МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ АВТОНОМНОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ «МОСКОВСКИЙ ПОЛИТЕХНИЧЕСКИЙ УНИВЕРСИТЕТ»
ЧЕБОКСАРСКИЙ ИНСТИТУТ (ФИЛИАЛ) МОСКОВСКОГО ПОЛИТЕХНИЧЕСКОГО УНИВЕРСИТЕТА



УТВЕРЖДАЮ
Директор филиала
_____ А.В. Агафонов
«_27_» _октября_ 2021 г.

М. П.

ФОНД ОЦЕНОЧНЫХ СРЕДСТВ ДЛЯ ТЕКУЩЕГО КОНТРОЛЯ УСПЕВАЕМОСТИ ПО ДИСЦИПЛИНЕ

«ОГСЭ.03 Иностранный язык»

(код и наименование дисциплины)

Уровень профессионального образования	**Среднее профессиональное образование**
Образовательная программа	**Программа подготовки специалистов среднего звена**
Специальность	**40.02.03 Право и судебное администрирование** (базовая подготовка)
Квалификация выпускника	**Специалист по судебному администрированию**
Форма обучения	**Очная**
Год начала обучения	**2022**

Чебоксары, 2021

Фонд оценочных средств предназначен для текущего контроля освоения учебной дисциплины ОГСЭ.03 Иностранный язык обучающимися по специальности: 40.02.03 Право и судебное администрирование.

Организация-разработчик: Чебоксарский институт (филиал) федерального государственного автономного образовательного учреждения высшего образования «Московский политехнический университет»

Разработчики: Яковлева Олимпиада Валерьевна, кандидат педагогических наук, доцент кафедры Социально-гуманитарные дисциплины

ФОС одобрен на заседании кафедры Право (протокол № 2, от 16.10. 2021).

Пояснительная записка

Фонд оценочных средств по дисциплине ОГСЭ.03 «Иностранный язык» подготовлены в соответствии с требованиями ФГОС СПО по направлению подготовки 40.02.03 Право и судебное администрирование, утв. приказом Министерства образования и науки РФ от 12.05.2014 г. № 513, а также с требованиями приказа Министерства просвещения РФ от 24 августа 2022 г. № 762 «Об утверждении Порядка организации и осуществления образовательной деятельности по образовательным программам среднего профессионального образования».

В соответствии с требованиями ФГОС фонды оценочных средств призваны способствовать оценке качества. Оценка качества подготовки обучающихся и выпускников осуществляется в двух основных направлениях:

- оценка уровня освоения дисциплин;
- оценка компетенций обучающихся.

Фонды оценочных средств призваны оценить умения, знания, практический опыт и освоенные компетенции по результатам освоения учебных дисциплин и профессиональных модулей.

В соответствии с требованиями ФГОС Чебоксарским институтом (филиалом) Московского политехнического университета для аттестации обучающихся на соответствие их персональных достижений поэтапным требованиям соответствующей программы подготовки специалистов среднего звена (текущий контроль успеваемости и промежуточная аттестация) разработаны фонды оценочных средств, позволяющие оценить умения, знания, практический опыт и освоенные компетенции.

В соответствии с Приказом Министерства просвещения РФ от 24 августа 2022 г. № 762 «Об утверждении Порядка организации и осуществления образовательной деятельности по образовательным программам среднего профессионального образования» освоение образовательной программы среднего профессионального образования, в том числе отдельной части или всего объема учебного предмета, курса, дисциплины (модуля) образовательной программы, сопровождается текущим контролем успеваемости и промежуточной аттестацией обучающихся. Формы, периодичность и порядок проведения текущего контроля успеваемости и промежуточной аттестации обучающихся определяются образовательной организацией самостоятельно.

1.ПАСПОРТ КОМПЛЕКТА ОЦЕНОЧНЫХ СРЕДСТВ

Назначение: Фонд оценочных средств предназначен для текущего контроля освоения учебной дисциплины **ОГСЭ.03 Иностранный язык** обучающимися по специальности: 40.02.03 Право и судебное администрирование.

