

I. BIATHLON

1. Reading.



Biathlon is the combination of cross-country skiing and rifle shooting, when you have to shoot at targets at intervals throughout the race. This requires a high level of fitness and fast recovery time to shoot accurately.

Biathletes leave from a starting gate just in front of the Stands, one at a time, one minute apart, each with very light and accurate .

2. Grammar Focus.

- Try to find infinitive structure (stem) in the passage.
- “.....when you **have to shoot** at targets at intervals throughout the race...”



Modal verb

Have to: **Have to+ stem**

Necessity

Present: have to

Past: Had to

Negative form: Don't have to

ABILITY

Can – present

Examples:

- I **can** swim.

Meaning : (I know how to do it).(I am able to do that)

Negative form: can not/can't

Future

- He **can** train next week.
- The competitors **can** participate in the next Olympic Games.

Past

- He was in such a good shape that he **could** set a new world record.
- He **could** retain his world champion title.

Negative form: could not/couldn't

2. PERMISSION

Can/Could/May

- **Can** I finish my training a bit earlier?
- **Could** I finish my training a bit earlier?
- You **may** go home after the match at once.

3) Practice

Right the proper word forms into the following sentences:

- The skiers were preparing for the big(COMPETE)
- The told them to prepare. (ORGANISE)for their
(PERFORM)
- The of the piste was good. (WIDE),but there was a part, where
(DANGER)

- An skier had to be taken to the hospital (INJURY).

Correction

- Competition
- Organization
- Performance
- Wide
- Danger
- Injury

II. How do you write an essay?

A basic paragraph structure usually consists of five sentences: the topic sentence, three supporting sentences, and a concluding sentence. There are four important points:

- Unity. Unity in a paragraph begins with the topic sentence. ... Don't add too many pieces to one sentence – keep it as easy as possible to read while still making your point.
- Order(Cohesion) . The cohesive device (underlined in the examples) should come near the start of the new information, usually its subject or earlier. Every time you bring in a new idea, let your reader see its connection to your previous points as early as possible. Remember, your argument's stronger if the reader can see straight away how the sentences work together.
- Coherence. ...
- Completeness.

You have to consider this :

- Pick a topic. You may have your topic assigned, or you may be given free reign to write on the subject of your choice. ...
- Prepare an outline or diagram of your ideas. ...
- Write your thesis statement. ...
- Write the body. ...
- Write the introduction. ...
- Write the conclusion. ...
- Add the finishing touches.
- What is main idea?

The **main idea** is the point of the paragraph. It is the most important thought about the topic. ... The author can locate the **main idea** in different places within a paragraph. The **main idea** is usually a sentence, and it is usually the

- Decide on a controlling idea and create a topic sentence. ...
- Explain the controlling idea. ...
- Give an example (or multiple examples) ...
- Explain the example(s) ...
- Complete the paragraph's idea or transition into the next paragraph.
- How can I improve my paragraph writing?
- Develop strong main points that support your thesis statement. Brainstorm ideas and evidence to support the main point of the paragraph(s). Identify the main point of each paragraph within

the topic sentence. Check the topic, body, and conclusion sentence(s) to ensure they match the main point.

Writing a Good Introductory Paragraph.

The primary purpose of an **introductory paragraph** is to pique the interest of your reader and identify the topic and purpose of the essay. It often ends with a thesis statement. ... Use imagery, details, and sensory information to connect with the reader if you can.

Conclude an essay with one or more of the following:

All the conclusion needs is **three** or four strong sentences which do not need to follow any set formula. Simply review the main points (being careful not to restate them exactly) or briefly describe your feelings about the topic. Include a brief summary of the paper's main points.

1. Ask a provocative question.
2. Use a quotation.
3. Evoke a vivid image.
4. Call for some sort of action.
5. End with a warning.
6. Universalize (compare to other situations).
7. Suggest results or consequences.

Steps

- Revise your thesis statement. One of the most important components of an effective conclusion is a well-written thesis statement. ...
- Re-write your thesis statement. Your conclusion should re-state your main points. ...
- Use specific examples. ...
- Summarize your main points. ...
- Leave a lasting impression.
- Vary the tactics; don't just keep using one the whole time. Starting every sentence with a conjunction (Therefore... In addition... However... Furthermore... In conclusion...) is a very common mistake, and always sounds like the writer's bored. Use the tactics in a sequence that clearly and accurately reflects your meaning without making the reader work too hard.

First /to begin with	En premier Tout d'abord	because because of owing to due to for for doing something for having something since as thanks to that is why	parce que en raison de en raison de du fait de car pour faire quelque chose pour avoir quelque chose puisque étant donné que grâce à c'est parce que
Secondly Thirdly Then	Deuxièmement, Troisièmement Puis Ensuite		
At last	Pour finir Finalement Enfin		
Finally			
In short To sum up In other words	En résumé En d'autres termes		

consequently as a consequence accordingly as a result (of) that is why therefore	par consequent par consequent en consequence par consequent c'est pourquoi donc	furthermore moreover in addition besides	en outre de plus par ailleurs qui plus est d'ailleurs
so	par consequent donc	also on the contrary unlike	aussi au contraire à la différence
thus	ainsi donc	whereas on the one hand	de alors que d'une part
hence (donner l'idée)	ainsi d'où (donner l'idée)		
in particular particularly	en particulier particulièrement	for example for instance such as	par exemple par exemple tel que
especially	en particulier particulièrement surtout particulièrement spécialement		