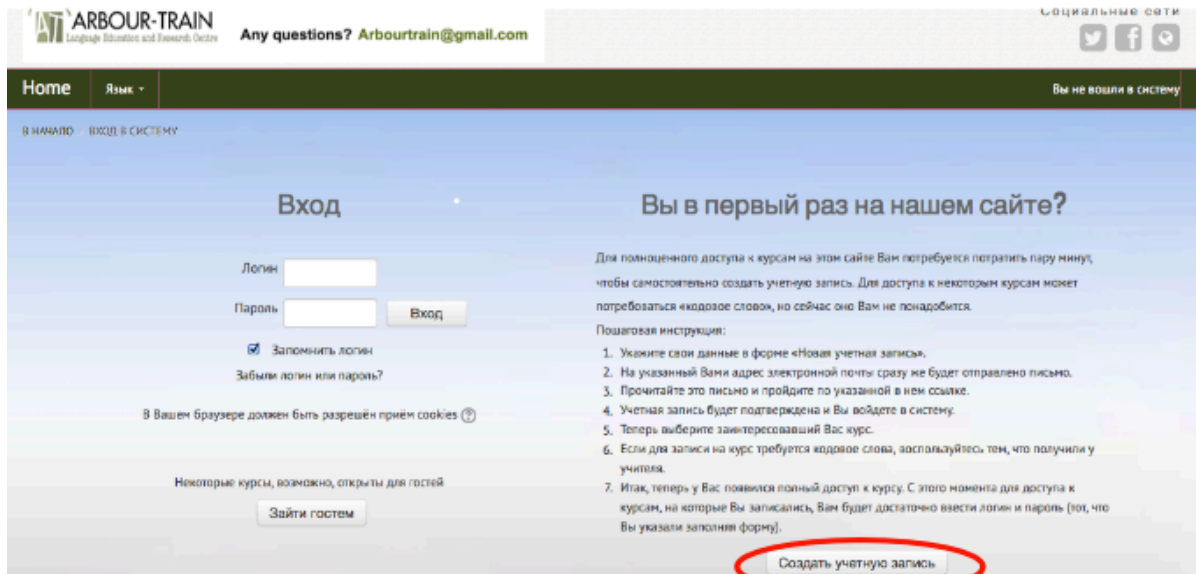


Как заниматься английским на своем компьютере?

Ссылка для входа в школу:

<http://en4all.ru>



Шаг № 1 - зарегистрируйся

Шаг № 2 - выбери нужную категорию курсов:



Шаг № 3 - запишись на курс

The image shows a vertical list of four course units. Each unit has a title on the left and a description on the right. On the far right of each unit is a small square icon with a right-pointing arrow, which is circled in red. Four red arrows originate from the text 'запись на курсы' and point to these four icons.

B1 Fitness Trends
This unit will be integrated into the Northern Star Online course: Phy Ed A: Skill-Related Fitness

B1 Health and fitness
запись на курсы
This is where your course summary or contact information goes.

Types of Sport
A course in which you will be introduced to different types of sport and get a feel for how you might enjoy participating in them. Best suited to students aged 8-13.

B1 Sports Psychology
A person's mental state plays an enormous role for athletic success. Sports Psychology 101 will provide an overview of the essential ingredients for athletic excellence. This course will cover the importance of goal setting, relaxation, visualization, establishment of routines, self talk (what to do with your ANTS: automatic negative thoughts), and achieving flow. It will be up to you to integrate and personalize those ingredients during the course for your specific sport.

Есть вопросы? arbourtrain@gmail.com