Уровень подготовки: базовый

Форма контроля: экзамен

Умения, знания и компетенции, подлежащие проверке:

№	Наименование	Метод контроля Текущий контроль
Компетенции		
ОК 1	Понимать сущность и социальную значимость своей будущей профессии, проявлять к ней устойчивый интерес.	Перевод текста внеаудиторная самостоятельная работа; тестирование.
ОК 4	Осуществлять поиск и использование информации, необходимой для эффективного выполнения профессиональных задач, профессионального и личностного развития.	Перевод текста внеаудиторная самостоятельная работа; тестирование.
ОК 6	Самостоятельно определять задачи профессионального и личностного развития, заниматься самообразованием, осознанно планировать повышение квалификации.	Перевод текста внеаудиторная самостоятельная работа; тестирование.
Умения		
У 1.	адекватно использовать профессиональную терминологию на иностранном языке, лексический и грамматический минимум при ведении диалогов,	Перевод текста, внеаудиторная самостоятельная работа; тестирование.
У 2.	составлении небольших эссе на профессиональные темы;	Перевод текста, внеаудиторная самостоятельная работа; тестирование.
У 3.	правильно строить предложения (в утвердительной и вопросительной формах) в письменной и устной речи, в диалогах.	Перевод текста, внеаудиторная самостоятельная работа; тестирование.
Знания		
З 1.	основные фонетические, лексические и грамматические явления	Перевод текста

	иностранного языка	внеаудиторная самостоятельная работа; тестирование.

2. ОЦЕНОЧНЫЕ МАТЕРИАЛЫ ДЛЯ ТЕКУЩЕГО КОНТРОЛЯ УСПЕВАЕМОСТИ ОБУЧАЮЩИХСЯ ПО УЧЕБНОЙ ДИСЦИПЛИНЕ

2.1. Формы и методы оценивания

Предметом оценки служат умения и знания, по дисциплине ОГСЭ 03 Иностранный язык, направленные на формирование общих и профессиональных компетенций

Элемент дисциплины	Методы контроля	Проверяемые У, З, ОК, ПК
Тема 1.1.Знакомство	Практическое занятие 1.1.: Перевод текста, тестирование Самостоятельная работа 1.1.	ОК-1, ОК-4, ОК-6
Тема 1.2. Семья. Семейные ценности	Практическое занятие 1.2.: устный опрос, перевод текста, тестирование Самостоятельная работа 1.2.	ОК-1, ОК-4, ОК-6
Тема 1.3. . Внешность человека. Описание характера	Практическое занятие 1.3.: Перевод текста, тестирование Самостоятельная работа 1.3.	ОК-1, ОК-4, ОК-6
Тема 1.4. Описание жилища	Практическое занятие 1.4.: Перевод текста, тестирование Самостоятельная работа 1.4.	ОК-1, ОК-4, ОК-62
Тема 1.5. Рабочий день и свободное время	Практическое занятие 1.5.: Перевод текста, тестирование Самостоятельная работа 1.5.	ОК-1, ОК-4, ОК-6
Тема 1.6. Городская и сельская жизнь.	Практическое занятие 1.6.: Перевод текста, тестирование	ОК-1, ОК-4, ОК-6

	Самостоятельная работа 1.6.	
Тема 1.7. Покупки	Практическое занятие 1.7.: Перевод текста, тестирование Самостоятельная работа 1.7	ОК-1, ОК-4, ОК-6
Тема 1.8. Еда	Практическое занятие 1.8.: устный опрос, , тестирование Самостоятельная работа 1.8.	ОК-1, ОК-4, ОК-6
Тема 1.9. Здоровье и спорт	Практическое занятие 1.9.: Перевод текста, тестирование Самостоятельная работа 1.9.	ОК-1, ОК-4, ОК-6
Тема 2.1. Путешествия	Практическое занятие 2.1.: Перевод текста, тестирование Самостоятельная работа 2.1.	ОК-1, ОК-4, ОК-6
Тема 2.2. Российская Федерация	Практическое занятие 2.2.: устный опрос, тестирование Самостоятельная работа 2.2.	ОК-1, ОК-4, ОК-6
Тема 2.3. Страны изучаемого языка	Практическое занятие 2.3.: Перевод текста, тестирование Самостоятельная работа 2.3.	ОК-1, ОК-4, ОК-6

2.2. Задания для оценки освоения учебной дисциплины

Практическое занятие по теме 1.1. Знакомство

Перевод текста:

Let me introduce myself. My name is Anne. My surname is Petrova. I am seventeen years old. My birthday is September 11. I live in Saint Petersburg with my family. Our family is quite big: there are five of us — father, mother, brother, sister and me. We are a very united family.

I am a pupil in the eleventh form of a secondary school. I finish school this year. I want to enter the university. That is why I have to study twice as hard as an

ordinary pupil does. I do not only do my best at school; I also attend a preparatory course at the university.

As you can understand, I'm rather a busy person. But when I have some free time in the evening, I like to read a good book. My favourite Russian writer is Anton Chekhov. As I'm studying English, I read a lot of books by English authors. I try to read them in English, but this is not always easy. When there is a good film on TV, I watch it with all my family. I also like music, classical as well as modern. I have a tape-recorder and I like to listen to some tapes when I am doing my homework, but my parents think it is bad for my work.

