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SUMMER-

THE BEST TIME FOR SPORT

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SUMMER – THE BEST TIME FOR SPORT

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| --- | --- |
| Summer is a good season for rest and sport combination. It is possible to play team sports games. I do sports on my personal initiative. In summer I went in for cycling, rollerblading, skateboarding, swimming in swimming pools and in small rivers. Tennis, volleyball, football …It was super! Every summer I combine rest and sports. |  |

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**One of summer sports is cycling. My parents have bought me bicycle, when I was four years old. Since then I adore cycle riding, and I do it every summer. The sense of freedom, independence and flight brings me cycling.**

Sunny days! It would not hurt to take a refreshing dip. I liked swimming, so I went to the swimming pool or to small rivers every day. ******

**To sunbathe on the beach** was my favourite occupation. I think swimming and sunbathing are sports! They make me strong, healthy and optimistic.**

******

**Not always the weather was hot.**

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| --- | --- | --- | --- |
| **Summer weather brought us surprises.**  **DSC01181.JPGBut it did not disturb to go in for active sports.**  **DSC00254.JPG** |  |  |  |

**In summer we were in Karkaralinsk. There are many high mountains there.**

|  |  |
| --- | --- |
| **I liked climbing** *http://clck.yandex.ru/click/dtype=stred/pid=20/cid=71883/path=page-translation-content.fulltext/*http:/slovari.yandex.kz/%7Ep/%D0%BF%D0%BE%D0%B4%D0%BD%D0%B8%D0%BC%D0%B0%D1%82%D1%8C%D1%81%D1%8F%20%D0%B2%20%D0%B3%D0%BE%D1%80%D1%83/en/* |  |

**the mountains. As for me, climbing the mountains makes hardy.**



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**In summer I went in for driving on summer hill sledge. It was cheerful!**

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My father and I went fishing. We caught a lot of different fish. ****



**It appears to me every holiday can be combined with sports. It will be cheerful and useful for health!**



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**Thanks for attention!**

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Фотографии взяты из личного архива с разрешения родителей.

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