

# Лексическая тема «About myself»

## Опорный текст

**Let me introduce myself.** My first name is Ivan. My surname is Petrov. I was born in St. Petersburg (Moscow, Sestroretsk) on the 2d of May, 1996. Now I am seventeen years old. I am young and good-looking, with dark eyes and short black hair.

**As for my character** I am cheerful, honest and sociable. I have good manners. Also I have a sense of humor. I like jokes. I don't respect rude, selfish and foolish people. I hate it when people lie and can't keep their promise. I try to deal with people who are honest and polite, they never lie and help in difficult situation.

**Now I'm a first-year student** of Lesgaft State University of Physical Education.

**My sport is...** I have been doing it for 10 years. I'm a Master of Sports. My coach's name is ... . He is a Merited Master of Sports and a Master of Sports of International Level.

**I train** 6 times a week **at the stadium** or **in the gym**. I participated in district (city, zone, Russian) competitions, European and World Tournaments (championships) and some other events. Sometimes I won the titles (I have never won the titles).

**As for my interests**, I am fond of painting, dancing and swimming. I also like going to the cinema. I adore music. Sometimes I visit museums and art galleries.

**My hobbies** are reading, watching TV (listening to music, going to the theatres, museums, discos and clubs, cooking, sewing, knitting, learning foreign languages, travelling, playing computer games, surfing the Internet).

In summer I like playing football (volleyball, basketball, badminton). Tennis is also one of my favourite sports. Besides I'm fond of swimming and sunbathing.

In winter I usually practice skiing and skating. I'm a great figure-skating fan.

Sometimes I'm engaged in shaping (boxing, aerobics, body-building) and I always enjoy riding a bike and going to the swimming-pool.

**After graduating from Lesgaft University I'm going to** become a coach or a physical education (PE) teacher.

**!!! При составлении рассказа о себе рекомендуется использовать следующие ключевые слова и фразы:**

**Примечание:** через знак (/) перечисляются разные варианты, выберите подходящий для вас.

## Key words and phrases:

### General information:

**Let me introduce myself.**

**My name is...**

**My surname is...**

**My middle name is...**

**My full name is ...**

**I am ... years old.**

**I was born on the...** (date) **of ...** (month) ... (year).

**I am from** Saint Petersburg/ Moscow/ Novgorod.

**I live** alone/ with my family/ in a university dormitory.

**I have a** large / small **family** with...brothers / sisters. **I am an only child** in a family.

**As for my character** I am good-tempered / easy-going /friendly/ sociable/ independent/ reliable/honest/ ambitious / hard-working/ energetic/ organized/ disciplined / attentive/ polite, have good manners, well-bred/ modest/ generous /kind/ intelligent, broad-minded, bright, wise, clever, smart /witty, have a sense of humor.

Now I'm a first-year student of Lesgaft State University of Physical Education. I study a lot of subjects. My favourite subjects are English, Chemistry, Mathematics and Physical Education.

### My sport:

My sport is ...

I have been doing it for ... years.

I have the first/second/third grade.

I'm a Candidate of Master of Sports/ a Master of Sports.

I train ...times a week at the stadium or in the gym.

I participate in district (city, zone, Russian) competitions, European and World Tournaments (championships).

### Hobbies and interests:

As for my interests, I am fond of...

I am keen on...

I am interested in...

I like....

I adore...

I devote much time to...

reading  
surfing the Internet  
learning foreign languages  
knitting  
cross-stitching  
dancing  
singing  
travelling  
doing sport  
fishing  
hunting  
going camping  
taking photos

I have / I've got a lot of hobbies.

I am good at ... (swimming, learning foreign languages, English, dancing etc.)

In my free time I usually

go to the cinema  
go to the museum  
watch TV  
play football  
read books  
do shopping  
do the crosswords  
meet with my friends/family/relatives  
talk on the phone with my friends

### Future plans:

I am going to ...

graduate from the University  
take part (participate) in competitions  
find a good (well-paid) job  
work as a coach  
work as a PE (physical education) teacher  
move to another city (country)  
work / live abroad  
have my own business/ be a businessman