I have more free time during weekends. I like to spend this time with my family. Sometimes we all go to the cinema, or to some concert. In winter we go skiing or just walk in the country.

As I've said before, I plan to enter the university next year. I am quite good at English, and I am interested in the culture of Great Britain, USA and other English-speaking countries, so I want to go on with English at the University. I do not know exactly what I will do after graduating from the university, but I'm sure I'll find a good job as an interpreter or a teacher or something like that, because the English language is very popular now and everybody needs it.

Тестирование:

1. **Вы**берите правильный перевод слова «семья» на английский язык.

а)family

б) famous

в) factory

2. Подберите пару слову «wife».

а) daughter

б)brother

в) husband

3. twins — в переводе с английского ...

а) близнецы

б) братья

в) сёстры

4. Слово «aunt» переводится как ...

а) дядя

б) тётя

в) крестный

5. Выберите правильный союз

_____TV and the Internet affect our lives.

1) Both 2) Either 3) Nor 4) Neither

Самостоятельная работа

Подготовить презентацию по теме: « Представление себя и других людей в официальной и неофициальной обстановке ».

Практическое занятие по теме 1.2. Семья. Семейные ценности

Перевод текста:

I am Ildar Kirillov. Ildar is my first name and Kirillov is my last name. I am sixteen years old. I want to tell you something about my family. It is not big family — only five people. I have a father, mother, sister, and grandmother.

First of all, a few words about my parents. My father is forty five. He is an engineer. He likes singing and when we have free time at home I play the guitar and we sing together. When my father was a little boy he used to take things into pieces. My grandmother told me a story that once he tried to mend their microwave oven but he could not. Then they had to call in a repairman. It happened a long time ago but now he is able to fix almost everything.

My mother is a good-looking lady with dark hair. She is forty two but she looks much younger. She is a geography teacher and she works at school. She likes her job. My mother keeps house tidy and takes care of everyone of us. Also, she is very good at cooking.

My parents have been married for 18 years. They usually work hard. They have a lot in common but they have different views on music, books, and movies. For example, my father likes horror films whereas my mother likes comedies; my father is fond of football but my mother doesn’t like any sports.

My grandmother is retired. She lives with us and helps us to run the house. My sister’s name is Alice. She is younger than me and she’s a schoolgirl. I like playing with her on the backyard.

I want to go to university because I would like to study foreign languages. I always try to be in a good mood. We are a good family and we have a lot of relatives.

Тестирование:

1. Выберите правильную ответную фразу Howareyou?

1) See you later. 2) How do you do? 3) So long. 4) I'mfine. Thanks.

2. Употребите нужную форму имени прилагательного

3. He_____ several foreign languages.

1) know 2) knows 3) is knowing 4) has known

4. Заполните пропуск подходящим предлогом.
My friend is interested _____ architecture.

A. in
B. on
C. about
D. of

5. Дайте соответствующий перевод следующей английской пословице.
Better a lean peace than a fat victory.
A. Худой мир лучше доброй ссоры.
B. Не узнавай друга в три дня, узнавай в три года.
C. Худая молва на крыльях летит.
D. Лучшая защита – нападение.

Самостоятельная работа:
Написание эссе на тему « Семейные традиции»

Практическое занятие по теме 1.3. Внешность человека. Описание характера

Перевод текста:

No doubt, everyone dreams of having a true and faithful friend but not all of us are lucky enough to find one. Frankly speaking, I'm rather sociable, that's why I have many friends. As for me I'm happy with my friends. Firstly, I don't have «fair weather» friends. Secondly, all my friends are very pleasant people, and I'm never bored with them.

My best friend is Masha. We study in the same class and though she doesn't live next door we manage to spend much time together. In appearance she is very attractive. She has an oval face, a straight nose, thick dark hair, big brown eyes and a pleasant smile. So people and, of course I, find her smart. Besides, Masha is known for her warm and friendly character. She is usually open-minded and interested in other people. More than that, she is considerate, supportive and responsible. I can always turn to her whenever I'm in trouble, and she never fails to help.

I'd like to point out, that Masha is rather brainy, and that's why she is excellent at school. In general, Masha is loyal, trustworthy, tactful and great at keeping secrets. For me it is very important that my best friend is an honest girl. I can fully rely on her and trust her everything. To tell the truth, we have never let each other down.

In conclusion I'd like to add, that my friend is an interesting person. She is well-read. Her favourite foreign author is Julian Rowling and her creation Harry Potter.

Besides, she is keen on modern music and enthusiastic with sport. To sum up, «A good friend is like the sun in winter», it's about Masha. I'm the happiest girl in the world, because I have such a wonderful friend.

