# Sports and Games

Sport is one of best thing, how we can spend our free time. Not just because it is good for our physics, but it is also refreshing for our minds. There are two ways, how we can sport. We can sport **actively or passively.** Passive way of sporting is not so muscle making matter but it is still very restful and mind refreshing. Beside it, we can bet on sport result, so it definitely adds some adrenalin into sport, even if we just watch it on TV.

## Sport categories

Sport is spitted to two main categories. In-door sports and out-doors sports. But most of the sports could be achieved either in-door and out-door.

**In-door** sports are not spitted between winter and summer sports, because there are not independent on seasons.

It is for example gymnastics, table tennis, boxing, wrestling etc.

Some sport, just can’t be practices in-door, so that’s **out-door** sports. It is for example down-hill skiing, cross-country, slalom, sky jump, sledding, hiking, rock climbing, windsurfing, rowing or golf.

Other sports are **not depended** on sessions, it is for example sprints, middle and long distance runs, hurdling, high and long jump, pole vault, shot put, javelin and discus throw.

Sports are not spitted just on out-doors and in-doors. Other split is realized **according to sessions** (summer sports or winter sports) or **according to instrument** we use during this sport (for example ball games).

## England and sport

England citizens are very excited in sports, mainly in competitive sports. Even if some Englishman doesn’t actively do any sport, **he likes talking about it.** England was also promoter of many popular modern games. For example, world expanded **football**. They have many great football clubs, for example **Manchester United**, Arsenal or Queens Park Rangers. And in the London, there is also one of the world’s biggest football stadiums – The Wembley Arena. In the USA, football is called soccer. Its derived from the name Association football.

## Czech Republic and sport

In our country, we are good in ball games. For example: football, volleyball, basketball or tennis. Besides this, we are good in **ice-hockey**. In our country grow a lot of best sportsman but they usually leave Czech Republic and rather represent some other country, which pay them more.

In our country, we have many building, which can be used for some international tournaments. **We have summer stadium and ice-rink too. We have also tennis areas and volleyball courts.** The only thing, we don’t have yet is swimming pool.

**Czech sportsman**: Jan Železný – spear throwing (1996 and 200), Roman Šebrle – decathlon (2004), Helena Suková, Jana Novotná – woman double tennis (1996), Kateřina Noimanová – cross-country skiing. Vary popular is also our goal man Hašek or hockey attacker Jaromír Jágr.

## Physical training in CR and USA

**In** **Czech Republic**, there is quite rare physical training, then how it is usual in other countries. When it is warm weather, we go out, where we are playing games or sometimes we are running, jumping, throwing balls and so on. When it is cold, we go to gym, where is many sport equipment. So we do some gymnastic using wall bars, horizontal bar, parallel bar, rings, climbing rope and so on, or we play same games too. In our gym, we also have little fitness centre with muscle improving equipment.

**In** **USA**, they choose some sport for their PT and then they practise just this discipline. It is aquatics, conditioning activities, gymnastics, individual/dual sports, team sports, rhythms, or dance. In some school, they have sport uniforms, usually in school colours.

## Me and sport

I have never been such a sportsman. Of course, I **ride a bike** sometimes or I go to **swim** in summer but I never want to be professional sportsman, so I didn’t pass any **course** or something like that. In my early ages, my mother force me and my sister to pass several **bike trips**, so I was quite out of taste about riding a bike in three of four years back, but now, I am going to start enjoy it again. But there is one sport, which I really enjoy and its **down-hill skiing**. Someone who just watching this sport may say, that its not demanding on **physical condition**, that down-hill skiers just let lifts take yourself up and then let gravitation take yourself down. But I know, that someone who is not trained is **out of energy quite soon**. There is nothing better then some **wide red slope** with only few people, then I really relax and put every problem out of my mind.