hurdles.

Она выиграла золотую медаль в беге на 100 метров с барьерами.

jog /dʒɒg/ **B1**

бегать трусцой

to run at a slow, steady speed, especially for exercise

She jogs for half an hour every morning before work.

Каждое утро перед работой она полчаса бежит трусцой.

jogging 'dʒɒɡɪŋ **B1**

бег трусцой

The activity of running slowly and steadily, especially as a form of exercise

He goes jogging in the park every morning before work.

Каждое утро перед работой он бежит трусцой в парке.

league /liːg/ **B1**

лига

a group of sports teams that compete against each other, or a group of people working together for a common purpose

Their team won the league this season.

В этом сезоне их команда выиграла лигу.

leap /liːp/ **B1**

прыгать

To jump a long way or very high, often suddenly

The cat leapt from the window ledge to the roof.

Кот прыгнул с подоконника на крышу.

lifeguard /'laɪfgɑːd/ **B1**

спасатель

a person whose job is to watch swimmers and help them if they are in danger at a beach or pool

The lifeguard quickly jumped into the water when he saw someone struggling.

Спасатель быстро прыгнул в воду, когда увидел, что кто-то тонет.

lineup /'laɪnʌp/ **B1**

состав

a group of people who have been brought together to do something, especially in sports or entertainment

The team's starting lineup includes three new players.

Стартовый состав команды включает трёх новых игроков.

paddle /'pædəl/ **B1**

весло

a short pole with a flat blade at one end or both ends, used to move a small boat through water

She paddled the kayak with a double-bladed paddle.

Она гребла в каяке двусторонним веслом.

parachute /'pærəʃu:t/ **B1**

парашют

a large piece of fabric that opens up and allows a person to fall slowly and safely from an aircraft

The soldier jumped from the plane and opened his parachute.

Солдат прыгнул с самолёта и раскрыл парашют.

participate /pɑ:'tɪsɪpeɪt/ **B1**

участвовать

to take part in an activity or event

Everyone is encouraged to participate in the discussion.

Всем предлагается принять участие в обсуждении.

prize praɪz **B1**

приз

something given to someone who wins a competition, game, or award

She won first prize in the national poetry competition.

Она получила первый приз на национальном конкурсе поэзии.

puzzle /'pʌz.əl/ **B1**

головоломка

A game or toy that you have to think about carefully in order to solve or complete it

She spent the whole afternoon working on a 1000-piece jigsaw puzzle.

Она провела весь послеполудни за сборкой пазла из 1000 деталей.

qualifying /'kwɒl.ɪ.faɪ.ɪŋ/ **B1**

отборочный

relating to a competition or test that decides who can enter the next stage

The team won their qualifying match and advanced to the finals.

Команда выиграла отборочный матч и вышла в финал.

race reɪs **B1**

гонка

a competition to see who can move fastest

He won the race easily.

Он легко выиграл гонку.

referee ˌrefəˈriː **B1**

судья

an official in some sports who makes sure players obey the rules

The referee blew his whistle to end the match.

Судья свистнул, чтобы закончить матч.

score /skɔː/ **B1**

счёт

the number of points in a game or test

What was the final score of the match?

Каков был финальный счёт матча?

skip /skɪp/ **B2**

пропускать

To avoid or leave out something, or to move quickly with light jumping steps

She skipped the first chapter and went straight to the exciting parts of the book.

Она пропустила первую главу и сразу перешла к захватывающим частям книги.

snowboard ˈsnəʊbɔːd **B1**

сноуборд

a wide board that you stand on to move down a snow-covered slope

She bought a new snowboard before the ski season.

Она купила новый сноуборд перед горнолыжным сезоном.

spectator spekˈteɪtə **B1**

зритель

a person who watches an event, game, or show without taking part

Thousands of spectators gathered to watch the race.

Тысячи зрителей собрались, чтобы посмотреть на гонку.

sports /spɔːts/ **B1**

спорт

activities that involve physical exercise and skill, done for enjoyment or competition

He is very interested in sports and goes to the gym every day.

Он очень любит спорт и каждый день ходит в спортзал.

sportsmanship /'spɔ:tsmənʃɪp/ B1

честная игра

fair, generous, and respectful behaviour during a game or competition

Winning is important, but sportsmanship matters more.