Тестирование:

1. Выберите правильный перевод на английский язык слова разработка
a) working,
b) exploitation,
c) development;

2. Выберите правильный перевод на английский язык слова clearly
a) понятно
b) понимать
c) понятный

3. Выберите правильный перевод на английский язык слова «объединять»
a) unit
b) union
c) unite

4. Выберите правильный вариант перевода to promote
a) поддерживать
b) продвигать
c) подписывать

5. Где обычно пишется дата в деловом письме?
a) В левом нижнем углу
b) В правом верхнем углу
c) В правом нижнем углу
d) В левом верхнем углу

Самостоятельная работа

Написание эссе: «Мой друг».

Практическое занятие по теме 1.4. Описание жилища

Устный опрос:

We live in a 12-story building in the central part of the city. Let me tell you about our apartment.

We live on the second floor, so usually we do not use the elevator. There are four rooms in the apartment – my parents' room, my little brother's room, the room where I live, and the living room. There are also, of course, a cozy kitchen and a bathroom.

The kitchen is small, but, as I said before, quite cozy. There is a stove, fridge, kettle, microwave, table and chairs there. We also have a lot of kitchen utensils such as knives, ladles and so on. There is my mom's portrait hanging on the wall. The portrait is very good, my father drew it many years ago when they met.

The biggest room in the apartment is the living room. This is where we watch TV in the evening, my little brother plays videogames there. My parents' room is also big, and they have their own TV. If my brother or I, want to watch something they do not watch, they might let us use the living room TV and watch their favorite show in their room. They love police procedurals, I like fantasy series, and my brother likes cartoons. My brother has a small room. There is a big closet full of toys and Lego there. My room is not big either, I have a computer desk. This is where I do my homework.

As for the bathroom, there is not just a toilet and bathtub, there is also a cat litter box there. We have a cat, her name is Lilly, and she does not have a room, because the whole apartment is her room.

We've been living in this apartment since I was little, and I really like it. When I move out someday, I hope I will live in an apartment like this one.

Тестирование:

1. Как Вы обратитесь к директору фирмы:
   a) Mr. Brown
   b) ComradeBrown
   c) MyBrown

2. Как Вы обратитесь к замужней женщине:
   a) Mrs Smith
   b) Miss Smith
   c) LadySmith
3. Укажите правильный перевод Store information:
   a) хранить информацию
   b) обрабатывать информацию
   c) считывать информацию
4. Укажите правильный перевод Self-employed:

a) работающий на себя
b) сделавший селфи
b) совместитель

5. Укажите правильный перевод Full-timejob
   a) полная занятость
   b) удаленная работа
   c) график работы

Самостоятельная работа

Составить презентацию на тему: описание института (здание, обстановка, условия жизни, техника, оборудование).

Практическое занятие по теме 1.5. Рабочий день и свободное время

Перевод текста:

Hello, my name is Vlad. I work as a manager and my working day begins early in the morning. On week days the alarm-clock wakes me up at 6 a.m. I get up and do things that everybody does at this time: doing morning exercises, having a shower and cooking breakfast. I live alone and cook breakfast myself. I usually eat scrambled egg or pancakes in the mornings. After breakfast, I brush my teeth, shave and get dressed. I get also my things, like a smartphone, keys and case for documents. So, I leave my home at about 8. I don't have a car that's why I go to the bus stop and wait for the bus. It takes 30 minutes to get to my office by it. I usually arrive at work at fifteen minutes to nine and my working day begins.

My day at work is typical: phone calls, talking to people, answering emails, writing reports and discussing some important issues with my boss. At 12 o'clock I go to the small cafe just round the corner and have a lunch there. At 1 o'clock I come back to my office and work hard till 6 o'clock. During the working day I also have several short breaks. But sometimes I have no time for them.

At about 7 o'clock in the evening, I return home. At first I get some rest and then I have supper. After that, I do my housework or watch TV series. I also like to play computer games. At 23 o'clock I take a shower and go to bed. So now you know how I spend my working day.

Тестирование:

1. Выберите подходящий ответ для ситуации: John: "I have been waiting for you for two hours!"

Ann: "----------".

a) Sorry. It was wrong of me.
b) That's all right.
c) I don't think so.

2. Выберите подходящий ответ для ситуации: Secretary: "Howwasatrip?" Employee" "_____".

a) I'm thinking of going on a business trip.
b) I'm just back from my trip.
c) I was late as usual.
d) Everything was fine but a bit tiring.

3. Обращаясь к публике при выступлении, принято говорить

a) Men and women
b) Ladies and gentlemen
c) Misters and Misses

4. Выберите реплику, наиболее соответствующую ситуации общения Receptionist: " ----------".

Guest: I'd like to reserve a room. .
a) Do you want something?
b) What do you want, please?
c) Is there anything I can do for you?

5. Выберите реплику, наиболее соответствующую ситуации общения
Student: "----------".
Teacher: "Yes, certainly. So ....".
a) Could you repeat that, please?
b) Say it again.
c) Slow down!
d) What?

Самостоятельная работа

Подготовить презентацию по теме: « Досуг. Хобби. Активный и пассивный отдых»

Практическое занятие по теме 1.6. Городская и сельская жизнь.

Перевод текста:

There are plenty of opinions on the choice of lifestyle nowadays. City life and country life have both pros and cons but my choice is the city. I am sure the city is the place where everything is happening. You have lots of job and rest opportunities and you will never get bored with a big variety of cultural activities and events.

It goes without saying that city life offers more work and education opportunities. In spite of high cost of urban living, there are more chances to find a well-paid job and make a successful career. Besides, compared to country life city life is more varied in many aspects: housing, shopping, medicine, entertainment, eating out, playing sports. City life offers more convenience as everything can be easily reached thanks to extensive public transport system.

Yet some people can't stand crowded streets and heavy traffic. They prefer countryside where you are closer to nature, beautiful landscapes and enjoy peace and quiet. In fact, country life has many advantages compared to living in a city. There is less transport and no industry. You can grow and eat organic food. The village community is small but friendly and tight-knit. People help each other.

Still, not many people love such life, that's why they move to large cities looking for new opportunities. In addition, country life usually means getting up early and doing manual labour outdoors in any weather which is not suitable for everyone. Lack of conveniences and facilities also plays a big part in choosing where to live: in urban or rural areas.

To my mind, city life appeals to energetic people who like excitement and don't mind stress and rush. The city is where new things, events and social activities take place daily and you have everything close at hand, so I would definitely prefer city life to country life.

Тестирование:

1. The telephone was _____ by Alexander Graham Bell.

a) invented
b) explored
c) studied

2. Выберите правильный перевод предложения: I'm sure that being a teenager is wonderful but sometimes it is not easy.

a) Я уверен, что быть подростком весело, но не всегда замечательно.
b) Мне кажется, что быть подростком здорово и легко.
c) Я уверен, что быть подростком замечательно, но временами не легко.

3. You can't wear_____to a job interview.

a. jeanses b. jeans

4. How_____ potatoes shall I buy?

a. much b. many c. few

5. I have never seen so _____ money.

a. much b. many c. few

Самостоятельная работа

Составление эссе по теме: « Моя малая родина ».

Практическое занятие по теме 1.7. Покупки

Перевод текста:

Shopping is a significant part of everyday life. We buy food, clothes, electronic devices, books and many other things. Nowadays there are so many shops with different products. All necessary products are almost always sold near the house. We go shopping during the lunch, after the work or on our way home. Nowadays shopping is not only a kind of necessity but a kind of entertainment. We often hear that shopping improves the mood.

Now we have an opportunity to choose the most convenient for us way of shopping. We can go to small shops at the corner of the street. The most necessary products can be sold in such shops. Here you find both food and household goods. Also such shops can sell goods of particular kind, for example, such shops are butcher's shop, confectionary shop and so on. If you need a wide range of goods, you can go to the hypermarket or to the shopping centre. Here you find a wide range of different goods: food, clothes, household goods and so on.

Nowadays it is also popular to buy something on the Internet, especially, clothes, books and electronic devices. Of course, there are some risks connected with buying on the Internet, however products can be cheaper there and it saves much time to buy on the Internet. Also there are many TV shops when some products are shown and you can order it just making a call.

Тестирование:

1. As soon as I have got all the information I need, I'll let you _____ .

a. know b. to know

2. Используйте правильное время вместо инфинитива: My mother (to have) a bad headache.

a) am
b) has
c) have got

3. Используйте правильное время вместо инфинитива: my friend (to study) two foreign languages?

a) Do study...
b) Do my friend studys ...
c) Does my friend study..

4. Используйте правильное время вместо инфинитива: The teacher (to point) at the blackboard when he (to want) to explain something

a) The teacher points at the blackboard when he wants to explain something
b) The teacher point at the blackboard when he want to explain something
c) The teacher pointed at the blackboard when he wanted to explain something

5. Используйте правильное время вместо инфинитива: The teacher (to give out) us English magazines at every lesson.

a) gives out
b) will give out
c) gave out

Самостоятельная работа

Подготовить диалог по теме: «В супермаркете».