Победа важна, но честная игра важнее.

swimmer 'swɪmə B1

пловец

A person who swims, especially one who swims well or competitively

She was an excellent swimmer who won many competitions.

Она была отличной пловчихой и выигрывала много соревнований.

sword /sɔ:d/ B1

меч

a weapon with a long sharp metal blade and a handle

The knight drew his sword and prepared to fight.

Рыцарь вытащил меч и приготовился к бою.

teammate /'ti:mmeɪt/ B1

партнёр по команде

A person who is on the same team as you, in sport or at work.

He passed the ball to his teammate, who scored the winning goal.

Он передал мяч партнёру по команде, который забил победный гол.

tenpin /'tenpɪn/ B1

кегля

one of the ten bottle-shaped objects that players try to knock down in the game of bowling

He knocked down all ten tenpins with his first ball.

Он сбил все десять кеглей первым броском.

toss tɒs B1

бросать

to throw something somewhere in a casual or careless way; to move or be moved up and down or from side to side

He tossed his keys onto the table when he got home and went straight to the sofa.

Он бросил ключи на стол, вернувшись домой, и сразу пошёл на диван.

tournament /'tʊənəmənt/ B1

турнир

a competition in which many players or teams compete against each other in a series of games to win a prize

They won the national basketball tournament for the third year in a row.

Они выиграли национальный баскетбольный турнир третий год подряд.

tracksuit 'træksu:t B1

спортивный костюм

a warm loose suit consisting of trousers and a jacket, worn for sport or relaxing

He wore a blue tracksuit to his morning jog in the park.

На утреннюю пробежку в парке он надел синий спортивный костюм.

trump trʌmp B1

козырь

a playing card of the suit that has been chosen to rank higher than the other suits for that game

She played a trump and won the trick.

Она сыграла козырем и выиграла взятку.

victory /'vɪktəri/ B1

победа

winning in a competition, war, or other struggle

The team celebrated their victory with a party.

Команда отметила свою победу вечеринкой.

windsurfing 'wɪndzɜ:fɪŋ B1

виндсёрфинг

the sport of riding on water on a board with a sail

She took windsurfing lessons during her holiday on the coast.

Во время отпуска на побережье она брала уроки виндсёрфинга.

workout /'wɜ:k.aʊt/ B1

тренировка

a period of physical exercise or training

She goes to the gym for a workout every morning before work.

Каждое утро перед работой она ходит в спортзал на тренировку.

yoga 'jəʊgə B1

йога

A set of physical and mental exercises, originally from India, that involves holding particular body positions, breathing, and meditation

She does yoga every morning to stay flexible and calm.

Она занимается йогой каждое утро, чтобы оставаться гибкой и спокойной.

Чек-лист самопроверки

Закрой правую колонку, вспомни перевод — отметь выученное.

☐	active	активный
☐	aerobics	аэробика
☐	arrow	стрела
☐	athletic	атлетичный
☐	beat	побеждать
☐	bet	делать ставку
☐	bounce	прыгать
☐	bow	лук
☐	boxing	бокс
☐	champion	чемпион
☐	chase	гнаться
☐	climber	альпинист
☐	compete	соревноваться
☐	competitive	конкурентный
☐	competitor	конкурент
☐	defeat	поражение
☐	defender	защитник
☐	dive	нырять
☐	diver	ныряльщик
☐	diving	дайвинг
☐	fitness	физическая форма
☐	glide	скользить
☐	goalkeeper	вратарь
☐	golfer	гольфист
☐	gym	спортзал
☐	gymnastics	гимнастика
☐	handball	гандбол
☐	helmet	шлем
☐	hop	прыгать
☐	hurdles	барьерный бег
☐	jog	бегать трусцой
☐	jogging	бег трусцой
☐	league	лига
☐	leap	прыгать
☐	lifeguard	спасатель
☐	lineup	состав

☐	paddle	весло
☐	parachute	парашют
☐	participate	участвовать
☐	prize	приз
☐	puzzle	головоломка
☐	qualifying	отборочный
☐	race	гонка
☐	referee	судья
☐	score	счёт
☐	skip	пропускать
☐	snowboard	сноуборд
☐	spectator	зритель
☐	sports	спорт
☐	sportsmanship	честная игра
☐	swimmer	пловец
☐	sword	меч
☐	teammate	партнёр по команде
☐	tenpin	кегля
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