Практическое занятие по теме 1.8.Еда

Перевод текста:

Our health depends on our eating. Food provides us with the energy that we spend with physical exertion. Update and development of the organism at the cellular level directly depends on the products that we use. The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements. Proper nutrition is a mandatory point of a healthy lifestyle and a guarantee of stable functioning of the body as a whole. Everyday diet should be diverse and full. Freshness of products is very important. It is necessary to monitor the volume of food intake. Each person's portion varies, depending on age, health status, gender, and equipment. Cereals, fruits and vegetables, fish, meat, eggs, dairy products, nuts, salt, sugar, fat, should be present in the diet. A balanced diet should become a way of life. You should refuse to give up snacks and fast food. Thoroughly chew food, do not swallow large chunks. It is strictly forbidden to drink food with water. You can eat everything, but in moderation. Overeating and incompatibility of products leads to a disruption of metabolism, diabetes and obesity. It is very appropriate to say Socrates: "We do not live in order to eat, but eat in order to live.

Тестирование:

1. Используйте правильное время вместо инфинитива: Every morning, she (to hurry) to the University.

a) hurries
b) will hurry
c) hurried

2. Используйте правильное время вместо инфинитива: On Mondays, I always (to do) physical exercise.

a) do does
b) do
c) does

3. Выберите правильный использования глаголо в вскобках: I (not/understand) that man because I (not/know) English.

a) don't understand, don’t know;
b) not understand, don't know;
c) don't understand, not know;

4. Используйте правильное время вместо инфинитива: The sun (torise) everyday

a) The sun rise every day
b) The sun rised every day
c) The sun rises every day

5. Выберите правильную форму глагола, подходящую в этом предложении: Every day I help my Mom about the house, but last week I was very busy with my exam. So I (not help) her much.

a) not helped;
b) didn't helped;
c) didn't help;

Самостоятельная работа:
Составить диалог «В кафе, в ресторане, в столовой».

Практическое занятие по теме 1.9. Здоровье и спорт
Перевод текста:

Our health depends on many things: our physical activity, the food we eat and our good and bad habits. Although a lot of people are interested in staying healthy, not many people do very much about it. Modern way of life when people have little physical activity, use cars instead of walking, watch television and work on computers for many hours is quite dangerous for their health. People’s health also influences their mood.

There are many opportunities to stay healthy and be fit and one of them is **going in for sports.** But you needn’t be a professional sportsman. Just **simple regular exercises** give you energy and help you feel and look better.

Exercises that involve repeated movements such as are walking, jogging or swimming are the best. Bending and stretching which are practiced in

aerobics or yoga make your body flexible and light. The cheapest and most popular sport is jogging. If you don't have time for it, make small changes like using stairs instead of the lift or walking or cycling instead of taking the bus and it can help you to improve your health and make you a more active person.

Also it is very important to get rid of **bad habits**. The worst ones are smoking and drinking alcohol. Smoking doesn't only causes heart and lung problems but also makes your teeth yellow and skin unhealthy.

Food we eat also influences our health. A lot of people like drinking Coca-Cola and coffee and enjoy pizza and hamburgers. But what is tasty is not healthy. You should avoid eating in fast food restaurants and make it a rule to cook meals at home using organic food as much as possible.

Only a healthy man can enjoy his life, work well and be happy. There are proverbs **"Health is better than wealth" and "Early to bed and early to rise makes a man healthy, wealthy and wise".**

Тестирование:

1. Выберите правильную форму глагола, подходящую в этом предложении: Every day I help my Mom about the house, but last week I was very busy with my exam. So I (not help) her much.

d) not helped;
e) didn't helped;
f) didn't help;

2. Используйте Present Continuous глагола в скобках : He (to plant) new trees in the orchard now.

a) is planting
b) am planting
c) are plant

3. Используйте Present Continuous глагола в скобках в данном предложении: Go and see what the children (to do)

a) Go and see what the children are doing
b) Go and see what the children doing
c) Go and see what the children to do

4. Используйте Present Continuous глагола в скобках в данном предложении: Look! He (to ride) a new bicycle.

a) are riding
b) am riding
c) is riding

5. What time … it … ?

a) Did happen
b) Had happened
c) Has happened

Самостоятельная работа

Составить диалог по теме «У врача». Написать эссе «Любимый вид спорта»

Практическое занятие по теме 2.1. Путешествия

Перевод текста:

Washington is the capital of the United States of America. It is situated in the District of Columbia and is like no other city of the USA. It's the world's largest one - industry city. And that industry is government. The White house, where the US President lives and works, the Capitol, the home of the US Congress, and the Supreme Court, are all in Washington. Washington was named after the first US President George Washington. He selected the place for the capital and Pierre L'Enfant, a French engineer, designed the city. Washington was first settled in 1790 and since 1800 it has been the Federal capital. Washington is one of the most beautiful and unusual cities in the United States. In the very center of it rises the huge dome of the Capitol – a big white dome standing on a circle of pillars. The 535 members of the Congress meet here to discuss the nation's affairs. It's easy to get lost in this huge building, full of paintings and statues.

Not far from the Capitol is the Library of Congress, the largest library in the States. It contains more than 13 million books, more than 19 million manuscripts, including the personal papers of the US presidents. The White House is the official residence of the US President. He works in the Oval Office. One can hardly find a park, a square or an open area in Washington without a monument or a memorial. The most impressive and the best-known ones are the Lincoln Memorial and the Washington Monument. There are some important museums in Washington where you can see kinds of things: famous paintings and sculptures, the dresses of Presidents' wives, the original of the Declaration of Independence, the largest blue diamond in the world, etc. There are 5 universities in Washington. There are no skyscrapers in Washington, because they would hide city's many monuments from view. No building in the city may be more than 40 metres tall. Thousands of tourists visit Washington every day. People from all parts of the United States come to see their capital.

Тестирование:

1. Can I speak to Jorge Ramos, please?
   a) I'm afraid he isn't the office today
   b) OK. I'II take a look at one

2. He … it for an hour before I came
   a) Have been doing
   b) Had been doing
   c) Had been done

3. His grandfather … from his job a year ago
   a) Has retired
   b) Was retining
   c) Retide

4. When I … it … yearsteday
   a) Wake up, was raining
   b) Woke up, was raining
   c) Woke up, rained

5. The company … only four people and they all work in one office
   a) Employs
   b) Supplies

Самостоятельная работа
Подготовить презентацию по теме: «Правила этикета в разных странах».

Практическое занятие по теме 2.2. Российская Федерация
Перевод текста:

The Russian Federation is the largest country in the world. It **occupies** about 1/6 of the Earth **surface.** The country is situated in Eastern Europe, Northern and Central Asia. Its **total area** is over 17 million square km.

Our land is washed by 12 seas, most of which are the seas of three oceans: the Arctic, the Atlantic and the Pacific. In the south and in the west the country **borders on** fourteen countries. It also has a sea-border with the USA.

There is hardly a country in the world where such a great variety of flora and fauna can be found as in our land. Our country has **numerous** forests, plains and steppes, taiga and tundra, highlands and deserts. The highest mountains in our land are the Altai, the Urals and the Caucasus. There are over two thousand rivers in the Russian Federation. The longest of them are the Volga, the Ob, the Yenisei, the Lena and the Amur. Our land is also rich in various lakes with the deepest lake in the world, the Baikal, included.

On the Russian territory there are 11 time zones. The **climate conditions** are rather different: from arctic and **moderate** to continental and subtropical. Our country is one of the richest in natural resources countries in the world: oil, natural gas, coal, different ores, ferrous and non-ferrous metals and other minerals.

The Russian Federation is a multinational **state. It comprises** many national districts, several autonomous republics and regions. The population of the country is about 140 million people.

Moscow is the capital of our Homeland. It is the largest political, scientific, cultural and industrial center of the country and one of the most beautiful cities on the globe. Russian is the official language of the state. The national symbols of the Russian Federation are a white-blue-red **banner** and a double-headed eagle.

The Russian Federation is a constitutional republic headed by the President. The country government consists of three branches: **legislative, executive** and **judicial.** The President controls only the executive branch — the government, but not the Supreme Court and Federal Assembly.

The legislative power belongs to the **Federal Assembly** comprising two chambers: **the Council of Federation** (upper Chamber) and the **State Duma** (lower Chamber). Each chamber is headed by the Speaker. The executive power belongs to the government (the Cabinet of Ministers) headed by the Prime Minister. The judicial power belongs to the

system of Courts comprising the Constitutional Court, the **Supreme Court** and federal courts.

Our country has a multiparty system. The largest and most **influential** political parties are the «Unity», the Communist party, the «Fatherland-All Russia», «The Union of the Right Forces», «The Apple», Liberal-Democratic and some others.

The **foreign policy** of the Russian Federation is that of international cooperation, peace and friendship with all nations irrespective of their political and social systems.

Тестирование:

1. A . … the target market?
   B. It's aimed at stylish young men who want to look good
   a) What's
   b) My subject today is
2. What did you learn from you last job?
   a) OK. I'II take a look at one
   b) I learned how to be patient
3. Mr Albert … to meetings
   a) Doesn't go
   b) Not go
   c) Isn't go
4. What day suits you?
   a) How about Wednesday?
   b) I think we need to target young people
5. … Ricardo drive to work?
   Is
   Do
   Does

Самостоятельная работа:

Подготовить презентацию по теме «Основные достопримечательности. Москва – столица России».

Практическое занятие по теме 2.3. Страны изучаемого языка

Перевод текста:

"Great Britain" has several different names. Some people say "Britain", or "the United Kingdom", or just "UK". The official name of the country is the United Kingdom of Great Britain and Northern Ireland. The UK is situated to the north-west off Europe on the British Isles. They consist of two large islands, Great Britain and Ireland, and many smaller ones. Great Britain is separated from Ireland by the Irish Sea and from the Continent of Europe by the English Channel. There are four different countries in the UK: England, Scotland, Wales and Northern Ireland. Everyone from Britain is British,

but only people from England are English. People from Scotland are Scottish, people from Wales are Welsh, and people from Northern Ireland are Irish.

The climate of Britain is mild and warm because of the warm waters of the Gulf Stream. The winter is not very cold and the summer is not very hot. Most of the mountains are in the north, in Scotland, but they are not very high. The highest mountain in the UK is Ben Nevis in Scotland. There are a lot of rivers in Great Britain but they are not very long. The Severn is the longest river. It is in the south-west of England. The Thames is not so long as the Severn, it is shorter. Over 57 million people live in the UK. Most of them live in big towns and cities. London is the capital of the country. It stands on the river Thames. The most important industrial cities are Manchester, Leeds, Sheffield, Birmingham and others. Cambridge and Oxford are famous university cities.

Тестирование:

1. And what … now?
   a) Are you doing
   b) Do you do
2. This office building … a meeting room
   a) Not have
   b) Doesn’t have
   c) Hasn’t
3. … you … many cities when you were in France
   a) Are visiting
   b) Did visit
   c) Have visited
4. I … for you for more than one hour
   a) Has waited
   b) Was waititng
   c) Have been waititng
5. Do you like football?
   a) Yes, please
   b) Yes, I do

Самостоятельная работа

Подготовить презентацию по теме «Достопримечательности страны изучаемого языка».

3. КРИТЕРИИ ОЦЕНКИ

Критерии оценки знаний путем перевода текста:

Критерий	Оценка

выставляется студентам, обнаружившим пробелы в знаниях основного учебно-программного материала, допустившим принципиальные ошибки в выполнении предусмотренных программой заданий, если общие и профессиональные компетенции не сформированы, виды профессиональной деятельности не освоены, если не могут продолжить обучение или приступить к профессиональной деятельности по окончании техникума без дополнительных занятий по соответствующей дисциплине	Неудовлетворительно
выставляется студентам, обнаружившим знание основного учебно-программного материала в объеме, необходимом для дальнейшей учебы и предстоящей работы по специальности, справляющемуся с выполнением заданий, предусмотренных программой, знакомым с основной литературой, рекомендованной программой, допустившим погрешности в устном ответе и при выполнении заданий, но обладающим необходимыми знаниями для их устранения под руководством преподавателя. Общие и профессиональные компетенции у таких студентов сформированы либо сформированы частично и находятся на стадии формирования, но под руководством преподавателя будут полностью сформированы.	Удовлетворительно
выставляется студентам, овладевшим общими и профессиональными компетенциями, продемонстрировавшим хорошее знание учебно-программного материала, успешно выполняющим предусмотренные в программе задания, усвоившим основную литературу, рекомендованную в программе, а также показавшим систематический характер знаний по дисциплине, способным к их самостоятельному пополнению и обновлению в ходе дальнейшей учебной работы и профессиональной деятельности.	Хорошо
выставляется студентам, освоившим все предусмотренные профессиональные и общие компетенции, обнаружившим всестороннее, систематическое и глубокое знание учебно-программного материала, умение свободно выполнять задания, предусмотренные программой, усвоивший основную и знакомый с дополнительной литературой, рекомендованной программой, продемонстрировавшим умение применять теоретические знания, умеющим находить необходимую информацию и использовать ее, а также усвоившим взаимосвязь основных понятий дисциплины, проявившим творческие способности в понимании, изложении и использовании учебно-программного материала.	Отлично

Критерии оценки результатов тестирования:

Критерий	Оценка
Не менее 80% правильных ответов	**5**
65-79% правильных ответов	**4**
50-64% правильных ответов	**3**

Критерии оценки самостоятельной работы:

Критерий	Оценка
Обучающийся глубоко и содержательно раскрывает тему самостоятельной работы, не допустив ошибок. Ответ носит развернутый и исчерпывающий характер	Отлично
Обучающийся в целом раскрывает тему самостоятельной работы, однако ответ хотя бы на один из них не носит развернутого и исчерпывающего характера	Хорошо
Обучающийся в целом раскрывает тему самостоятельной работы и допускает ряд неточностей, фрагментарно раскрывает содержание теоретических вопросов или их раскрывает содержательно, но допуская значительные неточности.	Удовлетворительно
Обучающийся не владеет выбранной темой самостоятельной работы	Неудовлетворительно